

# Daily Prayer

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



**Readings:** Proverbs 9: 1–6; Psalm 33: 2–3, 10–15; Ephesians 5: 15–20; John 6: 51–58.

## 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 are about wisdom. In the First Reading, wisdom is described as a sensible and prudent woman, who provides food and drink as well as insight to those who seek her. Paul continues this theme in the letter to the Ephesians, where he encourages his beloved friends to live intelligent lives and to 'be filled with the Spirit'. In the Gospel, Jesus continues to speak of his flesh as real food for the life of the world. It is difficult language, but those who can understand and accept him will receive life.

## Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Green	<i>Wisdom teaches understanding.</i>	<a href="#">Listen</a> <a href="#">First Reading</a> <a href="#">Respond</a> <a href="#">Go Forth</a>
Tuesday – Green	<i>Whoever eats and drinks of the body and blood of Christ has eternal life.</i>	<a href="#">Gather</a> <a href="#">Listen</a> <a href="#">Gospel</a> <a href="#">Respond</a>
Wednesday – Green	<i>Sing praise to God, avoid that which is evil.</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
Thursday – Green	<i>Taste and see the goodness of the Lord.</i>	<a href="#">Listen</a> <a href="#">Responsorial Psalm</a> <a href="#">Go Forth</a>
Friday – Green	<i>My flesh is real food and my blood is real drink.</i>	<a href="#">Gather</a> <a href="#">Gospel</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:** Proverbs 9: 1–6; Psalm 33: 2–3, 10–15; Ephesians 5: 15–20; John 6: 51–58.

## Today's Daily Prayer – Wisdom teaches understanding

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:** O God, who have prepared those who love you  
good things, which no eye can see,  
fill our hearts, we pray, with the warmth of your love,  
so that, loving you in all things and above all things,  
we may attain your promises,  
which surpass every human desire.  
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

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

**Reader:** A reading from the book of Proverbs.  
Wisdom has built herself a house,  
she has erected her seven pillars,  
she has slaughtered her beasts, prepared her wine,  
she has laid her table.



She has despatched her maidservants  
and proclaimed from the city's heights:  
'Who is ignorant? Let him step this way.'  
To the fool she says,  
'Come and eat my bread,  
drink the wine I have prepared!  
Leave your folly and you will live,  
walk in the ways of perception.'

(Pause)

## Respond

### Quiet reflective time

**Leader:** As our response today, let us spend some time in quiet contemplation of the Scripture.

Think about the following questions:

- In what ways can you prepare yourself to receive wisdom in your daily life?
- Who might the servants of wisdom be in today's context?
- What does accepting wisdom's invitation look like in your life?

## Go Forth

### Blessing

**Leader:** We ask for God's blessing on us as we begin a new week.

Loving God, bless us with the strength to leave behind our simple ways and embrace the path of insight.

Grant us the discernment to hear your call and the courage to respond with eagerness and humility.

Let your wisdom be the foundation of our lives, guiding us in every decision and action.

**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:** Proverbs 9: 1–6; Psalm 33: 2–3, 10–15; Ephesians 5: 15–20; John 6: 51–58.

## Today's Daily Prayer – Whoever eats and drinks of the body and blood of Christ has eternal life

Today, we will pray with the Gospel reading from Sunday. **Preparation:** Provide paper and writing equipment for those gathered; if students have prayer journals, encourage them to use these. 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:** O God, who have prepared for those who love you  
good things which no eye can see,  
fill our hearts, we pray, with the warmth of your love,  
so that, loving you in all things and above all things,  
we may attain your promises,  
which surpass every human desire.  
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

*This Gospel reading is the culmination of Jesus' lengthy discourse about the 'bread of life' and focuses on the Christian Eucharist. Up until this point, Jesus has spoken of eating bread in a metaphorical sense, but in Sunday's Gospel, he speaks of 'flesh to eat' and the word 'eat' takes on a very physical meaning. This language also directs our attention to the future death and resurrection of Jesus – his flesh given for the life of the world.*



## Listen

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

**Reader:** Jesus said to the crowd:

‘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.’

Then the Jews started arguing with one another:

‘How can this man give us his flesh to eat?’ they said.

Jesus replied:

‘I tell you most solemnly,  
if you do not eat the flesh of the Son of Man  
and drink his blood,  
you will not have life in you.

Anyone who does eat my flesh and drink my blood  
has eternal life,  
and I shall raise him up on the last day.

For my flesh is real food  
and my blood is real drink.

He who eats my flesh and drinks my blood  
lives in me  
and I live in him.

As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.

This is the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.’

(Pause)

## Respond

### Imaginative contemplation

**Leader:** Let us reflect on the Scripture by using our imagination to place ourselves in the scene, and to allow ourselves to think and feel what it must have been like to hear Jesus speak these words.

1. Imagine the place – what does it look like? What details do you see?
2. Engage all your senses – allow yourself to be fully immersed in the story. What can you smell, hear, taste and touch?



3. Let the story unfold and allow yourself to be drawn into what has captured your imagination. If you find that you are not drawn to the main action of the story, but towards other things, don't stop yourself – simply allow yourself to follow what you are being drawn to.
4. Open your heart to Jesus – conclude with a conversation in your imagination between Jesus and yourself, as one friend speaks to another. Express what is in your mind and heart, and let Jesus express his responses too.
5. Reflect on your experience – you may like to write down your responses to look over at a later stage. Look back at your prayer and honestly ask yourself:
  - a) What did I find myself thinking and feeling? What moved me?
  - b) What struck me (especially the unusual or unexpected) and why did I react the way I did?
  - c) Did anything in the contemplation change the way I see God, myself or others?
  - d) How did Jesus' words or actions in the contemplation make me feel?

## Go Forth

**Leader:** Lord Jesus,

You are the living bread that came down from heaven. We ask that you nourish our souls and grant us eternal life. May we abide in you and you in us, drawing strength and grace from your sacrifice.

**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:** Proverbs 9: 1–6; Psalm 33: 2–3, 10–15; Ephesians 5: 15–20; John 6: 51–58.

## Today's Daily Prayer – Sing praise to God, avoid that which is evil

Today's prayer will focus on the Second Reading. **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:** Let us pray the Entrance Antiphon from last Sunday's Mass.

**All:** **Turn your eyes, O God, our shield;  
and look on the face of your anointed one;  
one day within your courts  
is better than a thousand elsewhere.**

### 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.

Be very careful about the sort of lives you lead, like intelligent and not like senseless people. This may be a wicked age, but your lives should redeem it. And do not be thoughtless but recognise what is the will of the Lord. Do not drug yourselves with wine, this is simply dissipation; be filled with the Spirit. Sing the words and tunes of the psalms and hymns when you are together, and go on singing and chanting to the Lord in your hearts, so that always and everywhere you are giving thanks to God who is our Father in the name of our Lord Jesus Christ.

*(Pause)*



## Respond

**Leader:** Today, we will respond by praying with the Scripture using the method of Lectio Divina.

### **Moment 1: Listen**

I will now read the passage a second time, and I invite you to listen with the ear of your heart and let the words sink into your heart.

### **Moment 2: Reflect**

Choose a word or phrase that touches your heart. Spend time gently repeating the word or phrase in your mind. Ask yourself what God is saying to you through this word or phrase.

### **Moment 3: Respond**

Respond through prayer. Speak to God in your own words.

### **Moment 4: Rest**

Rest silently in God's presence.

## 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 – Taste and see the goodness of the Lord

Today's prayer will focus on the Responsorial Psalm from Sunday. **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:** As we light this candle, let us open ourselves to the light of Christ in our day.

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

### Listen

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

**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:** Revere the Lord, you his saints.  
They lack nothing, those who revere him.  
Strong lions suffer want and go hungry  
but those who seek the Lord lack no blessing.

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



**Reader:** Come children, and hear me  
that I may teach you the fear of the Lord.  
Who is he who longs for life  
and many days, to enjoy his prosperity?

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

**Reader:** Then keep your tongue from evil  
and your lips from speaking deceit.  
Turn aside from evil and do good;  
seek and strive after peace.

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

(Pause)

### **Respond**

**Leader:** Listen to and sing 'Taste and see' by Bob Hurd.

### **Go Forth**

**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 – My flesh is real food and my blood is real drink

Today's prayer will focus on the Gospel from last 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:** 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 all pray the Communion Antiphon from last Sunday.

**All:** **I am the living bread that came down from heaven, says the Lord.**

**Whoever eats of this bread will live for ever.**

### Listen

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

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

Jesus said to the crowd:

'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.'

Then the Jews started arguing with one another:

'How can this man give us his flesh to eat?' they said.

Jesus replied:

'I tell you most solemnly,

if you do not eat the flesh of the Son of Man

and drink his blood,

you will not have life in you.'



Anyone who does eat my flesh and drink my blood  
has eternal life,  
and I shall raise him up on the last day.  
For my flesh is real food  
and my blood is real drink.  
He who eats my flesh and drinks my blood  
lives in me  
and I live in him.  
As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.  
This is the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.'

(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.

*Silent reflection ...*

### Go Forth

**Leader:** Lord Jesus,

You are the bread of life. Help us to open our hearts to you, that we may be filled with your eternal presence and love. Strengthen us with your body and blood, and unite us with you forever.

**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.**

