

Sunday's

READINGS

1 Samuel; 3:3b–10, 19
 1 Corinthians 6:13c–15a, 17–20
 John 1:35–42

Scan the code to read
 today's readings. ➔



Opening PRAYER

Holy Spirit, we have learned that you are our guide. Why do we struggle to hear you? Help us to become attuned to your urgings, your presence. Help us to make time for the silence that opens the ears of our hearts. Amen.



Thoughts for REFLECTION

What are the ways you learn best from God?

Name three things that are signs that show you have answered the call of Jesus.



What You NEED to KNOW

Scripture Background

1 Samuel; 3:3b–10, 19

In this reading, we hear the call of Samuel. This chapter continues a story of great faith and even greater unfaithfulness. Samuel's mother, Hannah, was an older woman who had prayed all her life for a son. In anger and frustration, she stood before the Ark of the Covenant and cried out to God. In a dark corner of the tent, Eli, a priest of Israel, heard her cry. He told her that within a year she would have a son. The miracle did happen. Hannah gave birth to a son and named him Samuel. Realizing that Samuel was a true gift from God, when Samuel was 5 or 6 years old, Hannah and her husband offered Samuel as a servant to Eli. Hannah gave the gift God had given her back to God. Samuel is called three times by God, a pattern for prophets. His answer becomes the response of every believer who upon hearing God's call replies, "Speak, Lord your servant is listening."

1 Corinthians 6:13c-15a, 17–20

In the ancient world, there were two ways to understand the importance of the body. One was that because the body rotted away, one could do whatever one liked for and with it. The other was that because the body was so unimportant one needed to deny it every pleasure to help what

was really important, the spirit, to grow. Paul explains that God creates humans—body, mind, and, spirit. Our whole self was designed by God and is now joined to Jesus forever. What we do with our bodies matters. Do you treat your own body and the bodies of others as a Temple of the Holy Spirit?

John 1:35–42

In the reading from 1 Samuel, God calls Samuel to listen. In John's Gospel, Jesus calls the disciples to "Come and see." Notice the contrast in these stories. In the Old Testament, we can hear God, but in Jesus, we can hear and see God. Just verses before these, John tells us, "And the Word was made flesh and dwelt among us" (John 1:14). Teachers know there are different learning styles. Those styles include visual, auditory, and kinesthetic (touch). God uses all of the learning styles. God, through Jesus, gives us every possible means to recognize his invitation to a relationship. The Holy Spirit moves us through baptismal grace from within to respond with the fullness of heart. And Jesus our Rabbi teaches us in word and action how God loves and shows us the capacity of the human person to live in loving response.

Awaken is written and edited by Jo Ann Paradise, D.Min.





Points to Ponder

Nourishing Infants

Science and psychologists have helped us to understand that the act of feeding an infant is more than providing physical nourishment. Our brains are shaped by the bond that happens during this time. Our ability to feel safe and to become empathetic are the consequence of the dopamine that is produced. Dopamine is a type of neurotransmitter that plays a role in memory, pleasurable reward, and motivation. It is incredible to imagine that women at the time of Jesus knew that the “milk” a child needed was not just physical, but that it was also spiritual. They understood God’s Word literally as life-giving and necessary as milk. While weaning generally happened around 8 months, children were 5 or 6 years old when weaned from the Word. They had grown old enough to move on to something more substantial than spiritual baby food. If we apply that to our own spiritual journeys, we need to examine the spiritual food we consume. Perhaps that old adage, “You are what you eat,” means more than we first thought.

- How has this ancient Jewish understanding of weaning challenged your heart?



During the Eucharist, we are welcomed by Christ, we receive his forgiveness, we are nourished by his word and his bread, we are then sent out on mission in the world; thus each one is called to witness to what he has received and to do the same for his brethren.

–Saint John Paul II

Strengthen belief in the True Presence of Jesus in the Eucharist. Visit the Pflaum Eucharist resources page.



Connecting GOSPEL

and CHURCH TEACHING

A Bodily Shift of Understanding

We must give thanks to contemporary people calling us to pay attention to how we treat our bodies. There are countless cues in the media to remind us that food, exercise, and mental health are all necessary for a good life. As with all sin, however, the truth gets disordered just a bit and becomes something harmful. Much of this message which is good is turned toward achieving a definition of beauty defined by culture. However, the Church’s teaching is very clear on this point. You are a steward of your body. It is a gift that

has been given to you. Care of the body is not rooted in a definition of beauty given by someone else. The body has immeasurable value because it is a creation of God! The need to pay attention to food, exercise, and mental health remains the same. What we need in front of those reminders to ourselves or others is the phrase “To give glory to God, honor your body by...” Small change, a giant leap in understanding.

➔ To learn more, refer to CCC, 1691 and 1698 or go to Booklet 7, Session 3 in *Growing Faith*.



Closing PRAYER

As we walk into a deeper relationship with you, O Lord, help us to realize that nothing is our own, not even our bodies. All bodies need to be treated with dignity and respect, for they are your creation. Enlighten our minds, strengthen our resolve to know love, and serve you. Amen.

FAMILY CORNER

Scan here for parent resources. ➔



Question of the Week

How can you introduce one of your friends to Jesus?



Family Prayer

Jesus, help us remember that you are our friend. Show us how to introduce other friends to you. Amen.