

each week
you digitally receive

prayer
7 daily Mass Gospels & reflections
for family prayer every day

see samples



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First Sunday in Ordinary Time

Read this Gospel passage aloud to the family

Mark 1: 7-11 – This is what John the Baptist proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit.”

It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, “You are my beloved Son; with you I am well pleased.”

(Parent) Reread this part a few times aloud

“... the Spirit, like a dove, descending upon him. And a voice came from the heavens, ‘You are my beloved Son; with you I am well pleased.’”

(Parent) Read this meditation aloud to the family

This awesome event, the Baptism of Our Lord, is one of only two events in the New Testament where we see and hear the Father, the Son, and the Holy Spirit together. But they are always perfectly and completely united. Here, at the very beginning of Jesus’ ministry (and the very beginning of Mark’s Gospel), St. Mark says that the heavens were “torn” as the Holy Spirit descends and the Father speaks. That seems dramatic, violent, and irreparable that God would tear open the heavens... and actually, yes, it is.

St. Mark only uses this dramatic word at one other point – at the end of Jesus’ ministry (and the end of Mark’s Gospel). It is the verse following Jesus’ Death. The curtain outside the Temple’s “Most Holy Place” served as a barrier between God and humans in the Temple. At Jesus’ Death this curtain was “torn” by the shaking of the earth, leaving no separation between God and man. Now, through our own Baptisms, we have that access to God. We Christians should never forget (never forget!) that Jesus has dramatically changed everything, and it will never be the same. Why has He change everything? So we could be with Him!

Together as a family pray a portion of the Rosary (i.e. – very short if children are young) reflecting on the Scripture above. (Optional – allow a brief time for discussion or questions from children concerning their thoughts and prayer)

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