

Daily Prayer

Twentieth Sunday in Ordinary Time Year C,
The Year of Luke; Jubilee Year 2025



Readings: Jeremiah 38: 4–6, 8–10; Psalm 39: 2–4, 18; Hebrews 12: 1–4; Luke 12: 49–53.

Jubilee Year: Pilgrims of Hope

Source: [Jubilee Resource Pack for Parishes](#)

Jubilee years are a time of newness. They have been celebrated throughout the history of the Church, but their roots go back to the Old Testament, when the Israelites were commanded to celebrate a jubilee every 50 years...

Saint Mary of the Cross MacKillop used to say: 'We are but travellers here.' For the 2025 Jubilee Year, Pope Francis invites us to reflect on what it means to be pilgrims of hope: a people who are not only travellers here but walking in joyful anticipation of 'the heavenly goal to which we have been called' (SNC §25).

Pope Francis believed that, in today's world, hope suffers; that too many people have been robbed by cynicism and despair. During Jubilee 2025, he wanted everyone to have 'an intense experience of the love of God that awakens in hearts the sure hope of salvation in Christ' (SNC §6). Only this hope—born from knowing that nothing can separate us from God's love (Rom 8:35-39)—can breathe life back into weary souls.

This hope is not optimism. It is not a forced positivity in the face of hardship and evil. It is a grace from God, a trust in the Lord's promises: that he is good, that he is merciful, and that we are journeying towards the one who says, 'Look, I am making everything new' (Rev 21:5).



For this reason, the most striking part of the logo for this jubilee is the cross: bending towards humanity and forming an anchor, it depicts the cross as something to cling to, especially in rough seas. It is a contemporary 'riff' on an old biblical image. The epistle to the Hebrews describes the hope we have in Christ as 'an anchor of the soul, as sure as it is firm' (6:19).

The cross is not a dead symbol from the past. It is a living sign of God's unfathomable love, and one that carries us together in pilgrimage towards heaven.

Preparations for Daily Prayer

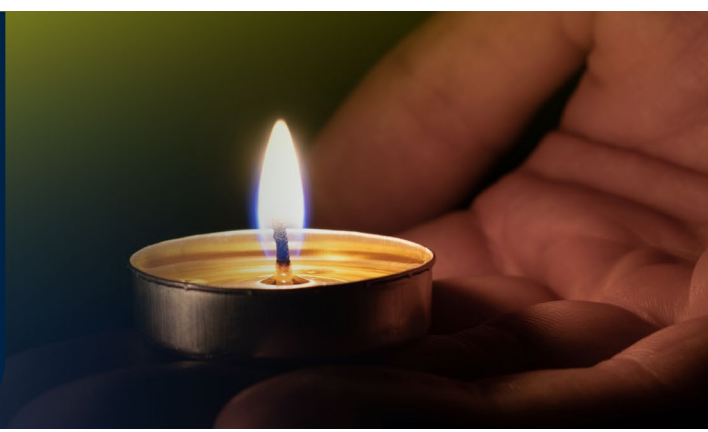
The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities, and days of special cultural significance. Feel 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 crucifix, 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.



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The Year of Luke

The Gospel readings for this Year C are taken from the Gospel of Luke and the Church is in the Sixteenth Week of Ordinary Time.

Daily Prayer will invite those gathered to participate in prayer rituals and respond respectfully in a prayerful context. This week is about setting up for success in a way that those gathered will become comfortable with the structure, the responses, the gestures, the prayers and the symbols. Daily Prayer will be a time when all feel welcomed and valued.

Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers, and Forms of Prayer
Monday – Green	<i>Lord, come to my aid!</i>	Psalm, reflection
Tuesday – Green	<i>Let us bear patiently the struggle placed upon us</i>	Gospel, reflection
Wednesday – Green	<i>I wish it were already kindled</i>	Gospel, meditation
Thursday – Green	<i>Peace be with you</i>	Gospel, reflection
Friday – Green	<i>An unpopular message</i>	Gospel, response, Prayers of the Faithful.

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

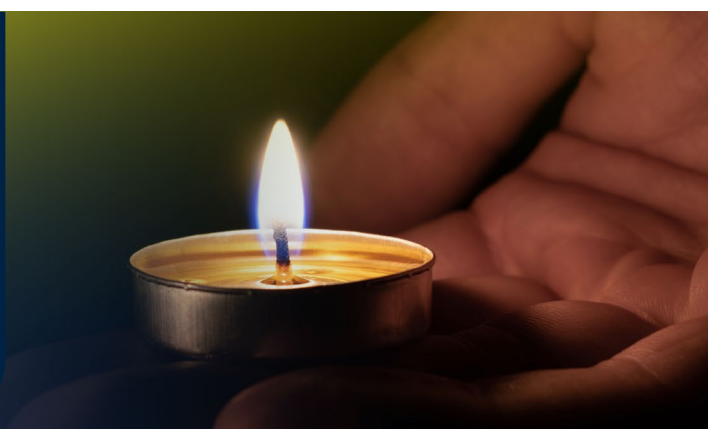
Suggested Teacher Background for the Readings

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



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Readings: Jeremiah 38: 4–6, 8–10; Psalm 39: 2–4, 18; Hebrews 12: 1–4; Luke 12: 49–53.

Monday

Today's Daily Prayer – Lord, come to my aid!

Preparation: Provide all with a copy of the daily prayer and someone to light the candle.

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 focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

Leader: As people of hospitality and welcome, we gather together to pray. *(Pause)*

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

Leader: Today we focus on the Psalm of the Twentieth Sunday in Ordinary Time.

(Light candle and pause.)

Background to Psalm 39

Have you ever felt stuck, like things were too hard or you didn't know what to do? This psalm reminds us that when we feel like that, we can call out to God.

Like the psalmist describes, God stoops down to help. This means God comes close to us, like a loving parent who kneels down to help a child.

We hear how God lifts us up from the "miry clay", like being pulled out of a muddy puddle when we're stuck. God gives us a strong place to stand.

And when we feel safe again, we can sing a new song, a song of thanks and praise!

Even when we feel small or poor, God thinks of us. God is our rescuer and our helper. We can always pray, "Lord, come to my aid!", and God will never be too busy to hear us. To be with us in our time of need.

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.

Reader: Our response to the Psalm is Lord, come to my aid!

All: Lord, come to my aid!

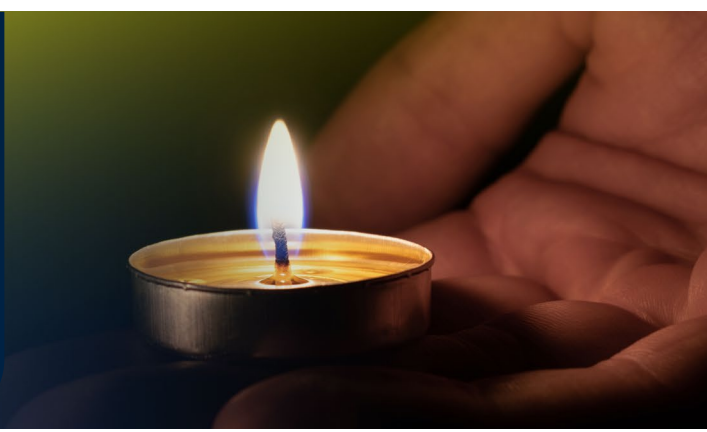
1. I waited, I waited for the Lord
and he stooped down to me;
he heard my cry. **(Response)**

2. He drew me from the deadly pit,
from the miry clay.
He set my feet upon a rock



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and made my footsteps firm. (**Response**)

3. He put a new song into my mouth,
praise of our God.
Many shall see and fear
and shall trust in the Lord. (**Response**)

4. As for me, wretched and poor,
the Lord thinks of me.
You are my rescuer, my help,
O God, do not delay! (**Response**)

Respond

Leader: Discussion Questions

- How do we ask God for help?
- Does God always help us?
- How might we recognise God's work in ourselves? Others?
- Can you think of a time when you felt stuck or needed help?
- How can we help others like God helps us?

(Time for silent reflection)

Go Forth

Leader: As we enter into our day, let us take a moment and say this prayer built inspired by Psalm 143.

All: Lord, hear my prayer.
Listen to my cry for mercy.
You are faithful and right.

Leader: Pope Francis told us that “with the Jubilee, we start a new life, a new phase... we begin again.” [Source](#) Let us go forth this week sharing the light of hope and message of God's love in all that we say and do.

All: **God, guide us on our journey as ‘Pilgrims of Hope’.**

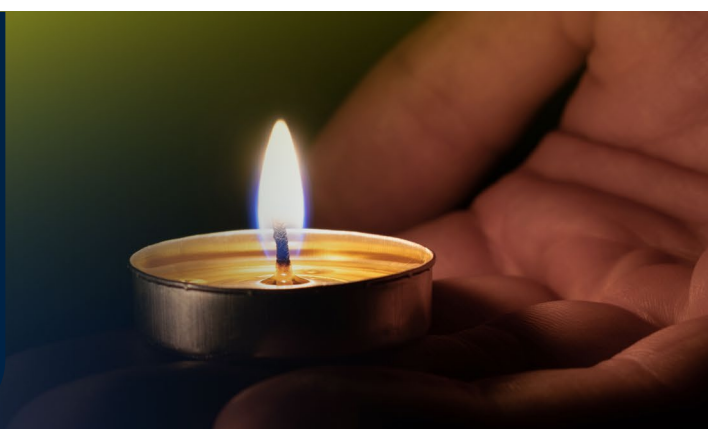
Extinguish candles and pause.

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



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Readings: Jeremiah 38: 4–6, 8–10; Psalm 39: 2–4, 18; Hebrews 12: 1–4; Luke 12: 49–53.

Tuesday

Today's Daily Prayer – Let us bear patiently the struggle placed upon us.

Preparation: Choose a reader and someone to light the candle.

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 focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

Leader: As we gather together to pray, let us remember that we are called to be servant people.

(Pause)

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

(Light candle and pause.)

Background to the Second Reading (Hebrews 12:1-4)

[Drawn from Sister Mary Coloe's PBVM Commentary on Liturgy Help](#)

Today we focus on the Second Reading of the Twentieth Sunday in Ordinary Time. Surrounded by a great cloud of witnesses.' Sundays second reading leads into this astounding affirmation. The story of Israel was meant to be a great sign of God's fidelity so that this community, struggling at the end of the first century, could be assured that God was with them. We are at the beginning of a third millennium, and if we recall the many centuries of Christian faith, we too have a great crowd of witnesses supporting, encouraging and assuring 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.

Reader: A reading from the letter to the Hebrews.

With so many witnesses in a great cloud on every side of us, we too, then, should throw off everything that hinders us, especially the sin that clings so easily, and keep running steadily in the race we have started. Let us not lose sight of Jesus, who leads us in our faith and brings it to perfection: for the sake of the joy which was still in the future, he endured the cross, disregarding the shamefulness of it, and from now on has taken his place at the right of God's throne. Think of the way he stood such opposition from sinners and then you will not give up for want of courage. In the fight against sin, you have not yet had to keep fighting to the point of death.

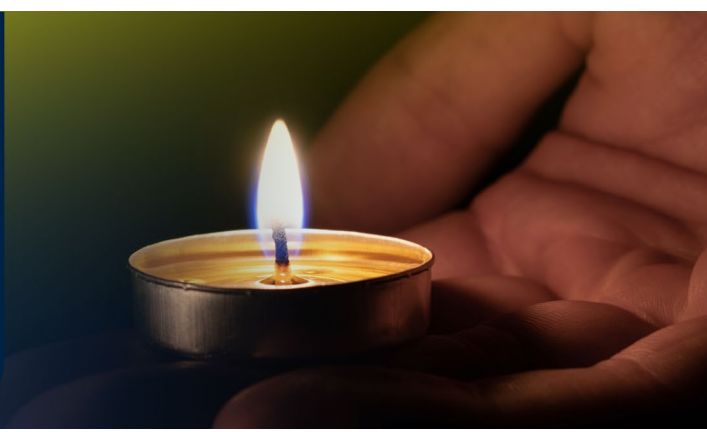
(Pause) The Word of the Lord.

All: Thanks be to God.



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Respond

Leader: This reading reminds us that following Jesus isn't always easy, but we are never alone. Just like athletes in a race, we are encouraged to keep going, even when things get tough. Jesus showed us how to be brave and faithful, even when He had to suffer. We can look to Him when we feel tired or discouraged, knowing that He understands and is cheering us on. With His help, we can keep trying to do what is right and grow stronger in our faith every day.

Go Forth

Leader: Let us pray together these words expressing our trust in God.

All: **Loving Jesus,
Thank You for showing us how to be brave and strong, even when things are hard.
Help us to keep going, to be kind, and to trust in You every day.
May we always remember that You are with us, cheering us on.**

Leader: Pope Francis told us that “with the Jubilee, we start a new life, a new phase... we begin again.” [Source](#)
Let us go forth this week sharing the light of hope and message of God's love in all that we say and do.

All: **God, guide us on our journey as ‘Pilgrims of Hope’.**

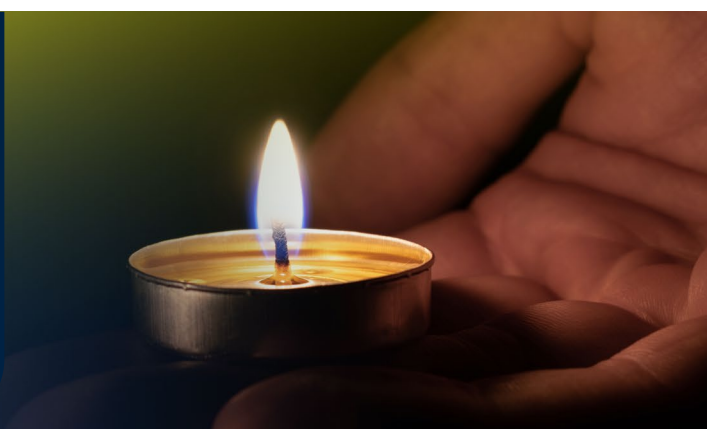
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All: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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Readings: Jeremiah 38: 4–6, 8–10; Psalm 39: 2–4, 18; Hebrews 12: 1–4; Luke 12: 49–53.

Wednesday

Today's Daily Prayer – I came to bring fire to the earth.

Preparation: Choose a reader, someone to light the candle and provide everyone with a copy of the image and quote.

Gather

Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer.

Leader: As we gather together to pray, let us remember the example Jesus gave us to be servants to others.

(Pause)

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

Leader: Today we focus on the Gospel of the Twentieth Sunday in Ordinary Time.

(Light candle and pause.)

Background to the Gospel readings:

In the Old Testament, fire was a symbol of the powerful presence of God. In this Gospel Jesus wants this fire to spread throughout the earth. He wants it to burn people's hearts so that they change the direction of their lives and actively spread God's love. This may cause division among some people, but it is only by being true to one's convictions and one's integrity that true peace can be experienced.

Listen

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

'I came to bring fire to the earth, and how I wish it were already kindled! I have a baptism with which to be baptised, and what stress I am under until it is completed!'

(Pause)

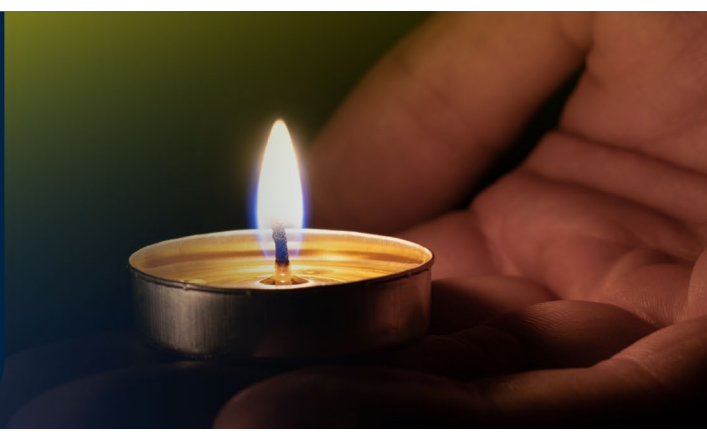
The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.



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Respond

Reader:

Sit quietly on your chair with feet on the floor and your hands in your lap.

Close your eyes and slow your breathing into a gentle rhythm.

Breathe in slowly. Breathe out slowly. (3–4 times)

Imagine the fire of God's love spreading throughout the world. (Pause)

Repeat each of the following statements in your mind and heart:

I choose to spread the fire by being compassionate. (Pause)

I choose to spread the fire by being just. (Pause)

I choose to spread the fire by bringing peace. (Pause)

I choose to spread the fire by showing love to all. (Pause)

I choose to spread the fire by being honest. (Pause)

I choose to spread the fire by living with integrity. (Pause)

Count back slowly from 5–1, and open your eyes.

We are called to be ready,

to be people of action,

to be hospitable and welcoming.

How can we show the hospitality of God to those with whom we work and live?

(Pause to reflect)

Go Forth

Reader: I invite you to respond, **Spirit be with us (repeat).**

When we act with compassion,

All: Spirit be with us.

Reader: When we work for justice,

All: Spirit be with us.

Reader: When we seek peaceful resolutions,

All: Spirit be with us.

Reader: When we support the oppressed,

All: Spirit be with us.

Reader: When we seek to bring about the Kingdom of God,

All: Spirit be with us.

Leader: Pope Francis told us that “with the Jubilee, we start a new life, a new phase... we begin again.” [Source](#) Let us go forth this week sharing the light of hope and message of God's love in all that we say and do.

All: God, guide us on our journey as ‘Pilgrims of Hope’.

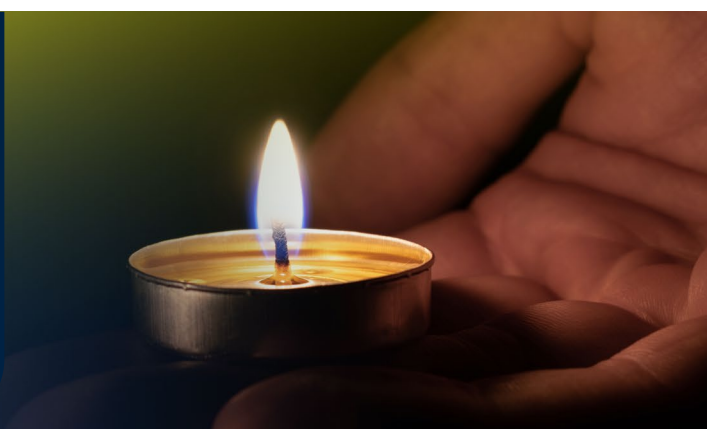
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All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Readings: Jeremiah 38: 4–6, 8–10; Psalm 39: 2–4, 18; Hebrews 12: 1–4; Luke 12: 49–53.

Thursday

Today's Daily Prayer – Peace be with you.

Preparation: Choose readers and someone to light the candle.

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 to focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

Leader: As we gather together to pray, we thank God for all our blessings.

(Pause)

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

Leader: Today we focus on the Gospel of the Twentieth Sunday in Ordinary Time. In this Gospel, Jesus says he has come, not to bring peace, but division. This does not make sense for the Prince of Peace. What Jesus means is that those who choose to follow him, to live a life of truth and love, freedom and justice, may be divided from those who would rather have conflict and hostility. If the latter are family, then Jesus warns that those who follow him must be ready, if necessary, to leave home and family behind.

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.

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

'I came to bring fire to the earth, and how I wish it were already kindled! I have a baptism with which to be baptized, and what stress I am under until it is completed!'

(Pause)

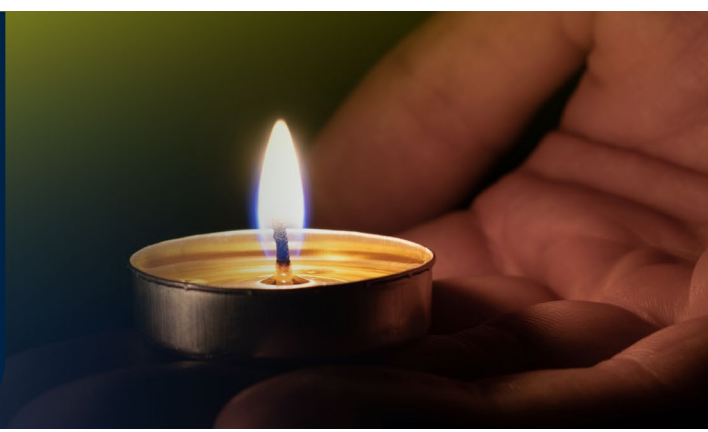
The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.



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Take some time to reflect on this image and quote.

(Take a couple of minutes for quiet reflection.)

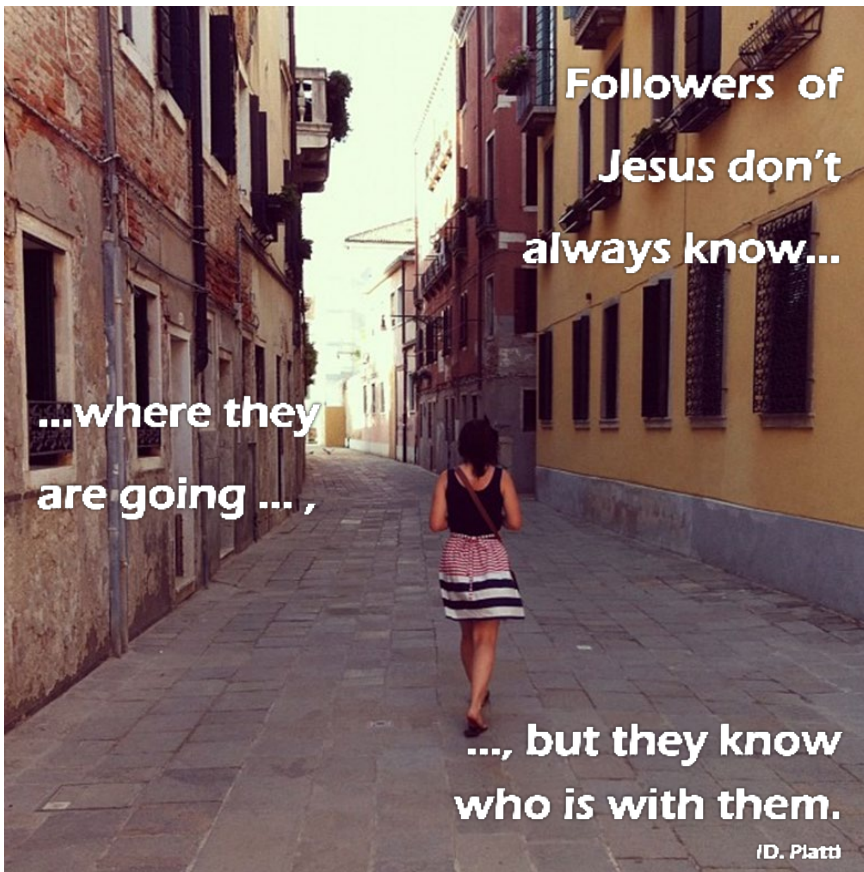


Photo: M. Cosgriff

Go Forth

All:

God of our journey, be with us as we travel an uncertain road.

Give us the strength and courage that we need to be your faithful followers especially when we are challenged and face difficult decisions.

Be in our minds, on our lips and in our hearts.

We ask this in Jesus' name.

Leader: Pope Francis told us that "with the Jubilee, we start a new life, a new phase... we begin again." [Source](#) Let us go forth from here sharing the light of hope a grace filled life can offer.

All: God, guide us on our journey as 'Pilgrims of Hope'.

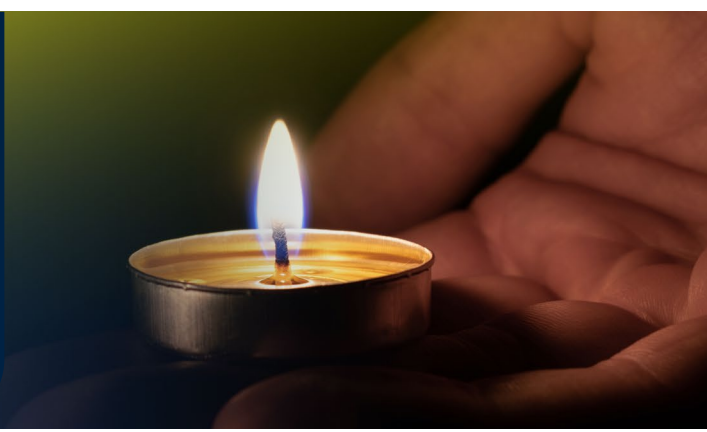
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All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



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Readings: Jeremiah 38: 4–6, 8–10; Psalm 39: 2–4, 18; Hebrews 12: 1–4; Luke 12: 49–53.

Friday

Today's Daily Prayer – An unpopular message.

Preparation: Choose readers and someone to light the candle.

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 focus on this moment. There may be special occasions or specific intentions that those gathered may wish to include in today's prayer.

Leader: Let us gather together to pray. (Pause)

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

Leader: Today we focus on the Gospel of the Twentieth Sunday in Ordinary Time. Before Jesus left his disciples, he warned them that they were in for a rough ride. The message they would be preaching would not always be a popular one and they might have to suffer for what they believed. It may even divide them from the ones they love. But finding the peace of Christ means being true to our convictions and living a life of integrity, no matter what.

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.

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

‘Do you think that I have come to bring peace to the earth? No, I tell you, but rather division! From now on five in one household will be divided, three against two and two against three; they will be divided: father against son and son against father, mother against daughter and daughter against mother, mother-in-law against her daughter-in-law and daughter-in-law against mother-in-law.’

(Pause)

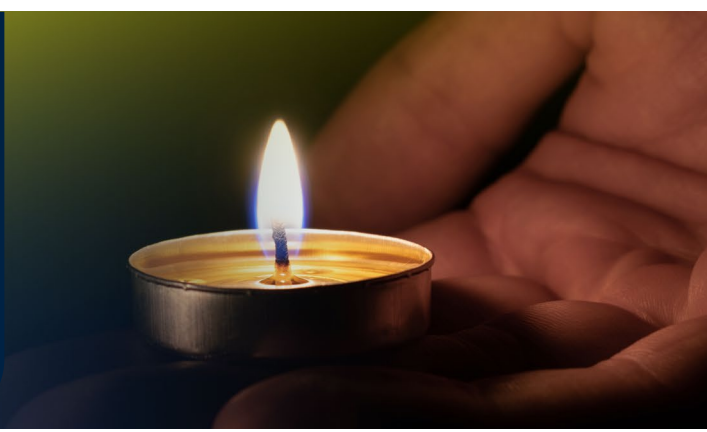
The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.



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Respond

Leader: Jesus warned his disciples that they would face a tough time preaching an unpopular message. How is Jesus' message unpopular today?
How difficult is it for you to live out his message?

(Take a couple of minutes in quiet reflection.)

Go Forth

Prayers of the Faithful

Leader: Let us bring our prayers to God knowing they will always be heard.

Reader: God of our journey, we pray that you be in our minds so that we may think of you. Lord hear us.

All: **Lord, hear our prayer.**

Reader: God of our journey, we pray that your Word be on our lips so that we may speak of you. Lord, hear us.

All: **Lord, hear our prayer.**

Reader: God of our journey, we pray that you be in our hearts so that we may love you. Lord, hear us.

All: **Lord, hear our prayer.**

Reader: God of our journey, we pray that we may be open to the workings of the Spirit guiding and directing us. Lord, hear us.

All: **Lord, hear us.**

Reader: God of our journey, we pray that, when we are challenged, we receive the strength and courage we need to remain faithful disciples. Lord hear us.

All: **Lord, hear us.**

Leader: Loving God, hear the prayers we offer you and help us to live lives true to your message. Pope Francis told us that "with the Jubilee, we start a new life, a new phase... we begin again." [Source](#)

All: **God, guide us on our journey as 'Pilgrims of Hope'.**

Leader: Let us go now in peace and love, ready to serve the Lord.

All: **Thanks be to God.**

Extinguish candles and pause.

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

