

# Daily Prayer

The Most Holy Body and Blood of Christ Year B  
*The Year of Mark; Year of Prayer 2024*



**Readings:** Exodus 24: 3–8; Psalm 115: 12–13, 15–18; Hebrews 9: 11–15; Mark 14: 12–16, 22–26.

## 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. Additional resources (apps, websites, music, videos) will be suggested for those wanting to enrich the prayers or to understand the readings at a deeper level.

The optional shorter prayer of the day is indicated by **green headings** on each day.

## Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – White	<i>He took the bread, blessed it, broke it and gave it to them.</i>	<a href="#">Gather</a> <a href="#">Listen</a> Praying with the Gospel Sequence
Tuesday – White	<i>We will do everything the Lord is telling us.</i>	<a href="#">Listen</a> Praying with the First Reading <a href="#">Respond</a> Reflection
Wednesday – White	<i>I will take the cup of salvation and call on the name of the Lord.</i>	<a href="#">Listen</a> Praying with the Responsorial Psalm <a href="#">Respond</a> Creative Reflection on Thanksgiving
Thursday – White	<i>Christ obtained eternal redemption.</i>	Praying with the Second Reading <a href="#">Respond</a> Meditation <a href="#">Go Forth</a>



Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Friday – White <i>The Most Sacred Heart of Jesus</i>	<i>They will look upon the one whom they have pierced.</i>	<a href="#">Gather</a> <a href="#">Praying with the Gospel for the Feast of the Sacred Heart</a> <a href="#">Respond</a> <a href="#">Prayers of Intercession</a> <a href="#">Go Forth</a> <a href="#">Sign of Peace</a>

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

### Suggested Teacher Background for the Readings

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



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## Today's Daily Prayer – He took the bread, blessed it, broke it and gave it to them

Today's prayer will focus on the Gospel. **Preparation:** Choose readers and someone to light the candles.

## Monday

### 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.*

**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.**

*Have three candles ready to be lit.*



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

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

*Light first candle and pause.*

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

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

*Light second candle and pause.*

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

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

*Light third candle and pause.*

### Background to the Gospel

*In the Gospel, it is Jesus who sets up the arrangements for celebrating the Passover, which becomes the Last Supper. He tells the apostles what to do, giving them the message that he is in charge. Jesus and his apostles would have celebrated this event every year, and would have been very familiar with the ritual. During this meal, Jesus moved from celebrating a feast of the past (the Passover), transforming it into a celebration of the coming of the Kingdom. By sharing in the Eucharist and becoming one with the Body of Christ, we are strengthened to help build the Kingdom here on earth.*

### Listen

**Leader:** Let us prepare to listen attentively to the sacred words of Scripture.



**Reader:** While they were eating,  
he took bread, said the blessing,  
broke it, gave it to them, and said,  
'Take it; this is my body.'

Then he took a cup, gave thanks, and gave it to them,  
and they all drank from it.

He said to them,  
'This is my blood of the covenant,  
which will be shed for many.

Amen, I say to you,  
I shall not drink again the fruit of the vine  
until the day when I drink it new in the kingdom of God.'

*(Pause)*

The Gospel of the Lord

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

## Respond

### Sequence

**Leader:** A sequence is a long hymn that follows the Second Reading and leads into the Gospel Acclamation. It is seldom used and then only on four Sundays of the year. Originally, it was used to prolong the Gospel procession on high feast days.

Let us pray together part of the Sequence from the Mass of the Most Holy Body and Blood of Christ.

**All:** **Very bread, good shepherd, tend us,**  
**Jesus, of your love befriend us,**  
**You refresh us, you defend us,**  
**Your eternal goodness send us**  
**In the land of life to see.**  
**You who all things can and know,**  
**Who on earth such food bestow,**  
**Grant us with your saints, though lowest,**  
**Where the heav'ly feast you show,**  
**Fellow heirs and guests to be. Amen. Alleluia.**

## Go Forth

**Leader:** May we go forth today celebrating that we are the Body of Christ.

**All:** **May Christ live and act in each one of us. Amen.**

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

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

*Extinguish candles and pause.*

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



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**Readings:** Exodus 24: 3–8; Psalm 115: 12–13, 15–18; Hebrews 9: 11–15; Mark 14: 12–16, 22–26.

## Today's Daily Prayer – We will do everything the Lord is telling us

Today's prayer will focus on the First Reading. **Preparation:** Choose readers and someone to light the candle.

## Tuesday

### 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.*

**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:** We light this candle and pray that our hearts are open to God's will in our lives.

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

### Background to the First Reading

*In Jewish law, giving up a possession of real value in sacrifice at the altar was seen as an important way of becoming closer to God. The offering had to belong to the person making the sacrifice and it had to be an unblemished, domestic animal raised for food. The blood of the animal signified life given by God. In this reading from the book of Exodus, Moses sprinkles half the blood of the sacrifice on the people after they had agreed to do everything God had asked of them, thereby entering into a covenant with him. Life created a bond between God and his people and, as God had given them life, they too were to honour God by living the kind of lives he asked of them.*

### Listen

**Leader:** Let us listen attentively to sacred Scripture.

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

When Moses came to the people  
and related all the words and ordinances of the Lord,  
they all answered with one voice,  
'We will do everything that the Lord has told us.'  
Moses then wrote down all the words of the Lord and,  
rising early the next day,  
he erected at the foot of the mountain an altar  
and twelve pillars for the twelve tribes of Israel.



Then, having sent certain young men of the Israelites to offer holocausts and sacrifice young bulls as peace offerings to the Lord, Moses took half of the blood and put it in large bowls; the other half he splashed on the altar. Taking the book of the covenant, he read it aloud to the people, who answered, 'All that the Lord has said, we will heed and do.' Then he took the blood and sprinkled it on the people, saying, 'This is the blood of the covenant that the Lord has made with you in accordance with all these words of his.'

(Pause)

The Word of the Lord.

All: **Thanks be to God.**

### Respond

Leader: Let us place our feet on the floor and hands in our laps, close our eyes and sit very quietly to reflect on this reading.  
In the reading, the Israelites said, 'We will do everything that the Lord has told us'.  
What is the Lord telling you?  
How does he ask you to live your life?

*Time for quiet reflection ...*

### Go Forth

Leader: Let us go forth from here listening with the ears of our hearts to what God is telling us.  
May we live lives of honesty, justice and compassion.

All: **Amen.**

Leader: Let us 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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**Readings:** Exodus 24: 3–8; Psalm 115: 12–13, 15–18; Hebrews 9: 11–15; Mark 14: 12–16, 22–26.

## Today's Daily Prayer – I will take the cup of salvation and call on the name of the Lord

Today's prayer will focus on the Responsorial Psalm. **Preparation:** Each person will need a cup, mug or bowl for the response. Choose readers and someone to light the candle.

## Wednesday

### 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.*

**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 ...

**All:** **May we give thanks each day for God's kindness.**

**Leader:** As we light this candle ...

**All:** **May we give thanks each day for God's generosity.**

**Leader:** As we light this candle ...

**All:** **May we give thanks each day for God's love. Amen.**

### Background to the Responsorial Psalm

*Psalm 115 is one of the praise psalms, called the 'Hallel psalms' (from which we get the word 'hallelujah', meaning 'praise'). It would have been used in a liturgical setting in the Jewish tradition. The psalmist is thanking God for his deliverance from something that has happened, possibly an escape from death or arrival at a destination after a long and perilous journey. The psalmist offers a sacrifice of thanksgiving and, although he knows he can never repay God, makes a promise to be faithful and true to God, and 'to call on God as long as I live'.*

### 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:** Let us pray together the Responsorial Psalm.

**Reader:** I will take the cup of salvation and call on the name of the Lord.

**All:** **I will take the cup of salvation and call on the name of the Lord.**



**Reader:** How shall I make a return to the Lord  
for all the good he has done for me?  
The cup of salvation I will take up,  
and I will call upon the name of the Lord.

**All:** **I will take the cup of salvation and call on the name of the Lord.**

**Reader:** Precious in the eyes of the Lord  
is the death of his faithful ones.  
I am your servant, the son of your handmaid;  
you have loosed my bonds.

**All:** **I will take the cup of salvation and call on the name of the Lord.**

**Reader:** To you will I offer sacrifice of thanksgiving,  
and I will call upon the name of the Lord.  
My vows to the Lord I will pay  
in the presence of all his people.

**All:** **I will take the cup of salvation and call on the name of the Lord.**

### Respond

**Leader:** Let us sit quietly with eyes closed, and with our cup, mug or bowl held in our hands.  
(*If these aren't available, ask people to cup their hands.*)

This psalm is a prayer of thanksgiving. Let us give thanks to God for all his great gifts.

Let us think of all God's gifts that we have in our life. As we think of each one, we can imagine it falling into the container in our hands. Hopefully, within a few minutes, our cup will be overflowing.

Let us pray in thanksgiving for all God has given us.

### Go Forth

**Leader:** Gracious God, help us to be people of gratitude. We pray ...

**All:** **God, you are with us.**

**Leader:** Help us to acknowledge your kindness. We pray ...

**All:** **God, you are with us.**

**Leader:** Help us to be humble of heart. We pray ...

**All:** **God, you are with us. Amen.**

**Leader:** Let us 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 – Christ obtained eternal redemption

Today's prayer will focus on the Second 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 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.*

**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 us pray together the Entrance Antiphon from Sunday's liturgy.

**All:** **He fed them with the finest wheat**

**and satisfied them with honey from the rock.**

### Background to the Second Reading

*Paul's letter to the Hebrews is the only place where Jesus is referred to as priest. Priests were powerful figures in Israel, exercising both spiritual and political power over the people, so describing Jesus as priest asserts his position of authority. The reference to a tent not made by human hands suggests that Jesus dwelt in a heavenly structure where God also resides. Where sacrifice previously brought about atonement between God and humans, through Jesus' sacrifice of himself, humans can now enjoy redemption and live as free children of God.*

### Listen

**Leader:** Let us listen attentively to sacred Scripture.

**Reader:** Brothers and sisters:

When Christ came as high priest  
of the good things that have come to be,  
passing through the greater and more perfect tabernacle  
not made by hands, that is, not belonging to this creation,  
he entered once for all into the sanctuary,  
not with the blood of goats and calves  
but with his own blood, thus obtaining eternal redemption.

*(Pause)*



The Word of the Lord.

All: **Thanks be to God.**

### Respond

Leader: Sit quietly on your chair, with feet on the floor and hands in your lap. (*Pause*)  
Close your eyes and slow your breathing into a gentle rhythm.  
Breathe in slowly. Breathe out slowly. (*Three to four times*)  
Breathe in the loving peace of God. (*Pause*)  
Breathe out your worry and stress. (*Pause*)  
Breathe in the loving joy of God. (*Pause*)  
Breathe out your hurt and tears. (*Pause*)  
Breathe in the loving forgiveness of God. (*Pause*)  
Breathe out your doubts and uncertainties. (*Pause*)  
Breathe in the loving compassion of God. (*Pause*)  
Breathe out your pain and suffering. (*Pause*)  
And know that you are deeply loved. (*Pause*)

### Go Forth

Leader: We praise you, God, for your faithfulness.

All: **We praise you.**

Leader: We praise you, God, for your mercy.

All: **We praise you.**

Leader: We praise you, God, for your love.

All: **We praise you. Amen.**

Leader: Let us 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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**Readings:** Exodus 24: 3–8; Psalm 115: 12–13, 15–18; Hebrews 9: 11–15; Mark 14: 12–16, 22–26.

## Today's Daily Prayer – They will look upon the one whom they have pierced

Today, we pray the Gospel of the feast of the Sacred Heart of Jesus. **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.*

**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:** Jesus, heart most pure, heart most holy, heart most faithful, look on us with love. Show us your mercy and compassion.

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

### Listen

**Leader:** Let us prepare to listen attentively to the sacred words of Scripture.

**Reader:** Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out. These things occurred so that the Scripture might be fulfilled, 'None of his bones shall be broken.' And again, another passage of Scripture says, 'They will look on the one whom they have pierced.'

*(Pause)*

The Gospel of the Lord.

### Respond

#### Prayers of Intercession

**Leader:** Loving and tender God, listen to the prayers we bring to you.

**Reader:** We pray for our Church and world leaders: that their words and actions may be founded on love. Lord, hear us.

**All:** **Lord, hear our prayer.**



**Reader:** We pray for all gathered here: that we may know God's deep and endless love for us. Lord, hear us.

**All:** **Lord, hear our prayer.**

**Reader:** We pray for those who feel unloved and uncared for: that they may be surrounded and embraced by God's love. Lord, hear us.

**All:** **Lord, hear our prayer.**

**Reader:** We pray for ourselves: that we may show the warm and tender love of God to all we meet. Lord, hear us.

**All:** **Lord, hear our prayer.**

**Leader:** In your mercy and love, we ask you, God, to hear our prayers.

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

### **Go Forth**

**Leader:** When I find loving others a challenge,

**All:** **Jesus, give me a heart of love.**

**Leader:** When I find forgiving others difficult,

**All:** **Jesus, give me a heart of love.**

**Leader:** When I find accepting others hard to do,

**All:** **Jesus, give me a heart of love.**

**Most Sacred Heart of Jesus, I place my trust in you. Amen.**

### **Sign of Peace**

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

*(Sign of peace)*

Let us 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.**

