

# [77] EIGHTH SUNDAY IN ORDINARY TIME A

## FIRST READING

Even these may forget, says the Lord God; yet I will never forget you.

A reading from the book of the prophet Isaiah

49:14-15

**T**he people of Jerusalem said,  
“The Lord has deserted us and forgotten all about us.”

The Lord replied:  
“Could a mother forget a child that nurses at her breast  
or fail to love the one who came from her own body?  
Even if a mother could forget,  
I will never forget you.”

The word of the Lord.

## RESPONSORIAL PSALM

62:1-2, 8abc

*R. (6a) Rest in God alone, my soul.*

Only God can save me,  
and I calmly wait for him.  
God alone is the mighty rock  
that keeps me safe  
and the fortress  
where I feel secure.

*R. Rest in God alone, my soul.*

God saves me and honors me.  
He is that mighty rock  
where I find safety.  
Trust God, my friends,  
and always tell him  
each one of your concerns.

*R. Rest in God alone, my soul.*

## ALLELUIA

Hebrews 4:12

*R. Alleluia, alleluia.*

The word of God is living and active;  
it probes the thoughts and motives of our heart.

*R. Alleluia, alleluia.*

## GOSPEL

Do not worry about tomorrow.

† A reading from the holy gospel according to Matthew

6:24-34

**J**esus said to his disciples:

“you cannot be the slave of two masters!  
You will like one more than the other  
or be more loyal to one than the other.  
You cannot serve both God and money.

“I tell you not to worry about your life.  
Don’t worry about having something to eat, drink, or wear.  
Isn’t life more than food or clothing?  
Look at the birds in the sky!  
They don’t plant or harvest.  
They don’t even store grain in barns.  
Yet your father in heaven takes care of them.  
Aren’t you worth more than birds?

“Can worry make you live longer?  
Why worry about clothes?  
Look how the wild flowers grow.  
They don’t work hard to make their clothes.  
But I tell you that Solomon with all his wealth  
was not as well clothed as one of them.  
God gives such beauty to everything that grows in the fields,  
even though it is here today and thrown into a fire tomorrow.  
He will surely do even more for you!  
Why do you have such little faith?

“Don’t worry and ask yourselves,  
‘Will we have anything to eat?  
Will we have anything to drink?’

Will we have clothes to wear?

Only people who don't know God are always worrying about such things.

Your Father in heaven knows that you need all of these.

But more than anything else,

put God's work first and do what he wants.

Then all the other things will be yours as well.

"Don't worry about tomorrow.

It will take care of itself.

You have enough to worry about today."

The gospel of the Lord.



**Eighth Sunday in Ordinary Time  
Cycle A**

**Prayer:**  
Dear God,  
Please help us to always remember how much you love us.  
In Jesus' name we pray.  
Amen

**Readings:**  
Isaiah 49:14-15  
Psalm 62:1-2, 7-8abc  
Matthew 6:24-34

**Reflection**  
These days life can get scary. Sometimes we hear adults talking about how bad the economy (meaning money stuff) is or they lose their jobs and we worry about if we will have a place to live, food to eat, or having to leave our school. We hear our parents arguing and worry about our family splitting up. We know of someone who is sick and worry about death. Today God wants us to know the God loves each one of us and will take care of us always. Things will happen in our lives that will be hard or sad but God will be there for us and will help something good come from every situation. In the Gospel, Jesus points out how pretty birds and flowers are and how God watches over them. We are so much more important to God than birds and flowers so God will take even better care of us. We must always trust God and try not to worry.

**Discussion**

1. What do you worry about?
2. What are some things you can do when you find yourself worrying?
  - a. Think about everything for which you are grateful.
  - b. Think about a time when you felt loved – when you were cuddled by your parents, etc.
  - c. Think about God cuddling you.
  - d. Pray the “Hail Mary” over and over to calm your mind.

**Activity: Trust Fall**  
Materials needed: Blindfolds

Instructions:

1. Make sure the room is cleared of tables and other items on which someone could be injured if they fell on them.
2. Divide the class into groups of 6 or more.
3. Show the groups how to arrange themselves around a person so that when the person falls backwards the group works together to safely catch them.
4. In each group, put the blindfold on one person.
5. The person with the blindfold should fold their arms over the chest and then fall backwards into the hands of the rest of the group.
6. Everyone in the group should take a turn putting on the blindfold and falling backwards.
7. Discuss how they felt before falling backwards and how the group catching them is like God always being there to catch them.

