

**MEETING AND PRAYER GUIDE**  
**WEEK OF JANUARY 29, 2023**  
**FOURTH WEEK OF ORDINARY TIME**



**OPENING PRAYER**

COME, HOLY SPIRIT, DIVINE CREATOR, AND RENEW THE FACE OF THE EARTH!  
HELP US TO PRAY AS JESUS TAUGHT US. BE OUR COMPANION WHEN IT IS EASY  
TO PRAY AND WHEN PRAYER COMES HARD. ENTER OUR HEARTS AND HELP US  
TO LISTEN TO GOD'S WORD AND TO BE TRANSFORMED EVER MORE PERFECTLY  
INTO THE IMAGE AND LIKENESS OF JESUS.  
THIS WE ASK THROUGH JESUS CHRIST, OUR LORD AND SAVIOR, WHO LIVES AND  
REIGNS WITH YOU AND THE FATHER, NOW AND FOR EVER. AMEN.

**SCRIPTURE**

While they were eating, he took bread, said the blessing,  
broke it, and gave it to them, and said, "Take it; this is my body." Then he  
took a cup, gave thanks, and gave it to them, and they all drank from it.  
He said to them, "This my blood of the covenant, which will be shed for many."  
Mk. 14:22-25.

**LINK TO THE VIDEO REFLECTION**

<https://youtu.be/qlvzsNxvLfE>

At the bottom of the YouTube video screen, click "CC" to stop closed captioning.

## QUESTIONS FOR DISCUSSION

1. What is your intention when you come to church to take part in the celebration of the Mass? Compare your intention with the Lord's intention at the Last Supper.
  2. How can we be fully open to listening to God's Word during the Mass?
  3. How many prayers within the Prayer of the Lord's Supper can you find?
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## CLOSING PRAYER

LORD JESUS,

BLESS EACH OF OUR SMALL GROUPS AND THEIR MEMBERS AND FAMILIES,  
THAT THROUGH PRAYER WE MAY COME TO KNOW YOU BETTER AND LOVE YOU MORE.

FOR WHAT ELSE SHALL WE PRAY? **[SPONTANEOUS PRAYERS ARE WELCOME.]**

FOR THESE SPOKEN PRAYERS AND THE UNSPOKEN INTENTIONS IN OUR HEART,  
WE ASK THAT THEY BE GRANTED IN ACCORDANCE WITH GOD'S WILL,  
THROUGH CHRIST OUR LORD.

AMEN.