



The Word
22nd Sunday in Ordinary Time
August 30, 2026

Call to Prayer and Sharing

- ✦ *Leader invites all into a few moments of silent reflection to remember that we are in the presence of God. (reflective pause)*
- ✦ *Then: “In the name of the Father and of the Son . . .”*

The Word of God

- ✦ *Leader reads part or all of one of the scripture texts from the previous Sunday.*

Matthew 16: 21-27

Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life? For the Son of Man will come with his angels in his Father’s glory, and then he will repay all according to his conduct.” At the conclusion of the reading, briefly pause for quiet reflection. continued. . . .

Faith Sharing

- ✦ *Leader reminds everyone of the Question of the Week which relates to the particular group gathered*

Children: What sacrifices do you make for your faith, family, and friends?

Teens: What are the obstacles that keep you from taking up your cross?

Adults: How have you “taken up” the crosses that have been placed in your life (accepted, ignored, with resistance, etc.)? What have you learned from these experiences?

We offer this form of contemplative sharing for pondering Scripture while considering the question, and for the faith sharing which follows.

- Listen/ Read (Lectio): Ponder God’s word and listen for what touches your heart.
- Meditate (Meditatio): Notice what you notice. Allow God’s word to resonate in you.
- Speak/Share (Oratio): Prayerfully share with the group your thoughts and feelings.

- Rest in God's presence (Contemplatio): Notice God's presence and be still, surrounded by God's love.
- Choose to act (Actio): Trusting in God's nearness, commit to action rooted in love.

Time is provided for sharing responses to the question. Silence between responses is to be expected. Allow about 15 minutes for faith sharing. For larger groups, leader invites members to divide into groups of three or four for faith sharing.

- ✦ *When the sharing comes to an end, the leader invites everyone to take a moment to silently and reverently hold what has been shared together.*
- ✦ *Continue with the meeting, turning to the agenda.*

Concluding the meeting

At the end of the meeting, the leader closes with the following prayer:

Good and Gracious God,
 your love for us surpasses all understanding.
 As we leave here today,
 be with us in all our comings and goings,
 and in all that we say and do.
 We pray this in the name of Christ Jesus who is our Light.
 Amen.