

21st Sunday in Ordinary Time
August 22, 2021

FAITH @ HOME

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First Reading: Joshua 24:1-2a, 15-17, 18b
Responsorial Psalm: Psalm 34:2-3, 16-17, 18-19, 20-21
Second Reading: Ephesians 5:21-32 or 5:2a, 25-32
Gospel: John 6: 60-69

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? You can find the text [HERE](#).

[Proclamation of the Gospel for adults](#) (CCTNtv, 1:22 min)
[Proclamation of the Gospel for children](#) (YouTube, 1:41 min)

2. TALK

Gather the family around and follow the adaptation to the [Ignatian Examen](#) we offer you here.

Review

Ask each member to choose the question that touches their heart and invite them to share.

Where have I felt true joy today?
What has troubled me today?
What has challenged me today?
Where and when did I pause today?
Have I noticed God's presence in any of this?

Response

In light of my review, what is my response to God?

A Look Ahead

As I look ahead to the coming week, what comes to mind?
With what attitude do I want to begin my week?

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

3. PRAY

Reflecting on how God is present in our daily lives reminds us that we are not alone. We can get caught up in the realities of this world but our invitation from God is to share His love with everyone around us. Together, pray the litany of trust aloud. Pay attention to how God might be inviting you to trust in Him.

Litany of Trust (adapted from the Sisters of Life. You can find the longer litany [here](#))

From the belief that I have to earn
Your love ... **Deliver me, Jesus.**

From refusals and reluctances in
accepting Your will ...

Deliver me, Jesus.

From anxiety about the future ...

Deliver me, Jesus.

From resentment or excessive
preoccupation with the past ... **Deliver me, Jesus.**

From disbelief in Your love and presence ...

Deliver me, Jesus.

From the fear of being asked to give more than I have ...

Deliver me, Jesus.

From discouragement ... **Deliver me, Jesus.**

That You are with me in my suffering ...

Jesus, I trust in you.

That Your plan is better than anything else ...

Jesus, I trust in you.

That You give me the grace to accept forgiveness and to
forgive others ... **Jesus, I trust in you.**

That You give me all the strength I need for what is asked
... **Jesus, I trust in you.**

That my life is a gift ... **Jesus, I trust in you.**

That You will teach me to trust You ...

Jesus, I trust in you.

That I am Your beloved one ... **Jesus, I trust in you.**

Amen.

Additional resource: You can participate in this [3 minute retreat](#) that revolves around learning to trust.

