

Daily Prayer

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



Readings: Job 38: 1, 8–11; Psalm 106: 23–26, 28–31; 2 Corinthians 5: 14–17; Mark 4: 35–41.

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 – Green	<i>Jesus stills the sea.</i>	Gather Listen Praying with the Gospel Reflection
Tuesday – Green	<i>The Lord constrains the sea.</i>	Praying with the First Reading Respond Meditation Prayer
Wednesday – Green	<i>Give thanks to the Lord, his love is everlasting.</i>	Listen Praying with the Responsorial Psalm Respond Responding in Song
Thursday – Green	<i>We are new creations in Christ.</i>	Praying with the Second Reading Respond Reflection Part of the Apostles' Creed



Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Friday – Green	<i>Who can this be? Even the wind and the sea obey him.</i>	Listen Praying with the Gospel Respond Prayers of the Faithful Go Forth Blessing

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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Readings: Job 38: 1, 8–11; Psalm 106: 23–26, 28–31; 2 Corinthians 5: 14–17; Mark 4: 35–41.

Today's Daily Prayer – Jesus stills the sea

Today, we 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, may the Word of God grow in our hearts.

All: **Amen.**

Light first candle and pause.

Leader: As we light this candle, may the Word of God inspire our minds.

All: **Amen.**

Light second candle and pause.

Leader: As we light this candle, may the Word of God guide our deeds.

All: **Amen.**

Light third candle and pause.

Background to the Gospel

This week's passage includes one of the great nature miracles of Jesus – the calming of the storm. Some scripture scholars suggest that this story is a construction by the writer to speak directly to the community for whom this Gospel was written. The community of the Gospel of Mark were consumed with doubt and surrounded by evidence of the world as they knew it falling apart. They were living the metaphor captured in the story: a boat adrift on the sea in the midst of an almighty storm. The cry of the disciples was the cry of the Christian community: 'Master, do you not care?' They felt that God did not care about the turmoil that surrounded them. The Gospel writer reassures them that God does care about their struggle, but at the same time chastens them for their lack of faith.



Listen

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

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

(Pause)

The Gospel of the Lord.

Respond

Leader: The action of the calming of the sea is a miracle. How powerful and loving our God is. But let's look beyond the miracle. Let's look toward Jesus who has divine authority over everything. He is always with us to help us through the storms in our lives.

What are some of the storms in your life? What frightens you or what is hard for you? What do you believe in? Who is Jesus to you?

Time for quiet reflection ...

Go Forth

All: **Loving God, be at my right side, be at my left side.**

Walk ahead of me and walk behind me.

Protect me with your love and power.

Guard me and guide me this day and every day.

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: Job 38: 1, 8–11; Psalm 106: 23–26, 28–31; 2 Corinthians 5: 14–17; Mark 4: 35–41.

Today's Daily Prayer – Here I have set the boundaries of the sea

Today, we will pray with 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

The First Reading comes from that part of the book of Job where God, refusing to answer Job's questions, withdraws more and more deeply into mystery. God puts to Job a series of questions that serve simply to drive home the distance between Creator and human creature. The questions bear upon God's mighty acts in creation, the chief of them being victory over the primeval watery chaos, a victory that allowed dry land and vegetative life to appear (Gen 1: 9–10). In biblical thought and imagery, water out of control is the prime symbol of chaos and destruction. To control such forces, as poetically described in the present text, was considered a prerogative of God alone.

Listen

Leader: Let us listen attentively to sacred Scripture.

Reader: A reading from the book of Job.

From the heart of the tempest the Lord gave Job his answer. He said:

Who pent up the sea behind closed doors
when it leapt tumultuous out of the womb,
when I wrapped it in a robe of mist
and made black clouds its swaddling bands;
when I marked the bounds it was not to cross
and made it fast with a bolted gate?



Come thus far, I said, and no farther:
here your proud waves shall break.

(Pause)

The Word of the Lord.

All: **Thanks be to God.**

Respond

Meditation

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.

(Pause)

Leader: God is always faithful. (Pause)

All: **God is always faithful.**

Leader: God is full of mercy and compassion. (Pause)

All: **God is full of mercy and compassion.**

Leader: God is full of hope and promise. (Pause)

All: **God is full of hope and promise.**

Leader: God is our safety and protection. (Pause)

All: **God is our safety and protection.**

Leader: God's love is everlasting. (Pause)

All: **God's love is everlasting.**

Time for quiet reflection ...

Go Forth

Leader: As we go forth, help us remember to be faithful to you, O God, in thought, word and deed. In times of doubt and times of trouble, may we shelter in your loving arms, knowing there is respite and calm, safety and protection.

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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Today's Daily Prayer – Give thanks to the Lord, his love is everlasting

Today's prayer will focus on the Responsorial Psalm. **Preparation:** 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 be blessed with God's loving kindness.**

Leader: As we light this candle,

All: **May we be blessed with God's rich mercy.**

Leader: As we light this candle,

All: **May we be blessed with God's eternal love. Amen.**

Background to the Responsorial Psalm

This psalm gives thanks to God for protection, care and deliverance in a variety of situations, including sin. All of these testify to God's steadfast love or 'khesed', a Hebrew term that expresses God's unswerving commitment to humanity and creation, and to bringing the divine purpose for both to its fulfilment.

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: Give thanks to the Lord, his love is everlasting.

All: **Give thanks to the Lord, his love is everlasting.**



Reader: Some sailed to the sea in ships
to trade on the mighty waters.
These men have seen the Lord's deeds,
the wonders he does in the deep.

All: **Give thanks to the Lord, his love is everlasting.**

Reader: For he spoke; he summoned the gale,
tossing the waves of the sea
up to heaven and back into the deep;
their soul melted away in their distress.

All: **Give thanks to the Lord, his love is everlasting.**

Reader: Then they cried to the Lord in their need
and he rescued them from their distress.
He stilled the storm to a whisper:
all the waves of the sea were hushed.

All: **Give thanks to the Lord, his love is everlasting.**

Reader: They rejoiced because of the calm
and he led them to the haven they desired.
Let them thank the Lord for his love,
the wonders he does for men.

All: **Give thanks to the Lord, his love is everlasting.**

(Pause)

Respond

Leader: Let us respond with song:
'10,000 reasons (bless the Lord)' by Matt Redman
'This is amazing grace' by Phil Wickham.

Time for quiet reflection ...

Go Forth

Leader: I invite you to pray this blessing slowly and mindfully on the person next to you.
May you rejoice always, and may God stay close to your heart.
May you always give thanks to God and be grateful.
May you keep what is good and reject all that is evil.
And may you always know God's love, peace and faithfulness. Amen.
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: Job 38: 1, 8–11; Psalm 106: 23–26, 28–31; 2 Corinthians 5: 14–17; Mark 4: 35–41.

Today's Daily Prayer – We are new creations in Christ

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: **The Lord is the strength of his people,
a saving refuge for the one he has anointed.
Save your people, Lord, and bless your heritage,
and govern them for ever.**

Background to the Second Reading

The Second Reading contains some of Paul's most stirring reflections on the implications of really coming to appreciate the heart of the paschal mystery. The thought of the love involved in Christ's dying for all is simply 'overwhelming': it can completely transform one's attitude to others and communicate a readiness to place one's life entirely at the service of his self-sacrificing mission to 'catch' people for the Kingdom.

Listen

Leader: Let us listen attentively to sacred Scripture.

Reader: The love of Christ overwhelms us when we reflect that if one man has died for all, then all men should be dead; and the reason he died for all was so that living men should live no longer for themselves, but for him who died and was raised to life for them.

From now onwards, therefore, we do not judge anyone by the standards of the flesh. Even if we did once know Christ in the flesh, that is not how we know him now. And for anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here.

(Pause)

The Word of the Lord.



All: **Thanks be to God.**

Respond

Leader: Sit quietly on your chair with your feet on the floor and hands in your lap. (*Pause*)

Close your eyes and slow your breathing into a gentle rhythm.

Saint Paul insists that the love of Christ completely transforms us, mind and heart.

What words of Saint Paul resonate with you in your life?

How does it help you put things of this life into perspective? What really matters?

Time for quiet reflection ...

Go Forth

Leader: Let us pray together the last part of the Apostles' Creed.

All: **I believe in the Holy Spirit,**
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. 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: Job 38: 1, 8–11; Psalm 106: 23–26, 28–31; 2 Corinthians 5: 14–17; Mark 4: 35–41.

Today's Daily Prayer – Who can this be? Even the wind and the sea obey him

Today, we pray with the Gospel. **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: As we gather together to pray, we do so with humble hearts, knowing that God's love for us is deep and everlasting.

All: **Amen.**

Listen

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

With the coming of evening, Jesus said to his disciples, 'Let us cross over to the other side.' And leaving the crowd behind they took him, just as he was, in the boat; and there were other boats with him. Then it began to blow a gale and the waves were breaking into the boat so that it was almost swamped. But he was in the stern, his head on the cushion, asleep. They woke him and said to him, 'Master, do you not care? We are going down!' And he woke up and rebuked the wind and said to the sea, 'Quiet now! Be calm!' And the wind dropped, and all was calm again. Then he said to them, 'Why are you so frightened? How is it that you have no faith?' They were filled with awe and said to one another, 'Who can this be? Even the wind and the sea obey him.'

(Pause)

Respond

Leader: God's help is near for those who call on him.

Reader: We pray for our needs and the needs of the world. Lord, hear us.

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

Reader: We pray we always have faith in God in times when we are frightened. Lord, hear us.

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

Reader: We pray for those who are poor or lonely, or who have nowhere to live. Lord, hear us.

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



Reader: We pray for people who are anxious and afraid, that we may be good friends and look after them. Lord, hear us.

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

Leader: O God, your words made the ocean calm. Use that same power to calm our fears and help us to increase our faith. We ask this in Jesus' name.

All: **Amen.**

Go Forth

Blessing

The person giving the blessing stands and puts their hand on the head or shoulder of the person receiving the blessing. This person either kneels or sits in front of them. When they have finished, they change places and the other person receives the blessing.

Leader: I invite you to pray this blessing slowly and mindfully on the person next to you.

May you rejoice always, and may God stay close to your heart.

May you always give thanks to God and be grateful.

May you keep what is good and reject all that is evil.

And may you always know God's love, peace and faithfulness. 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.**

