

# Daily Prayer

Sixth Sunday in Ordinary Time Year B  
The Year of Mark; Year of Prayer 2024



**Readings:** Leviticus 13: 1–2, 44–46; Psalm 31: 1–2, 5, 11; 1 Corinthians 10: 31 – 11: 1; Mark 1: 40–45.

## Year of Prayer 2024

Pope Francis proposed that 2024 be marked as a year dedicated to prayer in preparation for the Jubilee 2025. The Melbourne Archdiocese Catholic Schools (MACS) Daily Prayer resources will support both individual and community prayer in the Year of Prayer 2024. In addition, the Dicastery for Evangelization will publish a series of [prayer notebooks](#), with material taken from the many forms of prayer to be found in the rich Catholic tradition.

## Preparations for 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.

The prayers will introduce students to traditional prayer and liturgical practices and responses, as well as a variety of Christian spiritual experiences. Take the opportunity to create a **sacred space** for prayer as you might do in creating a protected garden. This may include a prayer cloth or placemat, a bible, a candle and flowers.

## Readings this Week

This week's readings are about healing, so it is appropriate that Ash Wednesday falls this week and we begin the season of Lent. In the First Reading, the Israelites are given the rules about skin diseases and the Gospel tells the story of a man with a dreaded skin disease who seeks healing from Jesus. He knows that if Jesus heals him, he can return to his family and his former place in society as he will no longer be considered unclean. Jesus replies, 'Of course I want to heal you. Be clean!'

## Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Green	<i>Jesus, if you want to, you can heal me.</i>	Praying with the Gospel Reflection with an Image
Tuesday – Green	<i>I turn to you, Lord, in times of trouble, and you fill me with the joy of salvation.</i>	Praying with the Responsorial Psalm Responding in Song
Wednesday – Purple Ash Wednesday	<i>Turn away from your sins and believe the Good News.</i>	Praying with the Gospel Lenten Reflection Prayer of Sorrow
Thursday – Purple	<i>He shall dwell apart, making his abode outside the camp.</i>	Litany of Lent Praying with the First Reading Reflection Our Father
Friday – Purple	<i>Moved with pity, he stretched out his hand, 'Be made clean.'</i>	Praying with the Gospel Lectio Divina



Note that scripture quotations are from the Lectionary (*Jerusalem Bible*) or NRSV.

### Suggested Teacher Background for the Readings

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



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## Today's Daily Prayer – If you want to, you can heal me

Today's prayer focuses on the Gospel. **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.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

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

*Light candle and pause.*

**Leader:** As we light this candle, we pray for faith.

**All:** **Help us, O Lord, to be faith-filled people.**

**Leader:** As we light this candle, we pray for hope.

**All:** **Help us, O Lord, to be hope-filled people.**

**Leader:** As we light this candle, we pray for love.

**All:** **Help us, O Lord, to be loving people. Amen.**

### Background to the Gospel

*The First Reading and the Gospel are always linked together, and this week's readings are about leprosy. In ancient times, anyone with any kind of skin disease was thought to have leprosy, a dreaded disease that was very contagious, with no cure. It was thought that even touching these people would transfer the disease. If a person was thought to have leprosy, they were sent away from their family and their community, at first for a week, then, if they hadn't shown signs of improvement, for a longer time, perhaps forever. They had to show themselves to the priests, who also acted as the local medical authorities. These rules had been followed for centuries and are referred to in the First Reading.*

### 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 holy Gospel according to Mark.  
A leper came to Jesus and kneeling down begged him and said,  
'If you wish, you can make me clean.'  
Moved with pity, he stretched out his hand,  
touched him, and said to him,  
'I do will it. Be made clean.'  
(Pause)

The Gospel of the Lord.

**All:** Praise to you, Lord Jesus Christ.

## Respond

### Reflecting with an Image

For a larger image, click [here](#).

**Leader:** In this picture of Jesus and a man with leprosy,  
we see Jesus laying his hand on him.  
By doing this, according to Jewish law,  
Jesus also becomes unclean.  
'Jesus, if you want to, you can cure me,'  
the man with leprosy, also known as a leper,  
says.



Jesus heals a man with leprosy, from the Lumo Project

### Reflection

**Leader:** Let us take some time to reflect on this image and pray for our own personal intercessions.

*Time of reflective silence ...*

## Go Forth

**Leader:** Give us, Lord, hearts filled with compassion.

**All:** Amen.

**Leader:** May we act with justice and peace.

**All:** Amen.

**Leader:** Lead us to be of service to others.

**All:** Amen.

*Extinguish candle and pause.*

**Leader:** May God continue to lead us.

**All:** Inspired to live faithfully in the light of Christ.

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



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**Readings:** Leviticus 13: 1–2, 44–46; Psalm 31: 1–2, 5, 11; 1 Corinthians 10: 31 – 11: 1; Mark 1: 40–45.

## Today's Daily Prayer – I turn to you Lord in times of trouble

Today's prayer focuses on the Responsorial Psalm. **Preparation:** Choose readers and someone to light the candle.

## Tuesday – Shrove Tuesday

### 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.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

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

*Light candle and pause.*

**Leader:** Let our hearts seek the Lord; may we turn to him and see his face.

**All:** **Amen.**

### Background to the Responsorial Psalm

*In the shadows of Lent, this psalm is most appropriate, as it concerns forgiveness and mercy. The psalmist begins with a blessing for those who have confessed their sin and have been forgiven. He then goes on to confess his own sin, not giving excuses, but admitting his guilt and receiving forgiveness. The psalmist concludes by praising those who live a just and moral life, pointing out that those who sin would suffer, but those who live by God's covenant will be truly blessed.*

### Listen

#### Responsorial Psalm

**Leader:** Let us pray the Responsorial Psalm.

**Reader:** I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.

**All:** **I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.**

**Reader:** Blessed is he whose fault is taken away,  
whose sin is covered.

Blessed the man to whom the Lord imputes not guilt,  
in whose spirit there is no guile.

**All:** **I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.**



**Reader:** Then I acknowledged my sin to you,  
my guilt I covered not.  
I said, 'I confess my faults to the Lord,'  
and you took away the guilt of my sin.

**All:** **I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.**

**Reader:** Be glad in the Lord and rejoice, you just;  
exult, all you upright of heart.

**All:** **I turn to you, Lord, in time of trouble, and you fill me with the joy of salvation.**

*(Pause)*

## Respond

### Reflection through Song

**Leader:** Let us reflect on the words of this psalm through song. Below are two suggestions:

- 'The hiding place' by John Michael Talbot
- 'Your love defends me' by Matt Maher.

*Time for quiet reflection ...*

## Go Forth

**Leader:** May we go forth from here knowing that, in times of trouble, we are not alone. God is the strength of our soul and the courage of our heart.

**All:** **O Lord, inspire us to live faithfully in the light of Christ. Amen.**

*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 – Turn away from your sins and believe the Good News

Today is Ash Wednesday. **Preparation:** It would be appropriate to have a purple candle and cloth during the season of Lent. Choose readers for the various parts and someone to light the candle.

## Wednesday – Ash Wednesday

### 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.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

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

**Leader:** Loving God, who is full of mercy and kindness, be with us in a special way as we begin our Lenten journey. May we become a people of love and forgiveness, reaching out to others with compassion and understanding.

**All:** **Amen.**

*Light candle and pause.*

### Background to Ash Wednesday

*Today is Ash Wednesday and it marks the beginning of Lent, which lasts for six weeks. According to the gospels of Matthew, Mark and Luke, Jesus spent 40 days fasting in the desert, where he endured temptation. Lent originated as a mirroring of this, fasting 40 days as preparation for Easter. Every Sunday was a commemoration of the Sunday of Christ's resurrection and so was a feast day on which fasting was inappropriate. Accordingly, Christians fasted from Monday to Saturday (six days) for six weeks and from Wednesday to Saturday (four days) in the preceding week, thus making up the number of 40 days. Ash Wednesday derives its name from the practice of blessing ashes made from palm branches blessed on the previous year's Palm Sunday and placing them on the heads of participants to the accompaniment of the words, 'Turn away from your sins, and believe in the gospel.'*

### 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.*

**Leader:** A reading from the holy Gospel according to Matthew.

**Reader 1:** When you give alms,  
do not let your left hand know what your right is doing,





so that your almsgiving may be secret.

And God who sees in secret will repay you.

**Reader 2:** When you pray, go to your inner room,  
close the door, and pray to God in secret.  
And God who sees in secret will repay you.

**Reader 3:** When you fast,  
anoint your head and wash your face,  
so that you may not appear to be fasting,  
except to God who is hidden.  
And God who sees what is hidden will repay you.

*(Pause)*

The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**

## Respond

### Lenten Reflection

**Leader:** As we begin the season of Lent, let us reflect on the times when we have failed to love and care for others. Let us pray for God's forgiveness and mercy.

*(Pause)*

When we constantly put ourselves before others, we carry the stone of selfishness in our hearts.

**All: God of mercy, heal our hearts.**

**Leader:** When we fail to show tolerance and acceptance, we carry the stone of prejudice in our hearts.

**All: God of mercy, heal our hearts.**

**Leader:** When we cheat others and try to hide the truth, we carry the stone of dishonesty in our hearts.

**All: God of mercy, heal our hearts.**

**Leader:** When we are envious and covet what others have, we carry the stone of jealousy in our hearts.

**All: God of mercy, heal our hearts.**

**Leader:** When we are arrogant and put other people down, we carry the stone of pride in our hearts.

**All: God of mercy, heal our hearts.**

### Lenten Prayer of Sorrow

**Leader:** Let us pray a prayer of sorrow.

**All: My God,  
I am sorry for my sins with all my heart.**





**In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance,  
to sin no more,  
and to avoid whatever leads me to sin.  
In Jesus' name, my God, have mercy. Amen.**

**Leader:** We offer each other a sign of peace.

### **Go Forth**

**Leader:** We go forth from here praising God in all that we do and say.

**All:** **Inspired to live faithfully 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 – Living outside the camp

Today's prayer will focus on the First Reading. **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.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

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

**Leader:** As we begin the season of Lent, we are called to renew our hearts and change our lives.

*Light candle and pause.*

### Litany of Lent

**Leader:** People of all nations ...

**All:** **Turn to God and live with love.**

**Leader:** Leaders of the world ...

**All:** **Turn to God and live with love.**

**Leader:** Leaders of our nation ...

**All:** **Turn to God and live with love.**

**Leader:** Leaders of our Church and schools ...

**All:** **Turn to God and live with love.**

**Leader:** Men and women ...

**All:** **Turn to God and live with love.**

**Leader:** Girls and boys, and all young people ...

**All:** **Turn to God and live with love.**

**Leader:** All people of the world ...

**All:** **Turn to God and live with love.**



## Background to the First Reading

The Book of Leviticus contains rules and regulations for the correct worship practices for the ancient people of Israel. The book's central theme is the holiness of God and the ways that, through worship, the people could maintain their relationship with God. This reading is about the regulations regarding people with skin diseases, something that filled the people of the time with fear as they didn't understand them and were always concerned about contagion. It directly connects with the Gospel of the day which is about a man with a dreaded skin disease, possibly leprosy but not definitely.

## Listen

**Leader:** Today we listen to the First Reading.

**Reader:** A reading from the book of Leviticus.

'The one who bears the sore of leprosy  
shall keep his garments rent and his head bare,  
and shall muffle his beard;  
he shall cry out, "Unclean, unclean!"  
As long as the sore is on him he shall declare himself unclean,  
since he is in fact unclean.  
He shall dwell apart, making his abode outside the camp.'

*(Pause)*

This is the Word of the Lord.

**All: Thanks be to God.**

## Respond

### Reflection

**Leader:** Let us pause and reflect on times when we have excluded others and forced them to live 'outside the camp'.

*(Pause for reflection)*

Let us pause and reflect on times when we have been welcomed by others to be part of the group.

*(Pause for reflection)*

How do we want to respond to others who are different, who are new?

*Time for quiet reflection ...*

## Go Forth

### The Lord's Prayer

**Leader:** Let us pray together as Jesus taught us.

**All: Our Father ...**

**Leader:** We go forth from here praising God in all that we do and say.

**All: Inspired to live faithfully 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 – Lectio Divina with the Gospel

Lectio Divina is Latin for 'sacred reading'. It is a simple method of praying with Scripture that is practised in many different religious orders. It is a prayer practice that has been used for over 1500 years in the monastic movements of Christianity. Lectio Divina can be used with any biblical text. The text provided is a template. **Structure:** There are four stages in this style of prayer: lectio (reading, listening), meditatio (meditating, reflecting), oratio (praying, responding), contemplatio (resting, contemplating). You will notice that these stages correspond to the Listen and Respond sections of our prayer today.

**Sensitive pastoral leadership:** In leading this kind of prayer, it is important to be invitational and to be sensitive to participants. A regular practice of this kind of prayer will generate familiarity and increase engagement, as participants learn the way of praying and become comfortable and supported to speak from their hearts. **Silence:** Enjoy and allow for extended periods of silence as these moments are precious in our noisy, busy world. **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 God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. 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.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

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

**Leader:** As we light this candle, let us remember God's great love and mercy.

**All:** **Amen.**

*Light candle and pause.*

### Listen

#### Lectio (reading, listening)

**Leader:** Let us still our bodies and sit comfortably so that we listen attentively. After the reading, I invite you to quietly re-read the text and allow the words to sink in.

**Reader:** A reading from the holy Gospel according to Mark.

A leper came to Jesus and kneeling down begged him and said,  
'If you wish, you can make me clean.'



Moved with pity, he stretched out his hand,  
touched him, and said to him,  
'I do will it. Be made clean.'

*(Pause)*

The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**

*Silence for a while ...*

### **Meditatio (meditating, reflecting)**

**Leader:** Let us listen to this verse read slowly for the second time. As you listen, I invite you to remember a word or a short phrase that catches your attention, repeating it gently in your memory.

**Reader:** *(Read the Gospel passage again)*

*Silence for a while ...*

**Leader:** I now invite you to speak aloud the word or phrase of your meditation. This is like a re-reading of the Scripture, except only saying the words that you have been meditating on. As you speak this word or phrase, you give the words new life and each of us hears the words again in a new voice. After we have spoken our words, let us return to silent stillness, listening deeply.

*Allow time for the participants to speak their word or phrase and then allow for silence.*

### **Respond**

#### **Oratio (praying, responding)**

**Leader:** I invite you now to share with the person next to you the words of your meditation. How might you live these words? What are your wonderings? What might God be saying?

Once we have finished sharing, we will return to silence and stillness.

*Two to three minutes for sharing ...*

#### **Contemplatio (resting, contemplating)**

**Leader:** Thank you for engaging in this sacred deep listening. Let us spend another few moments in contemplation, allowing these words, phrases, thoughts and feelings to sink deep into our hearts and minds, so that we move into our day deeply affected by God's Word.

*One minute of silent prayer ...*

### **Go Forth**

#### **Sign of Peace**

**Leader:** As we come to the end of the week, let us offer each other a sign of peace.

*(Sign of peace)*

Let us go forth from here, proclaiming, by our words and actions, our love of God, our love of neighbour and our love of self.

**All: Lord, Inspire us to live faithfully 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.**

