

ICHTHUS

SUNDAY 20 FEBRUARY 2022

7TH SUNDAY
IN ORDINARY TIME

Year C



Thank you, Jesus, for inviting me here today.



ENTRANCE ANTIPHON

O Lord, I trust in your merciful love.
My heart will rejoice in your salvation.
I will sing to the Lord who has been bountiful with me.

We say these words or sing a hymn as the priest approaches the altar.

COLLECT

Grant, we pray, almighty God,
that, always pondering spiritual things,
we may carry out in both word and deed
that which is pleasing to you...

We ask for God's help. Listen now to the priest as he offers this prayer.



FIRST READING 1 SAMUEL 26:2. 7-9. 12-13. 22-23

It's like a thrilling film. Saul and his mighty army are tracking down David. In the stillness and silence of night David and Abishai, David's nephew, find their camp. Everyone is asleep – and here is king Saul, asleep

with his spear stuck in the ground beside him. What will David do now he has Saul in his power? Instead of killing his enemy, David just takes Saul's spear, as proof of his actions. David knows God is with him.

LOOK at the reader and LISTEN. David shows his good character when he has the opportunity to hurt Saul.

The cantor or psalmist sings or says the psalm. Listen to the verses, and then respond by using these words.

RESPONSORIAL PSALM PSALM 102

The Lord is compassion and love.



SECOND READING 1 CORINTHIANS 15:45-49

While we are here on earth, God wants us to enjoy our lives. Our bodies help us to appreciate God's wonderful world, with our sight, taste, touch and smell. But there is more to life than we can experience with our

senses. We also have souls and we can experience God's love too. Jesus rose from the dead and has a heavenly body now – and so will we one day! Even if we don't know exactly what it'll be like, heaven will be great!

LOOK at the reader and LISTEN. Jesus has given us all the chance of life forever!



We give a shout of praise to God, using these words taken from the Bible.

GOSPEL ACCLAMATION

Alleluia, alleluia!
Open our heart, O Lord,
to accept the words of your Son.
Alleluia!



DO YOU KNOW?

Mahātmā Gandhi was an Indian lawyer who led the successful campaign for **India's independence** from British rule. Although Gandhi was Hindu, he was **inspired by Jesus' teaching** to use non-violence in the struggle for freedom. **Martin Luther King Jr**, a Christian minister, later used non-violence to gain **civil rights for Black people in the USA**.



THINK

Criticising and judging other people is so easy. It can even make us feel special if we're part of a negative chat about someone else. Today's Gospel challenges us all: **don't judge!** We don't need to pull anyone else down so that we feel better about ourselves. Just know that **God loves us very much, just as we are!**



GOSPEL LUKE 6:27-38

The Good News about Jesus is told to us by St Luke.

Few teachings are more challenging than Jesus' words today. Love your enemies, do good to those who hate you and pray for those who treat you badly. If someone slaps you on one cheek, offer the one too – and if they take your cloak, give your shirt as well. Anyone can love

those who love them, but Jesus expects more from his friends. We are to be caring and compassionate, just like God. Don't judge, but forgive others if we want to be forgiven. Following Jesus will turn the world upside down – and it will be more than worth it in the end!

STAND to LISTEN to the priest or deacon as he prepares to read the Gospel. Before he reads the Gospel, what does he do to his forehead, his lips and his heart? Can you copy him?

Listen to the reader as he or she encourages us to pray for situations and people in need. This is a prayer you could say privately.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.

We listen to the prayer of praise and thanks to God.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



PRAYER OF THE FAITHFUL

Dear Lord, I am thinking about all the people who are suffering because of violence in the world. Help us to work for peace by making the brave decision to choose forgiveness in our own lives. Lord, hear my prayer.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think about any time this week when you reacted in anger to a situation and then think of a time when you were thoughtful and kind.

Say a little prayer offering these thoughts up to God.



THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?



THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

I will recount all your wonders,
I will rejoice in you and be glad,
and sing psalms to your name, O Most High.



MY PRAYER AFTER COMMUNION

Thank you, Jesus, for showing me by your example how non-violence can lead to victory. Thank you for showing me the power of love. Amen.



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



PRAY

"Forgive us our trespasses, as we forgive those who trespass against us."

Pray the Our Father, taking time to really think about the words Jesus gave us.



DO

Find out more about Pax Christi, the Catholic group of People Putting Peace Into Action at paxchristi.org.uk.



IXΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)

redemptorist

publications

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