

## Preparing for the Sunday Readings

As Catholics, we are called to prepare our ears, our minds, and our hearts for Sunday Scripture proclamation. When these are heard, the words will then be familiar...and God's Word can then more fully permeate the very fiber of our beings and our lives.

There are so many varied ways to prepare! What are you doing now? How do you prepare? Perhaps, to get started, it would be helpful to list your current steps:

### **Do you:**

Read the readings...slowly, prayerfully, several times...?

Ponder and pray with the readings, considering what they mean for your life?

Have conversation about the readings with Prayer or Scripture study groups?

Use the Lectio Divina approach by yourself or with others? (see handout)...or use a "Gospel Contemplation" method to expand your experience of the Scripture?

Use the "Question of the Week" technique (provided at L.I.F.E. but many companies provide a variety of ones online)?

Listen to the homily at Mass and make mental or physical notes to consider during the week?

Have conversation with family members (of all ages) and friends before or after Mass about the readings?

Consider the music sung at Mass, it's connection to the readings and, often, its basis in Scripture?

Ponder the meanings, history, etc. behind the readings, using additional resources?

Website suggestions: (more available on L.I.F.E. list of sites and apps)

USCCB

Liturgy.slu.edu

Look at the reflection offered in the Catholic Virginian ("Believe What You Pray")?

Read or listen to homilies about the readings before or after Mass?

Website suggestions:

Word on Fire (by Father Robert Barron)

Visitationnorth.com (by Bishop Ken Untener)

Pastoralplanning.com (podcasts)

**\*\*Perhaps, you might begin with one step, adding another step, or varying steps!  
Discover the best way for you and your family to really prepare well!**

