

Daily Prayer

Thirty-third Sunday in Ordinary Time Year B
The Year of Mark; Year of Prayer 2024



Readings: Daniel 12: 1–3; Psalm 15: 5, 8–11; Hebrews 10: 11–14; Mark 13: 24–32.

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 special 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.

Readings this week

This week is the second last week of the Church year, next week being the feast of Christ the King. The readings focus on the end times and speak of Jesus as the Son of Man returning to take all people to himself. The First Reading and the Gospel are apocalyptic and are not meant to be taken literally: that is, they are not an actual description of what will take place. The message for us is not to worry. We must live lives of love and service to God now, and the future will take care of itself.

Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Green	<i>When that time comes your people will be spared.</i>	Praying with the First Reading. Respond.
Tuesday – Green	<i>Keep me safe, O God: You are my hope.</i>	Praying with the Responsorial Psalm. Listen, Go Forth.
Wednesday - Green	<i>Jesus has made one offering for all our sins.</i>	Praying with the Second Reading.
Thursday - Green	<i>Be watchful and pray constantly.</i>	Praying with the Gospel. Go Forth.
Friday - Green	<i>Watch for the signs of the coming of the kingdom.</i>	Praying with the Gospel. <i>Lectio Divina</i> . Sign of Peace. Listen & Respond, Go Forth.

Note that scripture quotations are from the Lectionary (*Jerusalem Bible*) or NRSV.



Suggested Teacher Background for the Readings

- LiturgyHelp: [Commentaries and Homilies & Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#).



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Readings: Daniel 12: 1–3; Psalm 15: 5, 8–11; Hebrews 10: 11–14; Mark 13: 24–32.

Today's Daily Prayer – When that time comes your people will be spared.

Today's prayer will focus on the First Reading. **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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 the candle and pause.

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

All: Loving God, may we lead with the light of justice,
may we lead with the light of compassion,
may we lead with the light of mercy,
may we lead with the light of love. Amen.

Background to First Reading

In the First Reading the important thing to grasp is that such religious writing usually arises out of a situation of oppression and great difficulty for the faithful. It aims to interpret what is happening and give assurance. The basic message to the faithful is 'Hang in there! Despite all that is happening to you – painful though it may be – the world remains in the hand of God, who will not let evil and oppression triumph forever. A great reckoning is coming – a great judgment – when those who are oppressing you and the wicked will be cast down, and you will be vindicated and brought into the fullness of life.' The fundamental message, then, to the faithful is not threat but encouragement, comfort and assurance.

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 listen attentively to the words of sacred Scripture. A reading from the book of Daniel.

Reader: At that time Michael will stand up, the great prince who mounts guard over your people. There is going to be a time of great distress, unparalleled since nations first came into



existence. When that time comes, your own people will be spared, all those whose names are found written in the Book. Of those who lie sleeping in the dust of the earth many will awake, some to everlasting life, some to shame and everlasting disgrace. The learned will shine as brightly as the vault of heaven, and those who have instructed many in virtue, as bright as stars for all eternity.'

The Word of the Lord

ALL: Thanks be to God.

Pause

Respond

Prayer of the Faithful

Leader: Loving God, we come to you with humble hearts, asking you to hear our prayers.

Reader: We pray for the leaders of our Church: that they may direct their services to help those most in need. (*Pause*) Lord, hear us.

All: **Lord, change us so that we can change the world.**

Reader: We pray for the leaders of our country: that their decisions are based on justice, mercy and compassion. (*Pause*) Lord, hear us.

All: **Lord, change us so that we can change the world.**

Reader: We pray for those who give their time and energy to helping those most in need: that they remain strong in mind, body and spirit. (*Pause*) Lord, hear us.

All: **Lord, change us so that we can change the world.**

Reader: We pray for ourselves: that we may see in the poor the face of Christ and, in response, be generous and willing to help those who most need it. (*Pause*) Lord, hear us.

All: **Lord, change us so that we can change the world.**

Reader: We pray for those who do not have the basic needs such as clean drinking water, sufficient food, shelter and love: that through the generous actions of ourselves and others they may receive what they need. (*Pause*) Lord, hear us.

All: **Lord, change us so that we can change the world.**

Leader: God of justice, with hope and faith we ask you to accept the prayers we make to you.

All: **Amen.**

Go Forth

Leader: Let us pray together:

All: **Loving and merciful God,
may we wear today the cloak of Christ
woven with the threads of love, compassion, mercy and justice.
May it become part of the fabric of our lives. 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 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: Daniel 12: 1–3; Psalm 15: 5, 8–11; Hebrews 10: 11–14; Mark 13: 24–32.

Today's Daily Prayer – Keep me safe O God, you are my hope.

Today we will pray with the Responsorial Psalm. **Preparation:** Choose readers and someone to light the candle. Ensure that those gathered have writing materials and paper or a prayer journal.

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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 together the Entrance Antiphon from Sunday's liturgy.

All: **The Lord said: I think thoughts of peace and not of affliction.
You will call upon me, and I will answer you,
and I will lead back your captives from every place.**

Background to the Responsorial Psalm

In this psalm the author calls to God to help remain faithful as there are many pagan cultures around him that offer something else. He begins by expressing his trust and confidence in God in the first six verses. In the second part he reflects on his joy and sense of security from knowing the God of Israel. The psalmist praises God with words of gratitude and thanks God for counsel, wisdom and guidance. He expresses his thanks in being at peace both in mind and body.

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: Keep me safe, O God: you are my hope.

All: **Keep me safe, O God: you are my hope.**

Reader: O Lord, it is you who are my portion and cup;
it is you yourself who are my prize.
I keep the Lord ever in my sight:



since he is at my right hand, I shall stand firm. (R.)

All: Keep me safe, O God: you are my hope.

Reader: And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the dead,
nor let your beloved know decay. (R.)

All: Keep me safe, O God: you are my hope.

Reader: You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness forever. (R.)

All: Keep me safe, O God: you are my hope.

Pause

Respond

Leader: Let us take some time to reflect on the psalmist's words, which are filled with faith and confidence in God.

Take some time to reflect on which messages are the ones that guide your life. *(Pause)*

Let us pray that we hold firm to Jesus' words and are guided by his message of love.

Time for quiet reflection.

Go Forth

Echo Prayer

Leader: Let us pray:
Jesus, you are the way,

All: Jesus, you are the way.

Leader: Jesus, you are the truth.

All: Jesus, you are the truth.

Leader: Jesus, you are the life.

All: Jesus, you are the life

Amen.

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: Daniel 12: 1–3; Psalm 15: 5, 8–11; Hebrews 10: 11–14; Mark 13: 24–32.

Today's Daily Prayer – Jesus has made one offering for all our sins.

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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 part of the Entrance Antiphon from Sunday's liturgy.

All: The Lord said: I think thoughts of peace and not of affliction.
You will call upon me, and I will answer you.

Background to the Second Reading

The Second Reading expresses in its own imagery a similar picture to that of the Gospel. Christ, his work as High Priest concluded once and for all (upon the cross), sits in triumph at God's right hand, until the full effects of what he has done work themselves out in the universe.

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 listen attentively to the words of sacred scripture. A reading from the book of Hebrews.

Reader: All the priests stand at their duties every day, offering over and over again the same sacrifices which are quite incapable of taking sins away. Christ, on the other hand, has offered one single sacrifice for sins, and then taken his place for ever, at the right hand of God, where he is now waiting until his enemies are made into a footstool for him. By virtue of that one single offering, he has achieved the eternal perfection of all whom he is sanctifying. When all sins have been forgiven, there can be no more sin offerings.

Pause



Respond

Leader: Let us spend some time reflecting on this piece of scripture.
How does this reading impact the way you view forgiveness in your own life?
Are there areas where you struggle to accept this complete forgiveness?
How do you see Christ's sacrifice actively working in your life to bring about spiritual growth and transformation?
Time for quiet reflection.

Go Forth

Leader: Let us pray together.

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.**

Pause

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: Daniel 12: 1–3; Psalm 15: 5, 8–11; Hebrews 10: 11–14; Mark 13: 24–32.

Today's Daily Prayer – Be watchful and pray constantly.

Today's prayer focuses on the Gospel from last Sunday. **Preparation:** Choose readers and someone to 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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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: Loving and gracious God, like smoke on the wind, may our prayers rise up to you and be received with love and mercy.

All: Amen.

Background to the Gospel

This reading is apocalyptic and is not meant to be taken literally. In ancient times, people believed that events in the night sky predicted those on earth, so that if the stars were falling, then bad things were going to happen. They believed that the earth was flat, and the heavens were like a bowl over the top. Jesus uses lots of traditional language and images from the Old Testament to say that God will come again in the person of Jesus, the Son of Man, but we will not know where or when; in God's time, not in ours. Jesus challenged his audience and us to trust God with the future. The important thing to remember is to forget this and live each day faithful and true to the gospel message.

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: Today's reading is from the Gospel of Mark.

Reader: Jesus said to his disciples: 'In those days, after the time of distress, the sun will be darkened, the moon will lose its brightness, the stars will come falling from heaven and the powers in the heavens will be shaken. And then they will see the Son of Man coming in the clouds with great power and glory; then too he will send the angels to gather his chosen from the four winds, from the ends of the world to the ends of heaven.

'Take the fig tree as a parable: as soon as its twigs grow supple and its leaves come out, you know that summer is near. So with you, when you see these things happening: know that he is near, at the very gates. I tell you solemnly, before this generation has passed away all these things will have taken place. Heaven and earth will pass away, but my words will not pass away.

'But as for that day or hour, nobody knows it, neither the angels of heaven, nor the Son; no one but the Father.'

The Gospel of the Lord

ALL: Praise to you Lord Jesus Christ.

Pause

Respond

Leader: Jesus said 'heaven and earth will pass away, but my words will not pass away.

Let us take some time to ponder and reflect on these words.

Time for quiet reflection

Go Forth

Leader: O Lord, you are our hope and joy.

All: Be with us as we go forth.

Leader: O Lord, you are our strength and courage.

All: Be with us as we go forth.

Leader: O Lord, you are our guiding light.

All: Be with us as we go forth.

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: Daniel 12: 1–3; Psalm 15: 5, 8–11; Hebrews 10: 11–14; Mark 13: 24–32.

Today's Daily Prayer – Watch for the signs of the coming of the Kingdom.

Today's prayer will focus on the Gospel from last Sunday. **Preparation:** Choose readers and a person 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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 listen with our hearts to what God asks of us.

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.

Lectio (reading, listening)

Leader: Let us prepare to the sacred words of scripture. Today's reading is from the Gospel of Mark.

Let us still our bodies and sit comfortably that we might listen attentively. After the reading I invite you to quietly re-read the text and allow the words to sink in.



Reader: Jesus said to his disciples: 'In those days, after the time of distress, the sun will be darkened, the moon will lose its brightness, the stars will come falling from heaven and the powers in the heavens will be shaken. And then they will see the Son of Man coming in the clouds with great power and glory; then too he will send the angels to gather his chosen from the four winds, from the ends of the world to the ends of heaven.

'Take the fig tree as a parable: as soon as its twigs grow supple and its leaves come out, you know that summer is near. So with you, when you see these things happening: know that he is near, at the very gates. I tell you solemnly, before this generation has passed away all these things will have taken place. Heaven and earth will pass away, but my words will not pass away.

'But as for that day or hour, nobody knows it, neither the angels of heaven, nor the Son; no one but the Father.'

Silence for a while...

Meditatio (meditating, reflecting)

Let us listen to these verses read slowly for the second time. As you listen, I invite you to remember a word or a short phrase that catches your attention and stay with it repeating it gently in your memory.

Leader: I now invite you to speak aloud into the space the word or phrase of your meditation. This is like a re-reading of the Scripture except you say only the part that you have been meditating on. As you speak this word or phrase, you give the words new life and each of us hears the words again in a new voice. After we have spoken our words let us return to silent stillness, listening deeply.

Allow time for the participants to speak their word or phrase and then allow for silence. If there is no response from the participants, you may invite the participants to speak their word to the person next to them. Ensure that they only say their word, and then return to silence.

Respond

Oratio (praying, responding)

Leader: I invite you now to share with the person next to you about the words of your meditation. How might you live these words? What are your thoughts? What might God be saying?

Once we have finished sharing we will return to silence and stillness.

Two to three minutes for sharing.

Contemplatio (resting, contemplating)

Leader: Thank you for engaging in this sacred deep listening. Let us spend another few moments in contemplation, allowing these words, phrases and thoughts and feelings to sink deep into our hearts and minds, so that we move into our day deeply affected by God's word.

One minute of silent prayer.

Go Forth

Leader: May the love and joy of Christ fill our hearts and strengthen us to live as people of his kingdom. May we live in a way that prepares us for the day when Christ will return, making all things new, and may our lives be a testament to the hope we have in his glorious return.

All: **Amen.**

Leader: As we come to the end of another week, let us offer each other a sign of peace.
(*Sign of Peace.*)

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.**

