

CGS FAMILY

EIGHTH SUNDAY IN ORDINARY TIME

Volume II, Guide Number 14, February 27, 2022

"Devote yourselves to prayer."

Colossians 4:2

**How does praying help me get to
know and love Jesus Christ?**

www.cgscs.church

Welcome

HELLO,
CHRIST THE GOOD SHEPHERD FAMILY!



Welcome to our weekly CGS Guide that helps our parish families to grow in knowledge of the faith and deepen our relationship with Jesus as his disciples. As we encounter Jesus, we come to know him, love him, and serve him so that we can be reasonably happy in this life and happy with him forever in heaven.



This Week

It's no secret: you can learn how to pray!

Praying. Most of us could use a little help with our prayer life. As we approach Lent, it's probably the best thing we can do during the Lenten season so we can do all other things well. Yet becoming a person of prayer is something many people struggle with, sometimes because they don't know how to pray, or can't seem to find the time, or don't realize that it's just not that difficult. In what ways do you struggle to pray, or to pray more faithfully? Here I share the words of Mike Stapp who lives near Boston:

"Even if you've got a houseful of screaming kids, or too much schoolwork, or a job that consumes way too much of your time. In fact, that just means that you need prayer more! Because prayer gives true **freedom**, "the glorious freedom of the children of God" (Rom 8:21). And that's exactly what you need right about now, isn't it? It's what we all need?"

In this week's Guide, we explore together how praying gives us the freedom and peace that comes from our relationship with Jesus Christ.

Ivana T. Meshell

For questions, comments, and feedback, please contact us at

DISCIPLESHIP@CGSCC.CHURCH



The Holy Mass

The liturgy is the summit toward which the activity of the Church is directed, at the same time, it is the font from which all her power flows. (Cf. SC #10)

Why go to Mass?

Christ the Good Shepherd Mass Schedule

Find Mass Anywhere

This season, we are exploring the Big Idea

How do we get to know and love Jesus Christ?

Eighth Sunday in Ordinary Time readings and podcasts

from the United States Conference of Catholic Bishops (USCCB).

First Reading: Sirach 27:4-7

Psalms 92:2-3, 13-14, 15-16

Second Reading: 1st Corinthians 15:54-58

Gospel: Luke 6:39-45

Additional options for studying and discussing the Word of God.

Opening the Word by FORMED

Sunday Connection by Loyola Press

Children's Liturgy of the Word by CatholicTV.org

WE LEARN & BECOME DISCIPLES TOGETHER

Question of the Week

How does praying help me get to know and love Jesus Christ?

Opening Prayer

CONNECT with our GOD

- Let's start with the The Sign of Cross.
- In your own words, ask the Holy Spirit to be present as we gather so share our faith (Prayer to the Holy Spirit).
- Listen to the Lord speaking to you as someone reads out loud the Gospel for this Sunday (see previous page for links to Scripture readings for this week).
- Listen to each other as everyone shares what in the Gospel caught their attention.
- Pray the "Glory be..."

For more on how to manage a group discussion, [click here](#).

Step One

CONNECT with our daily LIVES

Do you find it difficult or easy to pray? Is it always the same or does it change from time to time? Explain why, if you can.



Getting
Started

[How to use
this Guide.](#)

[Why are we
doing this?](#)

Step Two

CONNECT with Scripture and Tradition

In the HOLY SCRIPTURE we read about...

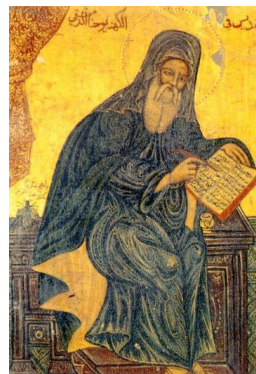
- By prayer, we seek to know Christ. This is our ultimate goal. – Philippians 3:9-11
Through prayer, we know the love of Christ that surpasses all knowledge. – Ephesians 3:14-19.
- When you call me, and come and pray to me, I will listen to you. (Jeremiah 29:12)
- When you look for me, you will find me. Yes, when you seek me with all your heart (Jeremiah 29:13).

In the Catechism of the Catholic Church, we read:

- ...it is most important that the heart should be present to him to whom we are speaking in prayer (CCC #2700).
- The Church invites the faithful to regular prayer: daily prayers, the Liturgy of the Hours, Sunday Eucharist, the feasts of the liturgical year (CCC #2720).

Discussion Questions

1. Why is it important that our hearts should be present to God when we pray to him? What happens when our hearts are not in it?
2. What are some ways we are currently praying each day and each week? What do we need to learn about prayer so we can become closer to Jesus Christ and know his saving love for us?
3. How can we, through prayer, become "trees that bear good fruit" as Jesus says in the gospel today?



"Prayer is the raising of one's mind and heart to God or the requesting of good things from God."

St. John of Damascus (676-748), CCC 2559

Go Deeper with [90 Ways to Pray When You are in a Prayer Rut](#)

or Deeper Still! with this document on [Raising One's Heart and Mind to God.](#)

Reflection Question

Do I feel good about my prayer life as it is right now? Do I feel disappointed or perhaps guilty for lack of prayer? As we approach Lent, is there something I am willing to do to deepen my relationship with Jesus Christ through prayer?

RESOURCES FOR ALL AGES

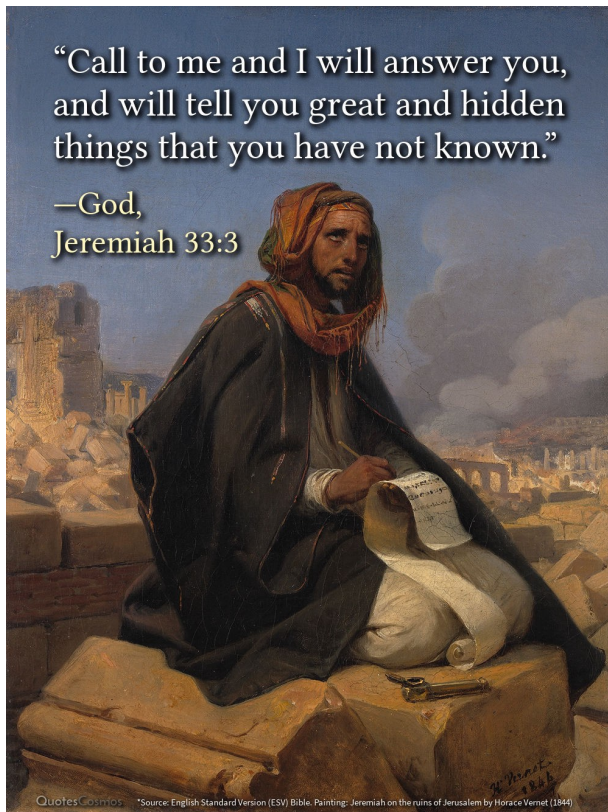
For related information, activities, and age-appropriate resources, turn to the *Resources for All Ages* section of this Guide. You may use as many or as few as you want to. Adapt to your situation and your household. You can even spread these activities over the span of the entire week. There is no wrong way to do this!

As a Domestic Church (your household) or Small Faith Group, pray and read through some of the suggested Scriptures & Catechism of the Catholic Church (CCC) references as time permits.

Step Three

CONNECT with OTHERS... Commit // Action

What is one thing I am willing to change in my life so that I may grow closer to Jesus Christ through prayer?



Practical Activities

For the Individual

Tie Some Knots

Make a simple cross and tie onto it a long cord or piece of string. Each time you notice God helping you through a difficult time or giving you something good, offer a prayer of thanks and tie a knot in the cord. See how long it takes you (and God!) to get to the end!

For Couples

Targeted Prayer for Your Spouse

Pray for your spouse, that God may put in his or her path the people (besides you) that your spouse needs to live a fulfilling life and grow in holiness. Pray that others may help your spouse become the person he/she was created to be, especially in those areas where you alone cannot be everything to your spouse. Pray for good friends, good mentors, good pastors and other good people to enter into your spouse's life.

For the Domestic Church

Learn the Five Finger Prayer in Your Household

Learn the simple Five Finger Prayer--easy for any member of the household to do anywhere because you take your hands with you wherever you go!

Missionary Mindset

Pray to End Violence and Help People Know Jesus

Pray for those who are suffering from violence and war around the world. Pray also for those who are working to share the Good News about Jesus with those who do not know him. As you pray and go about your day, look for ways to be less violent, less angry and more kind to others. Look for ways to show the love of Jesus to others.

Closing Prayer

- We sign ourselves with the Sign of Cross.
- According to what we reflected on, or whatever is in my heart share a petition, at the end we all say: **Lord hear our prayer.**
- Then we can pray the Our Father, Hail Mary and the Glory be...
- As we finish, let us share a sign of peace with each other.

Prayer



Luke 1:68-79

See Prayers to Learn by Heart

Blessed be the Lord, the God of Israel; he has come to his people and set them free.
He has raised up for us a mighty Savior, born of the house of his servant David.
Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us.
He promised to show mercy to our fathers and to remember his holy covenant.
This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.
You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.
In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

AT THE END OF THE LESSON OR END OF THE WEEK

From what you have learned, how would you now answer the Question of the Week?

How does praying help me get to know and love Jesus Christ?

RESOURCES FOR ALL AGES

POINTS OF UNDERSTANDING

Clear statements of the Church's teachings.
Where they come from and ways to use them.

1. Age-Specific Resources

Early Childhood (Ages 3-5)

Question: How do we say "thank you" to Jesus?

"Seeds" by Pflaum Publishing. See note on this page.

Cathy Coffey // [Praying with Children](#) (for parents)--article.

Loyola Press // [Praying with Children](#) (for parents)--article.

Mary Fairchild // [6 Simple Tips for Teaching Children to Pray](#)--article

Childhood (Elementary, Grades 1-5)

Question: How do you thank God each day for your blessings?

Grades K-1: "**Promise**" & Grades 2,3 & 4: "**Good News**" by Pflaum Publishing.
See note on this page.

Grateful Prayer, Thankful Heart // [Easy Prayer Checklist](#) (printable)

Cathy Coffey // [Praying with Children](#) (for parents)--article.

Loyola Press // [Praying with Children](#) (for parents)--article.

Cultivating Catholics // [Nine Simple Prayers for Catholic Kids Printable](#)

Mary Fairchild // [6 Simple Tips for Teaching Children to Pray](#)--article

Early Adolescence (Jr.High, Grades 6-8)

Question: How and when can I pray that Jesus may guide me through prayer so that I may grow closer to Jesus Christ?

We recommend all Catholic youth have their own youth bible.

Grades 5 & 6: "**Venture**" by Pflaum Publishing and

Grades 7 & 8: "**Visions**" by Pflaum Publishing. See note on this page.

Life Teen // [Tips and Resources, How to Pray](#)--Blog.

Adolescence (High School, Grades 9-12)

Question: Through the goodness in my heart, how do I grow in intimacy with God in prayer?

We recommend all Catholic youth have their own youth bible.

St. Ann Catholic Church // [Prayers for Teens and Parents \(Great Resource!\)](#)--printable booklet.

Connect Us // [10 Best Catholic Prayers for Teenagers \(Biblical\)](#)--article.

Catholic Link // [90 Ways to Pray For Those Times When You're In A Prayer Rut](#)--list and links to ideas.

[Grateful Prayer, Thankful Heart // Easy Prayer Checklist \(printable\)](#).


Life Teen // [Tips and Resources, How to Pray](#)--Blog.

ATTENTION PARENTS!

Age-specific materials for early childhood through 8th grade are now available for your use together with this Guide. They are easy to use and the cost is \$25.00 per set, per year.

Reserve and pick up your copies by contacting Jackie Coba in the parish office or by email.
346.236.6459 ex. 342
jcoba@cgscc.church

Want samples?
Need help?
Just ask!



**Open my eyes, that I
may behold wondrous
things out of your law.**

Psalm 119:18

Adulthood

Question: Through the goodness in my heart, how do I grow in intimacy with God in prayer?

Mike Stapp, *Beginning Catholic* // *A Catholic's Guide to the Interior Life Catholic Link*--article

90 Ways to Pray For Those Times When You're In A Prayer Rut--list and links to ideas.

Fathers for Good // What is Prayer ? (It is less a function and more a way of being) --brief article.

National Catholic Register // Is There A Best Way to Pray? --article

Grateful Prayer, Thankful Heart // Easy Prayer Checklist (printable)

2. General Resources

The Holy Bible

Online Bible via the United States Conference of Catholic Bishops (USCCB)

If you don't know much about the Bible or want to learn more: Scripture Support

Recommended Print Bibles

For Children: Catholic Children's Bible by St. Mary's Press. Purchase directly from the publisher or look online for other vendors.

For for Teens/Youth Catholic Youth Bible by St. Mary's Press. Purchase directly from the publisher or look online for other vendors.

For Families: Family Connections Bible by St. Mary's Press. Purchase directly from the publisher, or look online for other vendors.

Catholics use the **New American Bible Revised Edition** (NABRE) as the translation for Mass readings. There are many acceptable versions of NABRE (learn more) as well as other approved translations. You may purchase from any vendor and we do have some basic editions on hand at the parish office at no charge--available upon request.

The Catechism of the Catholic Church (CCC)

Online Catechism via the United States Conference of Catholic Bishops (USCCB)

NEW! Simplified version of the Catechism of the Catholic Church

If you don't know much about the Catechism or want to learn more: Catechism Support

Formed

Our parish subscribes to a library of online resources called Formed. It is free for you to use.

Register at www.formed.org - (use Parish Code: WXF2JZ) Need help? Watch this video.

Prayers and Praying

Catholic Link // 90 Ways to Pray For Those Times When You're In A Prayer Rut--list and links to ideas.
Divineoffice.org--best website for praying the Liturgy of the Hours. Together with the Mass and the sacramental rites, the Liturgy of the Hours is the official, public prayer of the Church.
App: Laudate--very good prayer app to download to your phone for prayer and Mass.

Common Prayers and Formulas to Learn by Heart

Familiar prayers and a chart showing at what age level they should be learned.

Counseling, Grief Support & Spiritual Direction

Our parish offers Rejoice Counseling for individuals and families for a variety of issues and needs. We also offer Grief Support ministry for those who have lost loved ones and Spiritual Direction for anyone interested. Follow the links or inquire through the parish office.

Music to Move You

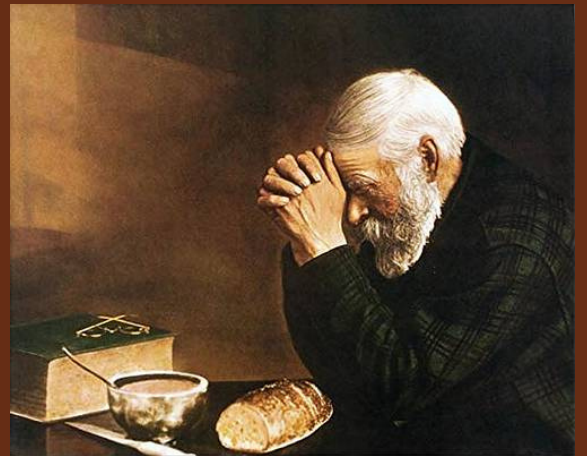
Playing for Change--Songs Around the World // Peace Train featuring Yusuf / Cat Stevens (4:09)
Voice Of The Catholics - Yes I Believe - Nigerian Gospel Music (54:05)
Jonatan Narvaez // By Your Name (4:28)
Catholic Artists from Home // Be Not Afraid (7:00)

Sacred Art to Inspire You!

All Sacred Art Currently on Formed (parish subscription free to our parishioners--register once, get access to all content) All Sacred Art - FORMED
Photographer Unknown // Boy and His Dog Praying, circa 1980's.

Photographer Unknown // Boy and His Dog Praying, circa 1950's.

Eric Enstrom // "Grace"--Swedish-born American photographer, 1918.



Eric Enstrom was a Swedish-born American photographer who became famous for his 1918 photograph of Charles Wilden in Bovey, Minnesota. The photo is now known as "Grace" and depicts Wilden saying a prayer over a simple meal. In 2002, "Grace" was designated the state photograph of Minnesota.

3. Sacramental Resources

Go to the sacraments page of our website and browse for the most current information. Here you will find everything you need to get started with any sacrament. Additional information is being added and continually updated. Questions may be directed to Selma DeMarco, Associate Director of Sacraments and Discipleship.

WE ARE THE CHURCH

What Makes us Catholic?

A Catholic has a heart fixed on Jesus Christ as savior, Lord, and friend. A Catholic disciple follows Jesus so closely that Jesus is the first priority, the center of one's life, because that person has experienced the Risen-Crucified and Glorified Lord who gave His all on the Cross, who continues to give his all in the Eucharist. Jesus calls each disciple into a deep, intimate relationship, establishing an eternal bond with him. Jesus has commanded that we be committed to each other in the same way his committed to us in the Catholic Church: a communion of love between God and his people. Just as Jesus sent out the twelve apostles, he also sends us at the end of every Mass, to be his presence in the world by what we say and do. Jesus desires that we be his voice calling all people to himself and back home to the Father. All of this is possible by the power of the Holy Spirit who is at work in each member of the Church. God compassionately seeks each of us out to save us from sin to experience his never-ending lavish love.

HOW HAVE YOU SEEN GOD PRESENT AND ACTIVE IN YOUR LIFE THIS WEEK?

Word of the Week - *Prayer*

There are many ways to define prayer. The *Catechism of the Catholic Church* (CCC) defines prayer as a "vital and personal relationship with the living and true God" (CCC, no. 2558). Prayer is Christian "is communion with Christ" (CCC, no. 2565), and a "covenant relationship between God and man in Christ" (CCC, no. 2564). Basically, prayer is both a relationship with God and a way to strengthen that relationship. This we cannot do on our own, but God is always ready and willing to help us!

Saints of the Month learn about them!

More for your Domestic Church

A Domestic Church is your household of believers in Jesus Christ. View a short video on what is the Domestic Church. See also this reference in the Catechism of the Catholic Church: CCC 1655-1858 and our Glossary of Terms. There is so much at CGS for your Domestic Church! See our website, social media pages, YouTube, and this week "**FLOCKNOTE**" for all things CGS!

"Faith Groups" on our Website

Find resources for your family, including how to use this Guide, family traditions from other parishioners, FAQs, how to use the Points of Understanding, a Glossary of Terms and more. Visit cgscdogh.org/faith-groups OR scan the QR code on the right with your smart phone.

Join a small Faith Group in our parish. Contact **discipleship@cgscchurch.org**





Our Mission as a Roman Catholic Community is to proclaim the teachings of Jesus Christ as declared in the scriptures and shown in the sacred tradition of the church. We are empowered by the Holy Spirit to know, love, and serve God and our neighbors.

WE WANT OUR PARISHIONERS TO CONTRIBUTE TO THIS GUIDE!

How is this Guide working for you and your family?

Show us what your family is doing with these Guides!

Share an idea, a resource or picture/video of what you are doing in your Domestic Church.

DISCIPLESHIP@CGSCC.CHURCH

BECOMING OUR "BEST PARISH EVER!"



Text CGS to 84576 to join us on Flocknote
You will receive emails & texts from CGS



CHRIST THE GOOD SHEPHERD CATHOLIC COMMUNITY



@CGSYOUTH

18511 Klein Church Rd. Spring, TX 77379
(281) 376-6831

The contents of this Guide are in accordance with the teachings of the United States Conference of Catholic Bishops and the Curriculum Framework for Lifelong Faith Formation of the Archdiocese of Galveston-Houston under the pastoral care of Daniel Cardinal DiNardo, Archbishop.