

Daily Prayer

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



Readings: 2 Kings 4: 42–44; Psalm 144: 10–11, 15–18; Ephesians 4: 1–6; John 6: 1–15.

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.

Readings this week

This week marks the beginning of five weeks where a series of readings taken from the Gospel of John interrupts the Year of Mark. This series offers the opportunity for a sustained reflection and exploration of the Eucharist. It is also important to note the context in which John was writing his Gospel, that is for early Christians who had come to be followers of Jesus from Judaism. As such, a critical issue for these early Christians was determining whether Jesus or Moses was the person to whom they should look to reveal God's ways. This is why the author of John's Gospel intentionally sets out to reassure this Jewish–Christian community that they have not lost touch with the rich traditions of Judaism in becoming followers of Jesus, but rather the Gospel teaches that the great traditions of Judaism are brought to their fulfilment and perfection in Christ.

Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – <i>Green</i>	<i>He distributed to those who were seated as much as they wanted.</i>	Gather Collect Gospel Go Forth
Tuesday – <i>Green</i>	<i>They will eat and have some left over.</i>	Gather First Reading Responsorial Psalm Go Forth Blessing



Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Wednesday – Green	<i>Do all things for the glory of God.</i>	Gather Entrance Antiphon First Reading Awareness Examen
Thursday – Green	<i>You are the light of the world.</i>	Collect Gospel Go Forth Glory Be
Friday – Green	<i>Live a life worthy of your calling.</i>	Listen Second Reading Respond

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 distributed to those who were seated as much as they wanted

Today, we will focus on the Gospel of Sunday. **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 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.

Light candle and pause.

Collect (opening prayer from Sunday)

Leader: O God, protector of those who hope in you,

without whom nothing has firm foundation, nothing is holy, bestow in abundance your mercy upon us and grant that, with you as our ruler and guide, we may use the good things that pass in such a way as to hold fast even now to those that ever endure.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

All: Amen.

Background to the Gospel

The context for the miracle described in the Gospel is the Jewish feast of Passover, a feast celebrating the liberation of the Israelites from slavery in Egypt and their formation into the covenant people of God. Seated on a mountain in front of the crowds, Jesus challenges his disciples with the question, 'Where can we buy bread?' The disciples are utterly perplexed as to why they should take upon themselves this responsibility, impossible to fulfil given the amount of food available (five barley loaves and two fish). In the view and intention of Jesus, it is not a question of 'buying' anything, but rather of becoming instruments of the divine generosity. As with the manna in the wilderness of Sinai, the Lord will feed his people.



Listen

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

Reader: Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, 'Where can we buy some bread for these people to eat?' He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, 'Two hundred denarii would only buy enough to give them a small piece each.' One of his disciples, Andrew, Simon Peter's brother, said, 'There is a small boy here with five barley loaves and two fish; but what is that between so many?' Jesus said to them, 'Make the people sit down.' There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, 'Pick up the pieces left over, so that nothing gets wasted.' So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, 'This really is the prophet who is to come into the world.' Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

(Pause)

The Gospel of the Lord.

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

Respond

Imaginative prayer

Leader: Let us sit very still and quiet, with feet on the floor, hands in our laps and eyes closed. Slow your breathing and let your mind come to rest.

(Pause)

Imagine being on the mountain.

What do you imagine it felt like for the disciples?

How do you imagine it would have felt seeing the miracle?

(Pause)

When you are ready, share your thoughts with another person.

Go Forth

Hail Mary

Leader: Let us now pray the Hail Mary together.

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.

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 – They will eat and have some left over

Today, we 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.

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.

Communion Antiphon from Sunday

All: Bless the Lord, O my soul, and never forget all his benefits.

Listen

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

Reader: A reading from the second book of Kings.

A man came from Baal-shalishah, bringing Elisha, the man of God, bread from the first-fruits, twenty barley loaves and fresh grain in the ear. 'Give it to the people to eat,' Elisha said. But his servant replied, 'How can I serve this to a hundred men?' 'Give it to the people to eat' he insisted 'for the Lord says this, "They will eat and have some left over".' He served them; they ate and had some over, as the Lord had said.

(Pause)

The Word of the Lord.

All: Thanks be to God.

Respond

Responsorial Psalm

Within the Church's liturgy, the Responsorial Psalm has a special place as both the Word of God and our response.

Leader: Let us respond by reciting the psalm together.

Reader: The hand of the Lord feeds us; he answers all our needs.

All: The hand of the Lord feeds us; he answers all our needs.



Reader: All your creatures shall thank you, O Lord,
and your friends shall repeat their blessing.
They shall speak of the glory of your reign
and declare your might, O God.

All: **The hand of the Lord feeds us; he answers all our needs.**

Reader: The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live.

All: **The hand of the Lord feeds us; he answers all our needs.**

Reader: The Lord is just in all his ways
and loving in all his deeds.
He is close to all who call him,
who call on him from their hearts.

All: **The hand of the Lord feeds us; he answers all our needs.**

(Pause)

Go Forth

Blessing of Aaron (Num 6: 22–27)

Leader: May the Lord bless us and keep us.

All: **Amen.**

Leader: May the Lord make his face to shine upon us and be gracious to us.

All: **Amen.**

Leader: May the Lord look kindly upon us and give us peace.

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 – The Awareness Examen of Saint Ignatius of Loyola

Today is the feast of Saint Ignatius of Loyola (1491–1556). Ignatius was the founder of the religious order known as the Society of Jesus (Jesuits), noted for their educational, missionary and charitable works. Ignatius was a man of deep prayer and one of his main messages was that we can 'find God in all things'. Ignatius recorded ways that helped him in his faith journey and these treasures are known as his Spiritual Exercises. The central exercise that Ignatius taught is a prayer called the Examen. He believed that the Examen can help us to come to know God's love for us more deeply. It can provide a mirror which reflects God's active presence in our everyday lives. The Examen may be prayed at the end of the day, at the end of the week, after a weekend or at the end of a term. **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.

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.

Entrance Antiphon

Leader: Let us come together to say the Entrance Antiphon for Saint Ignatius of Loyola.

All: At the name of Jesus, every knee should bend of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Listen

First Reading of the Memorial of Saint Ignatius of Loyola (1 Cor 10: 31 – 11: 1)

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

Reader: A reading from the first letter of Saint Paul to the Corinthians.

Whatever you eat, whatever you drink, whatever you do at all, do it for the glory of God. Never do anything offensive to anyone – to Jew or Greeks or to the Church of God; just as I try to be helpful to everyone at all times, not anxious for my own advantage but for the advantage of everybody else, so that they may be saved.

Take me for your model, as I take Christ.

(Pause)



The Word of the Lord.

All: Thanks be to God.

Respond

Ignatian Awareness Examen

This version has been adapted from an Awareness Examen developed by Lisa Hughes.

Leader: Let us take a few moments to reflect on the day with the Ignatian Awareness Examen. As we begin, there are five moments: Giving thanks, Asking God for insight, Reviewing the day, Asking for help and forgiveness, Praying for the grace to live better tomorrow. I encourage you to let your mind and heart slow down and become restful in the silence.

Give thanks

Leader: At each moment of the day, God is showering us with gifts: 'all is gift'. As we look over the day, we seek to appreciate all that has occurred and we thank God for this. We may consider many moments or focus on one special moment and express gratitude.

(Pause)

Ask God for insight

Leader: We ask the Holy Spirit for the light to discern the experiences of the day with openness and wisdom, so we may understand ourselves more clearly. What is affecting our actions? How have we felt today?

(Pause)

Review the day

Leader: Are there any patterns, connections or rhythms? Can you notice times of consolation or light and times of desolation or dark? What are these movements associated with? What are these movements of the Spirit telling you?

(Pause)

Ask for help and forgiveness

Leader: What have you discovered or learnt from your review? I invite you in your heart to ask forgiveness, to ask for help and guidance for any weaknesses and misgivings.

(Pause)

Go Forth

Pray for the grace to live better

Leader: As we look forward to today and tomorrow, let's ask for God's help, particularly in the areas we have noticed that we fell short of love. Let us pray for the grace to meet the day ahead in the words our Saviour gave us.

The Lord's Prayer

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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Today's Daily Prayer – You are the light of the world

Today, we will listen to part of the Sermon on the Mount from Matthew's Gospel in celebration of the life of Saint Alphonsus Liguori, who gave his life to help other people find God in their lives. He is particularly remembered as a well-balanced moral theologian whose prolific works made Christian spirituality and holiness much more achievable prospects for everyday Christians. **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.

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.

Collect (opening prayer from the Memorial of Saint Alphonsus Liguori)

Leader: O God, who constantly raise up in your Church new examples of virtue,
grant that we may follow so closely in the footsteps
of the Bishop Saint Alphonsus in his zeal for souls
as to attain the same rewards that are his in heaven.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

All: Amen.

Listen

Gospel of the Memorial of Saint Alphonsus Liguori (Mt 5: 13–19)

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

Reader: Jesus said to his disciples: 'You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by men.'



'You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of men, so that, seeing your good works, they may give praise to your Father in heaven.

'Do not imagine that I have come to abolish the Law or the Prophets. I have not come to abolish but to complete them. I tell you solemnly, till heaven and earth disappear, not one dot, not one little stroke, shall disappear from the Law until its purpose is achieved. Therefore, the man who infringes even one of the least of these commandments and teaches others to do the same will be considered the least in the kingdom of heaven; but the man who keeps them and teaches them will be considered great in the kingdom of heaven.'

(Pause)

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Respond

Reflecting on the Gospel

Leader: In a moment, we will reflect on what Jesus might be saying to us when he speaks about salt and light, and then share this with one other person.

Salt has many uses. It can be used to enhance flavour or to preserve food, among other things. What might Jesus mean when he says, 'You are the salt of the earth'?

Light is important in so many ways. Today, Jesus also says to us, 'You are the light of the world' and 'your light must shine'. What might Jesus be saying to us?

Let's reflect for a few minutes and then share our thoughts with the people near us.

Go Forth

Glory be

Leader: Together, let us pray the 'Glory be'.

All: Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. 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: 2 Kings 4: 42–44; Psalm 144: 10–11, 15–18; Ephesians 4: 1–6; John 6: 1–15.

Today's Daily Prayer – Live a life worthy of your calling

Today's prayer will focus on the Second Reading from Sunday. **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: We gather together in God's presence ...

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

Light candle and pause.

Short responsorial prayer

Leader: Lord, we hear your call to live a life worthy of our vocation.

All: Grant us the grace to bear with one another charitably, in complete selflessness, gentleness and patience.

Leader: Help us to preserve the unity of the Spirit by the peace that binds us together.

All: Strengthen our commitment to one Body, one Spirit, one hope, one Lord, one faith and one baptism.

Leader: O God, who is Father of all, through all and within all.

All: May your presence guide us in our journey, today and always. Amen.

Listen

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

Reader: I, the prisoner in the Lord, implore you to lead a life worthy of your vocation. Bear with one another charitably, in complete selflessness, gentleness and patience. Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called. There is one Lord, one faith, one baptism, and one God who is Father of all, through all and within all.



Respond

Reflective questions

Leader: What meaning does this scripture text hold for you today?
Who are we called to engage with in a charitable and selfless way?
Explore these two questions with those around you.
We respond in prayer together:

All: **Keeper of wisdom and truth, help us to continue searching with open mind and open heart, so that we will see you in all we meet. Amen.**

Go Forth

Sign of Peace

All: **We ask you, God, to bless us,
To keep us in your light,
and to help us always to walk in your way.**

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.**

