

Daily Prayer

Nineteenth Sunday in Ordinary Time Year A
The Year of Matthew



Readings: 1 Kings 19: 9, 11–13; Psalm 84: 9–14; Romans 9: 1–5; Matthew 14: 22–33.

Using Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities and days of cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Red <i>Saint Maximilian Kolbe</i>	<i>No one has greater love than this, to lay down one's life for one's friends.</i>	Praying with the Gospel of the Day Praying with Song Hail Mary
Tuesday – White <i>The Assumption of the Blessed Virgin Mary</i>	<i>Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name.</i>	Praying with the Gospel Praying the Magnificat Responding to Song through Prayerful Sharing
Wednesday – Green	<i>Lord, show us your mercy and love, and grant us your salvation.</i>	Praying with the First Reading Praying the Responsorial Psalm
Thursday – Green	<i>Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.'</i>	Praying with the Gospel Imaginative Meditation
Friday – Green	<i>Elijah found God in the sound of sheer silence.</i>	Praying with Song Silent Prayer

Suggested Teacher Background for the Readings

- Liturgy Help: [Commentaries](#)
- Liturgy Help: [Homilies & Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#).



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Today's Daily Prayer – Feast of Saint Maximilian Kolbe

Today we will listen to the Gospel that is chosen to help us remember the life and sacrifice made by a faithful follower of Jesus named Saint Maximilian Kolbe. **Preparation:** Choose readers and someone to light the candle.

Monday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: Sit still ...
Breathe deeply ...
Listen to the silence ...
Know you are in the presence of a loving and protecting God ...

The Sign of the Cross

Leader: Together we pray the Sign of the Cross.
All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Light candle and pause.

Leader: Today is the Feast of Saint Maximilian Kolbe. Maximilian Kolbe was a Polish Franciscan friar who was imprisoned in Auschwitz for hiding Jews during World War II. When the Nazi guards selected 10 people to be starved to death in punishment, Kolbe volunteered to die in place of a stranger. He was later canonised as a martyr.

Listen

If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.

Reader: The Lord be with you.
All: **And with your spirit.**
Reader: A reading from the holy Gospel according to John.
Jesus said, 'This is my commandment, that you love one another as I have loved you.
No one has greater love than this, to lay down one's life for one's friends.
You are my friends if you do what I command you.'



I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father.

You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another.'

(Pause for silence)

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Respond

Reflective Song

Leader: In the Gospel reading, we heard the words:

'No one has greater love than this, to lay down one's life for one's friends.'

Let us pray with the song '[No Greater Love](#)' by Matt Maher. Matt is a well-known contemporary Catholic songwriter, musician and worship leader. He was inspired to write this song by the words from the Gospel of John.

Time for silent prayer ...

Go Forth

Leader: Maximilian Kolbe had great devotion to Mary. Let us pray together the Hail Mary:

All: Hail Mary, full of grace, the Lord is with you.

Blessed are you among women,

and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God,

pray for us sinners, now and at the hour of our death.

Amen.

(Pause)

As our lives are formed in faith, hope and love in the light of Christ.

Extinguish candle and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Today's Daily Prayer – Solemnity of the Assumption of the Blessed Virgin Mary

Today's prayer will focus on Mary, and all will be invited to listen to and pray with the Gospel reading for this Solemnity. **Preparation:** Choose readers and someone to light the candle.

Tuesday

Gather

Leader: Sit still ...

Breathe deeply ...

Listen to the silence ...

Know you are in the presence of a loving and protecting God ...

The Sign of the Cross

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Leader: On this Feast of the Assumption of Mary, Catholics give thanks and praise for the holy and blessed life of Mary, the Mother of Jesus. The Church celebrates how God has honoured Mary as the mother of all and welcomed her into heaven.

All: Amen.

Listen

Reader: The Lord be with you.

All: And with your spirit.

Reader: A reading from the holy Gospel according to Luke. (Lk 1: 39–56)

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

And Mary said:

'My soul proclaims the greatness of the Lord

and my spirit exults in God my saviour;

because he has looked upon his lowly handmaid.

Yes, from this day forward all generations will call me blessed,



for the Almighty has done great things for me.
Holy is his name,
and his mercy reaches from age to age for those who fear him.
He has shown the power of his arm,
he has routed the proud of heart.
He has pulled down princes from their thrones and exalted the lowly.
The hungry he has filled with good things, the rich sent empty away.
He has come to the help of Israel his servant, mindful of his mercy
– according to the promise he made to our ancestors –
of his mercy to Abraham and to his descendants for ever.’
Mary stayed with Elizabeth about three months and then went back home.
The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Respond

Prayerful Sharing

Leader: In response to this Gospel story, let us pray with a video reflection, ‘[Magnificat](#)’ by John Michael Talbot. After the video, we will have an opportunity to engage in prayerful sharing. (*Watch video*)

Let us reflect in silence on what we have seen and heard in the video.

I invite you to say a word or sentence that captures your thoughts or feelings, or a word or phrase that you remember.

When one person has spoken, let us sit in silent reflection before another person speaks.

Time for prayerful sharing ...

Go Forth

Leader: Loving God, may we always know that we are chosen by you.

All: As our lives are formed in faith, hope and love in the light of Christ.

Extinguish candle and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Wednesday

Today's Daily Prayer – Elijah on Mount Horeb

Today we will listen to the First Reading from Sunday where the prophet Elijah encounters God on Mount Horeb. **Preparation:** Choose readers and someone to light the candle.

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: Sit still ...
Breathe deeply ...
Listen to the silence ...
Know you are in the presence of a loving and protecting God ...

The Sign of the Cross

Leader: Together we pray the Sign of the Cross.
All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Background to the First Reading

Here we read about Elijah taking shelter in a cave at Mount Horeb, also called Mount Sinai. Elijah was a prophet who urged the people of ancient Israel to turn from sin and to return to the true God. He is waiting to meet God. He doesn't meet God in fire, cloud or earthquake. He encounters God not in a storm, but in stillness and silence. He covers his face as a sign of reverence.

Listen

If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.

Reader: A reading from the first book of Kings.
At Horeb, the mountain of God, Elijah came to a cave and spent the night there.
Then the Word of the Lord came to him, saying,
'What are you doing here, Elijah?
Go out and stand on the mountain before the Lord, for the Lord is about to pass by.'



Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.

When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

(Pause)

The Word of the Lord.

All: Thanks be to God.

Respond

The Responsorial Psalm

Leader: In response to the reading, we will pray the Responsorial Psalm. Psalm 84 is a prayer from a people in some kind of trouble. However, the tone is one of confident trust.

Reader: Lord, show us your mercy and love, and grant us your salvation.

All: Lord, show us your mercy and love, and grant us your salvation.

Reader: I will hear what the Lord God has to say,
a voice that speaks of peace.

His help is near for those who fear him
and his glory will dwell in our land.

All: Lord, show us your mercy and love, and grant us your salvation.

Reader: The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps.

All: Lord, show us your mercy and love, and grant us your salvation.

Time for silent prayer ...

Go Forth

Leader: May we go in truth and hope to love and serve the Lord.

All: As our lives are formed in faith, hope and love in the light of Christ.

Extinguish candle and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Today's Daily Prayer – Jesus on the water with Peter

In today's prayer, we will listen to the story of Peter walking on the water with Jesus. **Preparation:** Choose readers and someone to light the candle.

Thursday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: Sit still ...
Breathe deeply ...
Listen to the silence ...
Know you are in the presence of a loving and protecting God ...

The Sign of the Cross

Leader: Together we pray the Sign of the Cross.
All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Light candle and pause.

Background to the Gospel

In this Gospel story, Matthew reminds us of Jesus' practice of prayer, often alone and often throughout the night. Jesus offers reassuring words to the disciples, and encourages them to trust in him and be people of strong faith. This message is very real and relevant to each one of us as we are tossed around in the storm of life. Jesus invites us to 'Come'.

Listen

Reader: The Lord be with you.
All: And with your spirit.
Reader: A reading from the holy Gospel according to Matthew.

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray.

When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind.

In the fourth watch of the night he went towards them, walking on the lake, and when the disciples saw him walking on the lake they were terrified.



'It is a ghost' they said, and cried out in fear.

But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.'

It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.'

'Come' said Jesus.

Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink.

'Lord! Save me!' he cried.

Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?'

And as they got into the boat the wind dropped.

The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

(Pause for silence)

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Respond

Imaginative Meditation

Leader: This story about Peter offers comfort in the fact that, whenever we may feel caught in the grip of doubt or fear, Jesus is there for us. Jesus is there for us, ready to hold us firmly, safely and lovingly.

Take time to reflect on some of the pressures that bear down upon you. There may be current life issues or experiences that cause you to doubt, to fear, to feel like you are sinking.

Close your eyes and visualise the Gospel scene:

Imagine you are in the boat with Peter and his friends. Imagine the force of the wind and the fear Peter would have known. *(Silence)*

When do you feel tossed about or afraid? Imagine seeing Jesus reaching out to hold Peter. *(Silence)*

Imagine that it is you reaching your hand out for Jesus to hold. *(Silence)*

Speak to him in prayer about your uncertainties or fears. *(Silence)*

Rest knowing that you are safe. Hear the words of Jesus: 'Do not be afraid.' *(Silence)*

Respond in prayer in the silence of your heart.

Time for silent prayer ...

Go Forth

Leader: Loving God, hold us close to you.

All: As our lives are formed in faith, hope and love in the light of Christ.

Extinguish candle and pause.

All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Readings: 1 Kings 19: 9, 11–13; Psalm 84: 9–14; Romans 9: 1–5; Matthew 14: 22–33.

Today's Daily Prayer – Sacred silence

In today's prayer, we will have a special time of sacred silence. In this time, we remember that God dwells within us, often imperceptibly. As we still our minds and bodies, we allow ourselves to find God within us. **Preparation:** Choose readers and someone to light the candle.

Friday

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

Leader: Sit still ...
Breathe deeply ...
Listen to the silence ...
Know you are in the presence of a loving and protecting God ...

The Sign of the Cross

Leader: Together we pray the Sign of the Cross.
All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

Light candle and pause.

Leader: In the readings for this Sunday, we hear about Elijah finding God in the sheer silence. The Gospel reminds us of the times Jesus took himself off to pray alone. In our daily lives, we are very busy and there always seems to be lots of noise to fill the spaces. May we encounter God in the silence today.

All: **Amen.**

Listen

Reader: A reading from the first book of Kings.

Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.

When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

(Pause)

The Word of the Lord.



All: **Thanks be to God.**

Respond

Sacred Silence

Leader: In our prayer today, we will listen to the story of Elijah encountering God in the silence and we will move into silence with the help of the Catholic songwriter, Tom Booth, who has written a song called 'Sacred Silence'. In the response today, we will move from listening to this song into a time of sacred silence.

Play '[Sacred Silence](#)' by Tom Booth.

Let us have an extended time of silence just to simply be ... resting in the presence of God.

Time for silence ...

Go Forth

The Sign of Peace

Leader: Let us offer each other the sign of peace.

(Sign of peace)

Extinguish candle and pause.

All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

