SIGN OF THE CROSS +

**OPENING PRAYER** 

Giver of Life, Master of All, our life is a blessing that, at times, can feel like a burden. The trials of today and the uncertainty of tomorrow unnerve us all. Help us root ourselves more deeply in your word and place our trust in the promises of your Son. We ask this in the power of the Holy Spirit, through Christ, our Lord. AMEN.

READING

MOMENT FOR SILENCE

GOSPEL PASSAGE

SHARING QUESTIONS

"Cursed is the one who trusts in human beings, who seeks his strength in flesh, ...Blessed is the one who trusts in the LORD, whose hope is the LORD." When have you learned that it is dangerous to put your hope in human beings? How do we avoid becoming cynical about human nature when we get let down?

"The one who trusts in the LORD...is like a tree planted beside the waters that stretches out its roots to the stream: it fears not the heat when it comes; its leaves stay green; in the year of drought it shows no distress, but still bears fruit." When has someone in your life faced terrible trials but had faith in God get them through? What did you observe in them that stands out? What did you learn?

POSTED RECENTLY



DISCUSSION

"Blessed are you who are now weeping, for you will laugh....

...Woe to you who laugh now, for you will grieve and weep."

Jesus reminds the disciples and the crowds that life contains joy and sorrow – and human beings aren't qualified to control that, or even to understand it. How do you cope with the awareness that your life has yet more joy and more sorrow in store?

LITANY

Life can be cruel and unfair... Like a tree planted beside the waters, I root myself in you. Life can reward the wicked and slam down on the righteous... Like a tree planted beside the waters, I root myself in you. Life can change in an instant and turn my plans to ash... Like a tree planted beside the waters, I root myself in you. Life can deliver three misfortunes in a row... sometimes more... Like a tree planted beside the waters, I root myself in you. Life can be a trial, a test... often a struggle... Like a tree planted beside the waters, I root myself in you. Life is a gift, given by God to each one of us... Like a tree planted beside the waters, I root myself in you. Life pulses all around me, usually unnoticed... Like a tree planted beside the waters, I root myself in you. Life is alive... and so are we... Like a tree planted beside the waters, I root myself in you. Christ lived... Christ died... Christ rose... Christ lives... Like a tree planted beside the waters, I root myself in you. **OUR FATHER** 

## [OPTIONAL] PRAYER FOR SPIRITUAL COMMUNION (St. Alphonsus Ligouri) My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already here, and unite myself wholly to You. Never permit me to be separated from You. AMEN.

CLOSING PRAYER

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.

## **READING 1**

A reading from the book of the prophet Jeremiah

Thus says the LORD:

Cursed is the one who trusts in human beings, who seeks his strength in flesh, whose heart turns away from the LORD.

He is like a barren bush in the desert that enjoys no change of season, but stands in lava beds in the wilderness, a land salty and uninhabited.

Blessed is the one who trusts in the LORD, whose hope is the LORD.

He is like a tree planted beside the waters that stretches out its roots to the stream: it fears not the heat when it comes; its leaves stay green; in the year of drought it shows no distress, but still bears fruit.

The word of the Lord

Thanks be to God

Jeremiah, chapter 17

## **READING 2**

A reading from the Holy Gospel according to Luke

Jesus came down with the Twelve and stood on a stretch of level ground with a great crowd of his disciples... and people from [all over the region].

And raising his eyes toward his disciples he said: "Blessed are you who are poor, for the kingdom of God is yours.

> Blessed are you who are now hungry, for you will be satisfied.

Blessed are you who are now weeping, for you will laugh.

Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man.

Rejoice and leap for joy on that day! Behold, your reward will be great in heaven. For their ancestors treated the prophets in the same way.

But woe to you who are rich, for you have received your consolation.

Woe to you who are filled now, for you will be hungry.

Woe to you who laugh now, for you will grieve and weep.

*Woe to you when all speak well of you, for their ancestors treated the false prophets in this way.*"

The Gospel of the Lord Praise to You, Lord, Jesus Christ

Luke, chapter 6