

# *Prepare for Sunday*

## National Institute for the Family

Apply the Cardijn Social Inquiry Method of Life Review  
- Observe, Judge, Act -  
to the Sunday Gospel Readings

### **OPENING PRAYER**

O God, we look to you for all good things. Open our eyes to see your hand in all the events of our life and to recognize your grace in unexpected places. When events challenge or puzzle us, strengthen our faith in your wisdom and love.

We thank you, Lord, for your help in our recent efforts to live as your missionary disciples.

(Here mention your/your family members' actions of kindness, love, service, reconciliation, outreach, advocacy.)

For whom and for what else should we pray?

(Offer spontaneous prayer intentions.)

We ask all these things in Jesus' name. Amen.

### **A READING FROM THE HOLY GOSPEL FOR THE SUNDAY**

- Read the Scripture passage aloud once.

- Reflect in silence for 2 minutes.

- Read the passage once more.

ASK: Everyone say one word that came to mind when they heard the Scripture proclaimed.

- Read the *Nazareth Page* that accompanies the Scripture selection ©David M. Thomas. (posted on the NIF page on [www.familyministryresources.com](http://www.familyministryresources.com)).

- Answer the following Questions:

### **OBSERVE**

1. How would you summarize the Gospel for this week?
2. What life issues did the Scripture address?
3. Identify two ideas from the Nazareth Page that help you understand this Scripture reading.
4. What questions did the Scripture or the Nazareth Page pose for you?

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## **JUDGE:**

1. What connections did you notice between this reading and your own life experiences?
2. What was unexpected or surprising about the experience or your reactions to the Scripture?
3. What do you find challenging about this Gospel?
4. Do you agree with David Thomas' thoughts about the Gospel? What ideas would you like to add?
5. How can this Gospel guide you in your family life, at work, or as a citizen?
6. What response does this Gospel require from me?

## **Act**

1. Based on what you have observed and decided, take one positive action to make a difference in your family life or in your local community.
2. Practice this Observe-Judge-Act process again this week with a current event that you experience in your family, workplace, or in the community.
3. Explore one of the questions that you have about the reading. Report your findings to the family or your small group.

## **CLOSING PRAYER**

Lord, through your redemptive power and through the guidance of the Church, help us aid individuals, couples and families to fulfill God's mysterious design. Let us do God's will with the spirit of love and humility, so that we may receive the Kingdom of God in our lives.

Let us conclude by praying *The Prayer of St. Francis*.

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood, as to understand; to be loved, as to love.

For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to Eternal Life. Amen.



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