

Daily Prayer

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



Readings: Genesis 3: 9–15; Psalm 129; 2 Corinthians 4: 13 – 5: 1; Mark 3: 20–35.

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 King's Birthday public holiday		
Tuesday – Green	<i>Adam and Eve are confronted by God in the garden.</i>	Listen Praying with the First Reading Respond Quiet Meditation Go Forth
Wednesday – Green	<i>With the Lord there is mercy, and fullness of redemption.</i>	Listen Praying with the Responsorial Psalm Responding in Song Go Forth Sign of the Cross
Thursday – Green	<i>We have a building from God, not made with hands, eternal in heaven.</i>	Praying with the Second Reading Respond Reflection Time Go Forth Echo Prayer Our Father



Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Friday – Green	<i>Who are my mother and my brothers?</i>	Gather Praying with the Gospel Respond Reflection Time Go Forth Sign of Peace

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: Genesis 3: 9–15; Psalm 129; 2 Corinthians 4: 13 – 5: 1; Mark 3: 20–35.

Today's Daily Prayer – Adam and Eve are confronted by God in the garden

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 story of Adam and Eve is an allegory – a story in which the characters or events are symbolic of something else. This story is only one creation story, which can be found in many ancient civilisations. The writers of Genesis (and there were many) were heavily influenced by Mesopotamian mythologies, but adapted them to suit the Israelite people's belief in one god. Genesis affirms monotheism (one god) and denies polytheism (many gods). In this way, the writers attempted to explain some beliefs about God, so this text is more theological than historical.

Listen

Leader: Let us listen attentively to sacred Scripture.

Reader: After the man, Adam, had eaten of the tree,
the Lord God called to the man and asked him, 'Where are you?'
He answered, 'I heard you in the garden;
but I was afraid, because I was naked,
so I hid myself.'

Then he asked, 'Who told you that you were naked?
You have eaten, then,
from the tree of which I had forbidden you to eat!'
The man replied, 'The woman whom you put here with me –
she gave me fruit from the tree, and so I ate it.'



The Lord God then asked the woman,
'Why did you do such a thing?'
The woman answered, 'The serpent tricked me into it, so I ate it.'
(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 this story, Adam blames Eve and Eve blames the snake.
Taking personal responsibility for our words and actions can be something we all struggle with at times.
Let us take some time to reflect on what qualities we need in order to do this.
Honesty? Courage? Humility? Strength? Acceptance? Maturity?

Time for quiet reflection ...

Go Forth

Leader: Let us go forth from here praying for honesty to admit our mistakes, humility to accept our failings, courage to accept the consequences and strength to move closer to living a life inspired by the Gospel.
All: **Create a pure heart in me, O Lord,**
and put a new and loyal spirit in me.
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: Genesis 3: 9–15; Psalm 129; 2 Corinthians 4: 13 – 5: 1; Mark 3: 20–35.

Today's Daily Prayer – With the Lord there is mercy, and fullness of redemption

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: Let us call on the Spirit to be with us this day.

Spirit of honesty,

All: **Fill our hearts.**

Leader: Spirit of courage,

All: **Fill our hearts.**

Leader: Spirit of humility,

All: **Fill our hearts.**

Leader: Spirit of love,

All: **Fill our hearts.**

Background to the Responsorial Psalm

This psalm would have been said before the worshipping community entered the temple. It would have been a bit like a cleaning out of the spirit. The psalmist (who is in the valley, in the depths) begins by calling out to God (who dwells on the mountaintop) to hear him, for God hears his prayers even from a distance. The psalmist calls for forgiveness and waits for God's response. He knows that God is full of mercy and slow to anger, rich in kindness and faithful to his covenant with his people.

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: With the Lord there is mercy, and fullness of redemption.



All: **With the Lord there is mercy, and fullness of redemption.**

Reader: Out of the depths I cry to you, O Lord;
Lord, hear my voice!
Let your ears be attentive
to my voice in supplication.

All: **With the Lord there is mercy, and fullness of redemption.**

Reader: If you, O Lord, mark iniquities,
Lord, who can stand?
But with you is forgiveness,
that you may be revered.

All: **With the Lord there is mercy, and fullness of redemption.**

Reader: I trust in the Lord;
my soul trusts in his word.
More than sentinels wait for the dawn,
let Israel wait for the Lord.

All: **With the Lord there is mercy, and fullness of redemption.**

Reader: For with the Lord is kindness
and with him is plenteous redemption
and he will redeem Israel
from all their iniquities.

All: **With the Lord there is mercy, and fullness of redemption.**

Respond

Leader: Let us respond to the psalm in song:
'[I wait for you, Lord](#)' by Helen Lovett
'[Out of the depths](#)' by Bob Kauflin, version by Sovereign Grace.

Go Forth

All: **God, be in my mind that I may think of you.**
(*Make sign of the cross on our foreheads with our thumbs.*)

God, be on my lips that I may speak of you.
(*Make sign of the cross on our lips with our thumbs.*)

God, be in my heart that I may love you.
(*Make sign of the cross on our hearts with our thumbs.*)

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: Genesis 3: 9–15; Psalm 129; 2 Corinthians 4: 13 – 5: 1; Mark 3: 20–35.

Today's Daily Prayer – We have a dwelling not made with hands, eternal in heaven

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 my light and my salvation; whom shall I fear?**

The Lord is the stronghold of my life; whom should I dread?

When those who do evil draw near, they stumble and fall.

Background to the Second Reading

Paul's second letter to the Corinthians was written at a time when he was suffering under the attacks of certain members of the church at Corinth. He earnestly seeks reconciliation with them and is very happy when this comes about. In this reading, Paul tells us that faith in Jesus Christ can open the door to a greater life, a glorious eternal life. For Paul, nothing that happens to him in this life matters; he focuses solely on the life he will be given after he has died.

Listen

Leader: Let us listen attentively to sacred Scripture.

Reader: Everything indeed is for you,
so that the grace bestowed in abundance on more and more people
may cause the thanksgiving to overflow for the glory of God.
Therefore, we are not discouraged;
rather, although our outer self is wasting away,
our inner self is being renewed day by day.



For this momentary light affliction
is producing for us an eternal weight of glory
beyond all comparison,
as we look not to what is seen but to what is unseen;
for what is seen is transitory, but what is unseen is eternal.
For we know that if our earthly dwelling, a tent,
should be destroyed,
we have a building from God,
a dwelling not made with hands, eternal in heaven.

(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.
What does the promise of eternal life mean for you? (Pause)
How does it help you put things of this life into perspective? What really matters?

Time for quiet reflection ...

Go Forth

Echo Prayer

Leader: May I live each day sharing the joy of the Lord.
All: **May I live each day sharing the joy of the Lord.**
Leader: May I live each day sharing the peace of the Lord.
All: **May I live each day sharing the peace of the Lord.**
Leader: May I live each day sharing the love of the Lord.
All: **May I live each day sharing the love of the Lord.**
Leader: Let us pray together the prayer that Jesus taught us.
All: **Our Father ...**
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: Genesis 3: 9–15; Psalm 129; 2 Corinthians 4: 13 – 5: 1; Mark 3: 20–35.

Today's Daily Prayer – Who are my mother and my brothers?

Today, we pray 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 light this candle, we pray for strength of mind to focus on the Gospel message, for courage of the heart to be open to all people, and for commitment to live out the Word of God in our everyday lives.

All: **Amen.**

Background to the Gospel

In the society of first-century Palestine, the values of honour and shame were the most important social concerns, and maintaining the honour of the family, group or tribe was paramount. Previous to his public ministry, Jesus was a Galilean carpenter living in a small village with his family, a nobody from a backward town. Moving from town to town, he begins to preach and teach, much of it at odds with current Jewish teaching. His family come to take him away, feeling ashamed of him for making such a spectacle of himself. When an individual was shamed, so was his whole family.

Listen

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

Jesus came home with his disciples.

Again the crowd gathered,

making it impossible for them even to eat.

When his relatives heard of this they set out to seize him,

for they said, 'He is out of his mind.'

The scribes who had come from Jerusalem said,

'He is possessed by Beelzebul,'

and 'By the prince of demons he drives out demons.'

His mother and his brothers arrived.



Standing outside they sent word to him and called him.
A crowd seated around him told him,
'Your mother and your brothers and your sisters
are outside asking for you.'
But he said to them in reply,
'Who are my mother and my brothers?'
And looking around at those seated in the circle he said,
'Here are my mother and my brothers.
For whoever does the will of God
is my brother and sister and mother.'

(Pause)

The Gospel of the Lord.

Respond

Leader: In the twenty-first century, living a life according to Gospel values can be a challenge. As Christians, we are called to put on the heart and mind of Christ, to be his hands and feet in the world, to be the face of Christ to others.
Let us take some time to reflect on which Gospel values are the most difficult for us.
How do we live out these Gospel values:

- treating others as we want to be treated
- forgiving others and showing mercy as God shows it to us
- standing up for the oppressed and marginalised
- accepting and welcoming others who are different from us?

Time for quiet reflection ...

Go Forth

Leader: Just as Jesus presented an alternate way of living through his Gospel of love, may we find the strength and courage to live a life that reflects the same values. May we be people of compassion, people of justice and people of love.

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.**

