

# Daily Prayer

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



**Readings:** 1 Kings 19: 4–8; Psalm 33: 2–9; Ephesians 4: 30 – 5: 2; John 6: 41–51.

## 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's readings explore themes of divine provision, trusting in God, and living out one's faith with love and integrity. The First Reading tells how Elijah, weary and fleeing from danger, is miraculously sustained by an angel who provides him with food and water. Here, we see God's unwavering care and provision during times of physical and spiritual exhaustion. The psalm celebrates God's sovereignty and faithfulness, encouraging believers to rejoice and trust in God. In the Second Reading, Saint Paul urges readers to live in a manner worthy of their calling, marked by forgiveness and love. Finally, in the Gospel, Jesus declares himself to be 'the bread of life', contrasting himself with the manna provided to the Israelites in the desert. This passage emphasises Jesus as the essential spiritual nourishment that offers eternal life, and it invites believers to find true sustenance in his presence and teachings.

## Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Green	<i>Strengthened by the food, Elijah walked to the mountain of the Lord.</i>	<a href="#">Listen</a> <a href="#">First Reading</a> <a href="#">Respond</a>
Tuesday – Green	<i>Walk in love, just as Christ.</i>	<a href="#">Gather</a> <a href="#">Listen</a> <a href="#">Second Reading</a> <a href="#">Respond</a>



Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Wednesday – Green	<i>Be friends with one another.</i>	<a href="#">Gather</a> <a href="#">Listen</a> <a href="#">Respond</a> Responsorial Psalm
Thursday – Green	<i>As soon as Elizabeth heard Mary's greeting, the child leapt in her womb.</i>	<a href="#">Listen</a> Gospel of the Solemnity <a href="#">Go Forth</a>
Friday – Green	<i>Everybody who believes has eternal life.</i>	<a href="#">Gather</a> Gospel of Sunday <a href="#">Respond</a> <a href="#">Go Forth</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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**Readings:** 1 Kings 19: 4–8; Psalm 33: 2–9; Ephesians 4: 30 – 5: 2; John 6: 41–51.

## Today's Daily Prayer – Strengthened by the food, Elijah walked to the mountain of the Lord

Today, we will focus on the First Reading 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.*

**Leader:** Lord Jesus, as we light this candle ...

**All:** **May we be your faithful followers.**

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

**All:** **May we work to build the Kingdom.**

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

**All:** **May your mission become our mission.**

### Listen

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

**Reader:** A reading from the first book of Kings.

Elijah went into the wilderness, a day's journey, and sitting under a furze bush wished he were dead. 'Lord', he said 'I have had enough. Take my life: I am no better than my ancestors.' Then he lay down and went to sleep. But an angel touched him and said, 'Get up and eat.' He looked round, and there at his head was a scone baked on hot stones, and a jar of water. He ate and drank and then lay down again. But the angel of the Lord came back a second time and touched him and said, 'Get up and eat, or the journey will be too long for you.' So he got up and ate and drank, and strengthened by that food he walked for forty days and forty nights until he reached Horeb, the mountain of God.

*(Pause)*

## Respond

### Imaginative prayer with the Scriptures

**Leader:** As our response today, let us listen again to the reading and, this time, imagine that we are Elijah, or perhaps a friend giving Elijah a jar of water and a scone.

How does it feel to be on a long journey?

*(Pause)*

How does it feel to be looked after by someone helping you along?

*(Pause)*

How does it feel to know someone else knows the way and believes in you?

*(Pause)*

## Go Forth

### Blessing

**Leader:** May the Lord bless us, and keep us from all harm, and bring us to everlasting life.

**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:** 1 Kings 19: 4–8; Psalm 33: 2–9; Ephesians 4: 30 – 5: 2; John 6: 41–51.

## Today's Daily Prayer – Walk in love, just as Christ

Today, we will pray with the Second 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.*

### Collect (opening prayer)

**Leader:** Almighty ever-living God,  
whom, taught by the Holy Spirit,  
we dare to call our Father,  
bring, we pray, to perfection in our hearts  
the spirit of adoption as your sons and daughters,  
that we may merit to enter into the inheritance  
which you have promised.  
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 Second Reading

*The reading begins with the unusual command about not 'grieving' the Holy Spirit. The gift of the Spirit is the mark or seal of God's ownership upon believers and guarantee of destiny to eternal life. Believers 'grieve' the Spirit by acting in ways clearly contrary to this dignity and destiny.*



## Listen

**Reader:** A reading from the letter of St Paul to the Ephesians.

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

(Pause)

## Respond

**Leader:** Consider the following questions and share your responses with the person next to you:

- What actions or attitudes in your life might be grieving the Holy Spirit?
- How can you become more aware of the Holy Spirit's presence and guidance in your daily life?
- Think of a situation where forgiveness is needed. How can remembering God's forgiveness of you help you to forgive others?

## Go Forth

**Leader:** Let us now ask God to bless us.

Loving God,

We come before you with hearts open to your love and guidance. As we reflect on your Word, we ask for your blessing upon us. Help us not to grieve your Holy Spirit, but to live in a way that honours and pleases you. Remove from us all bitterness, rage and malice and fill us instead with your kindness and compassion. Teach us to forgive others as you have graciously forgiven us.

**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:** 1 Kings 19: 4–8; Psalm 33: 2–9; Ephesians 4: 30 – 5: 2; John 6: 41–51.

## Today's Daily Prayer – Be friends with one another

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.*

### 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 praise you, O God, for your love and kindness shown to us in all the beauty that we see around us.

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

### Listen

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

**Reader:** A reading from the letter of St Paul to the Ephesians.

Do not grieve the Holy Spirit of God who has marked you with his seal for you to be set free when the day comes. Never have grudges against others, or lose your temper, or raise your voice to anybody, or call each other names, or allow any sort of spitefulness. Be friends with one another, and kind, forgiving each other as readily as God forgave you in Christ.

Try, then, to imitate God, as children of his that he loves, and follow Christ by loving as he loved you, giving himself up in our place as a fragrant offering and a sacrifice to God.

*(Pause)*

The Word of the Lord.

**All:** **Thanks be to God.**



## Respond

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

**Reader:** Taste and see the goodness of the Lord.

**All:** **Taste and see the goodness of the Lord.**

**Reader:** I will bless the Lord at all times,  
his praise always on my lips;  
in the Lord my soul shall make its boast.  
The humble shall hear and be glad.

**All:** **Taste and see the goodness of the Lord.**

**Reader:** Glorify the Lord with me.  
Together let us praise his name.  
I sought the Lord and he answered me;  
from all my terrors he set me free.

**All:** **Taste and see the goodness of the Lord.**

**Reader:** Look towards him and be radiant;  
let your faces not be abashed.  
This poor man called; the Lord heard him  
and rescued him from all his distress.

**All:** **Taste and see the goodness of the Lord.**

**Reader:** The angel of the Lord is encamped  
around those who revere him, to rescue them.  
Taste and see that the Lord is good.  
He is happy who seeks refuge in him.

**All:** **Taste and see the goodness of the Lord.**

(Pause)

## Go Forth

### Blessing

**Leader:** May the Lord bless us, protect us from all harm and bring us to eternal life.

**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 – As soon as Elizabeth heard Mary's greeting, the child leapt in her womb

Today's prayer will focus on the Gospel for the Feast of the Assumption of the Blessed Virgin Mary (Lk 1: 39–56). **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.*

**Leader:** Let us pray together the Entrance Antiphon from today's feast.

**All:** **A great sign appeared in heaven:**

**a woman clothed with the sun, and the moon beneath her feet,  
and on her head a crown of twelve stars.**

### Background to the Gospel

*Elizabeth represents the great tradition of faithful women in Israel, who waited on God's promises. In this story, she is blessed with her own child and rejoices to hear that Mary, too, is pregnant. She is a premier example of someone who celebrates the gifts of another.*

### Listen

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

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

Mary set out and went as quickly as she could to a town in the hill country of Judah. She went into Zechariah's house and greeted Elizabeth. Now as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? For the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

*(Pause)*

The Gospel of the Lord.



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

## **Respond**

**Leader:** Let us reflect on the story we have heard and think about someone else in our lives whose gifts and whose life we want to celebrate.

*(Time for quiet reflection)*

Let us share our reflections with the person next to us.

*Time for sharing ...*

## **Go Forth**

### **Blessing of Aaron**

**Leader:** May the Lord bless us and keep us.

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

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

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

**Leader:** May the Lord be kind to us and give us his 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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**Readings:** 1 Kings 19: 4–8; Psalm 33: 2–9; Ephesians 4: 30 – 5: 2; John 6: 41–51.

## Today's Daily Prayer – Everybody who believes has eternal life

Today's prayer will focus on the Gospel from last Sunday and God's Word to each of us. **Preparation:** Everyone will need a pen/pencil and something to write on. 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.**

*Light candle and pause.*

**Leader:** As we light this candle, let us pray:

**All:** **God be in my mind that I may think of you.**

**God be on my lips that I may speak of you.**

**God be in my heart that I may love you.**

**Amen.**

### Listen

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

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

The Jews were complaining to each other about Jesus, because he had said, 'I am the bread that came down from heaven.' 'Surely this is Jesus son of Joseph' they said. 'We know his father and mother. How can he now say, "I have come down from heaven"?' Jesus said in reply, 'Stop complaining to each other.

'No one can come to me  
unless he is drawn by the Father who sent me,  
and I will raise him up at the last day.'



It is written in the prophets:  
They will all be taught by God,  
and to hear the teaching of the Father,  
and learn from it,  
is to come to me.  
Not that anybody has seen the Father,  
except the one who comes from God:  
he has seen the Father.  
I tell you most solemnly,  
everybody who believes has eternal life.  
I am the bread of life.  
Your fathers ate the manna in the desert  
and they are dead;  
but this is the bread that comes down from heaven,  
so that a man may eat it and not die.  
I am the living bread which has come down from heaven.  
Anyone who eats this bread will live for ever;  
and the bread that I shall give  
is my flesh, for the life of the world.'

(Pause)

### Respond

**Leader:** The Spirit of God whispers to each of us. Let us spend a few moments reflecting on what God might be saying to us today. Then let us write down in one sentence what we will do today to share a piece of heaven.

*Silent reflection and writing ...*

### Go Forth

**Leader:** As we go forth from here, let these words guide us. May we be hope-filled followers of Jesus, open to God's power working within and through us.

**All:** 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.**

