



13th Sunday in Ordinary Time

Families in Mission

Stay focussed like Jesus

1.-Introduction:

Has anyone ever reminded you to “Pay attention!” Do you sometimes have trouble focussing? Your mind wanders and you struggle to concentrate on what you are doing. When that happens you may fall behind, make mistakes, or be unable to finish your task. Jesus warns that it can also happen if we choose to follow him. People and more fun choices may distract and tempt us. But we should stay focussed like Jesus in the Gospel story, who did not let anything (e.g. unwelcome neighbors, talks of revenge, people who wanted to go with him but found excuses not to) stand in the way of his own journey to Jerusalem.



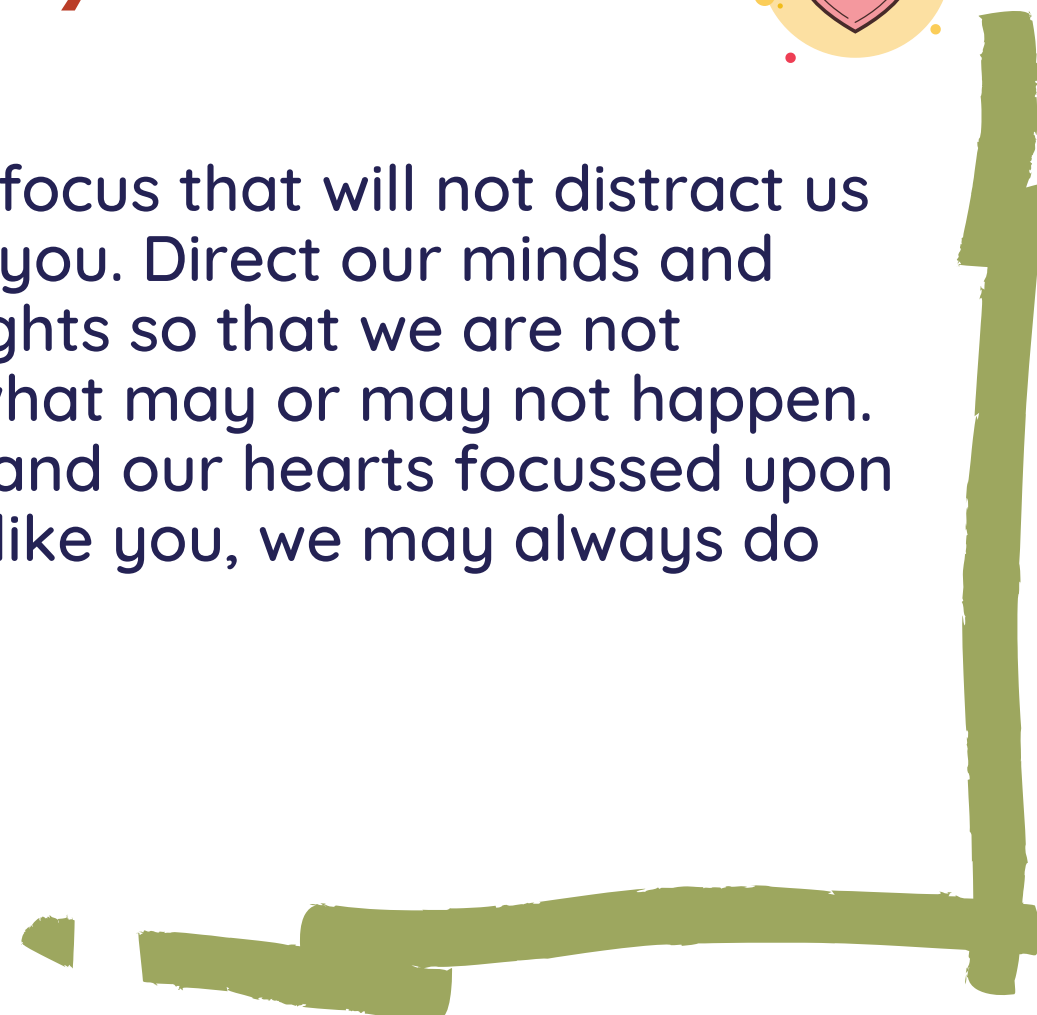
Put something in your sacred space that helps you focus.

2.-Opening Prayer:

Dear Jesus,

Give us a quiet focus that will not distract us from following you. Direct our minds and guide our thoughts so that we are not distracted by what may or may not happen. Keep our eyes and our hearts focussed upon on you so that like you, we may always do God’s will.

Amen



“

3.-Sharing the Good News:

Read the Gospel

LK 9:51-62



4.-Reflect Together:

Discuss some/all of these questions as a family

- Have you ever been unable to finish something because you were not focussed? What distracted you?
- What excuses do people in the Gospel story give for not following Jesus? What are some excuses you have used to explain why you could not do something?
- When are you most able to focus? What helps you focus - this could be activities, certain places or people, sounds?



5.-Take action as a family:

- Make a list of what distracts you and what helps you focus. This week try to do less of what distracts you and more of what helps you concentrate. At the end of the week talk as a family about what worked and what did not work.
- Pay a visit to the Blessed Sacrament or gather round your Sacred Space as a family and spend a few quiet minutes focussed on Jesus.
- Jesus made it a point to focus on the poor and the suffering. What can you do as a family to focus on the poor and suffering? Find a person or a group you can focus on this week and do something for them.



6.- Closing Prayer:

Loving God

This week, help us to focus on listening to you and being attentive to your will just as Jesus was. Help us to learn from Jesus’ example to focus less on ourselves and more on loving you by serving others. Send us your Spirit to help us be better disciples of Jesus. This we ask in Jesus’ name.

Amen

