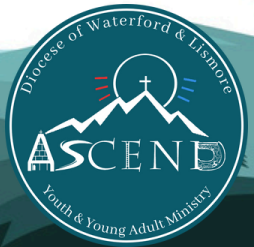




To the Heights



Year C 3RD SUNDAY IN ORDINARY TIME

Download from www.waterfordlismore.ie/resources or subscribe to receive by email!



SPOTLIGHT!

Some community members from Holy Family Mission aboard the Jubilee Boat Trip with Bishop Cullinan on the Feast of St Ita marking the Jubilee Year!

Find out more about the Jubilee Year on <https://waterfordlismore.ie/jubilee2025/>

HEAR: Sunday Gospel
Luke 1:1-4, 4:14-21



If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!



WEEKLY CHALLENGE:



Look again at what Jesus has been anointed to do, according to the Prophet Isaiah. Because we have been anointed by the Spirit at our baptism, we have the same call. How can you put even one aspect of this call into practice in your life this week? Ask the Holy Spirit to open your eyes to what He wants you to do, and then act when you feel His prompting!



PRAY

The Angelus

Do you know how to pray the Angelus? It's a prayer prayed at 6am, 12pm, 6pm and midnight (if you're still awake then). It's a special meditation on the Incarnation of Jesus. The full prayer is available on our website!

TUNE!

In Christ Alone
K&K Getty, Alison Krauss

GROW

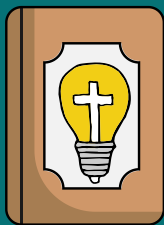
Can't commit to Bible in a Year Podcast? Try Luke in 50 Days!



GAMECHANGERS!



The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, Game Changers! Check them out on our web page!



REFLECT

- Why does Luke say he decided to write a Gospel account?
- Research: what event happened just before this scene, in Luke 4?
- What did the prophet Isaiah foretell the Messiah would do?
- What is significant about the statement Jesus made when He sat down to teach?
- Why do you think all eyes were fixed on Him?
- What do you think the atmosphere in the synagogue was like that day? What would you have thought if you had been there?



www.waterfordlismore.ie/youth-ministry



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)

HIS WORD & MY LIFE!



PUZZLE

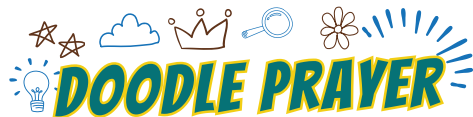
FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW

- anointed
- blind
- captives
- downtrodden
- favour
- free
- fulfilled
- good
- Isaiah
- Jesus
- liberty
- Nazara
- news
- poor
- power
- read
- sat
- scroll
- sight
- spirit
- stood
- synagogue
- text

T T E D V S P D F H G Z E X S
 O X A U E O I A V O S W E N A
 O E E L G Z V G O N C H Y G T
 R E K T F O H D H W F H T D D
 A H S C U A G P H T D R R E O
 Q R X R I J S A Y J C L E J W
 S C A A Z T Z X N S P L B E N
 P C S Z O L H S W Y X O I M T
 B I L O A S U S E J S R L C R
 Y L D R A N M Z V C R C V P O
 Y E I N C A P T I V E S F O D
 B W F N S P I R I T W T Y O D
 G I I O D L O Z F Y O L N R E
 A N O I N T E D M Z P Y P X N
 R D E L L I F L U F Z R Z O F

This Gospel passage is just rife with bubbling anticipation and excitement. Jesus' reputation as a wonder-worker has been growing, His wisdom as a teacher has been admired by many, his revolutionary preaching has been stirring up hearts, both for and against him. Then he returns to Galilee, and reads from Isaiah 61, a well-known passage. You can imagine Him pausing dramatically as the crowds' eyes are fixed on Him, and then He announces, "This text is being fulfilled today even as you listen." Mic drop (if He had a mic!) Jesus was effectively telling His listeners that He was the Chosen One, the Messiah, the One whom the Prophet Isaiah foretold. What a claim to make, absolute blasphemy if He was wrong. We know, however, that He was speaking the truth, because Jesus IS the Way, the Truth and the Life. He was fulfilling the Old Testament prophecies. God became man, to show us how to live, how to love, how to die, and how to live forever in heaven, with Him. He modelled a way of life we are still called to practice today. By the power of the Holy Spirit, we can do this. Let's decide to follow His lead. Read the words from Isaiah 61:1-2 again. Because we have been anointed by the Spirit at our baptism, we have the same call. How can you put even one aspect of this call into practice in your life this week? Ask the Holy Spirit to open your eyes to what He wants you to do, and then act when you feel His prompting!

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!



"This text is being fulfilled today even as you listen."

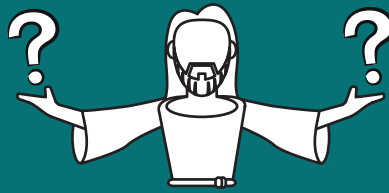
[Click here for some relaxing instrumental music](#)
 SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO

Can you explain how any four of these words relate to the message of the Gospel?

RESPOND!



What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



LUKE 1:1-4, 4:14-21

"For us men and for our salvation he came down from heaven; by the power of the Holy Spirit, he became incarnate of the Virgin Mary, and was made man" Nicene Creed

WHY DID GOD BECOME MAN?

CHECK OUT THE CATECHISM OF THE CATHOLIC CHURCH SAYS WHY GOD BECAME MAN CCC 456-460



CHOOSE A FAVOURITE TOPIC (SPORT / TEAM / BAND / GAME ETC) AND TALK FOR A MINUTE EXPLAINING THE BASIC INFO EVERYONE SHOULD KNOW.

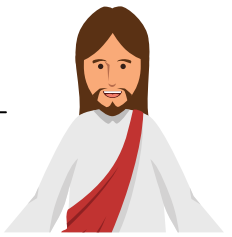


IF SOMEONE ASKED YOU, "WHAT ARE THE BASICS OF CHRISTIAN BELIEF?", HOW WOULD YOU ANSWER? WHAT POINTS WOULD YOU MENTION?



Have you seen **John 3:16** on posters at matches? What does the quote actually say?

HOW WOULD YOU EXPLAIN WHY GOD BECAME MAN, WHY JESUS CAME TO US IN HUMAN FORM?



WATCH THIS EXTRACT FROM THE ALTARATION SERIES: "MARK HART ON THE 4 REASONS GOD BECAME MAN." AND REFLECT ON THE QUESTIONS THAT FOLLOW



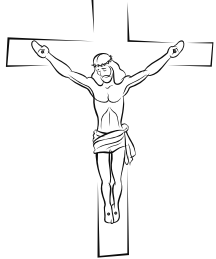
Mark lists 4 reasons God became man. We find these in the Catechism of the Catholic Church.

REASON 1:

To save us from our _____, in other words, to r_____ us.
[Jesus accomplished this through His D_____ and R_____!]

REASON 2:

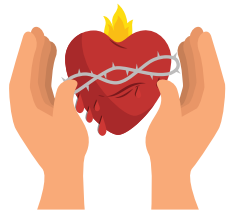
To show us what _____ is. It's more than a feeling, or an idea, or a song lyric. It requires s_____ and it works for the other's s_____.
[Jesus showed the depth of His love for us by dying on the C_____!]



REASON 3:

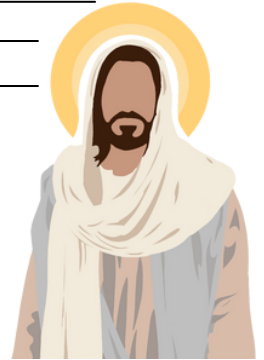
To model _____ for us.

Can you think of ways Jesus modelled this way of life for us?
How did He serve / help others? _____



REASON 4:

So that we can partake in the D_____ N_____.
God became man so man could become like _____.
God gives us His Divine life which we call g_____



WHY DID GOD BECOME MAN?

Rewatch Mark Hart's short video. Now test yourself - can you explain briefly the four reasons God became man? Maybe you can come up with some memory / mnemonic devices to help you?





READ: LUKE 1:1-4, 4:14-21

This Gospel passage is just rife with bubbling anticipation and excitement. Jesus' reputation as a revolutionary preacher has been growing, His teaching has been stirring up hearts, both for and against him. Then he returns to Galilee, and reads from Isaiah 61, a well-known passage. You can imagine Him pausing dramatically as the crowds' eyes are fixed on Him, and then He announces, "This text is being fulfilled today even as you listen." Mic drop (if He had a mic!) Jesus was effectively telling His listeners that He was the Chosen One, the Messiah, the One whom the Prophet Isaiah foretold. What a claim to make, absolute blasphemy if He was wrong. We know, however, that He was speaking the truth, because Jesus IS the Way, the Truth and the Life. He was fulfilling the Old Testament prophecies. God became man, to show us how to live, how to love, how to die, and how to live forever in heaven, with Him. He modelled a way of life we are still called to practice today. By the power of the Holy Spirit, we can do this. Let's decide to follow His lead.



MISSION!

LOOK AGAIN AT WHAT JESUS HAS BEEN ANOINTED TO DO, ACCORDING TO THE PROPHET ISAIAH. BECAUSE WE HAVE BEEN ANOINTED BY THE SPIRIT AT OUR BAPTISM, WE HAVE THE SAME CALL. HOW CAN YOU PUT EVEN ONE ASPECT OF THIS CALL INTO PRACTICE IN YOUR LIFE THIS WEEK? ASK THE HOLY SPIRIT TO OPEN YOUR EYES TO WHAT HE WANTS YOU TO DO, AND THEN ACT WHEN YOU FEEL HIS PROMPTING!



PRAYER TIME!

THE ANGELUS:

Read about the origins of the Angelus Prayer, which celebrates the mystery of the Incarnation of Jesus, God becoming man. Decide this week to try to pray the Angelus at 6pm each day, and set an alarm if you need to! You can use our attached resource, or screen-shot our Angelus Prayer in our Insta Stories (Prayer)! Make 2 minutes for God each day a priority for you this week!



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GOD BECOMING MAN



- In Christ Alone - Keith & Kristyn Getty, Alison Krauss
- Here I am to Worship - Hillsong
- Lord I Lift Your Name on High: Shane & Shane
- Son of Man, Son of God - Travis Ryan
- Emmanuel - Hillsong
- What a Beautiful Name - Hillsong
- You gave your life away - Paul Baloche
- Human for me - Kathy Kinard



When God Became Man, Everything Changed
(feat. Dr. Andrew Swafford)



Why did God take on our humanity?
(Fr Mike Schmitz)

The Angelus prayer only takes about two minutes, so it's a really easy way to add regular prayer into your day!



THE ANGELUS



YOU COULD USE THE PRAYER AS YOUR LOCK SCREEN FOR EASY ACCESS! FIND OUR IMAGE ON OUR INSTA STORIES (PRAYER)

STOP WHAT YOU'RE DOING!

Are you someone who needs technology to set reminders for you? Many people today use their smart-watches, phones or Fitbits to remind them to stay hydrated, or to get up from their desks and move. It's good for our health and well-being. Some even set alarms when to go to bed, as well as when to get up! We often need something outside of ourselves to interrupt what we are doing and remind us of what's important - we can struggle with discipline and balance in our own lives. Life is busy and shows no sign of slowing down! Simple reminders or alarms are often necessary for our physical health, but also for our spiritual health too.

The famous painting by Jean-François Millet depicting labourers in a field, stopping to pray the Angelus when they hear the bells ringing in the distance.

DONG - DONG - DONG!?

You might be familiar with the Angelus bell at 6pm on RTÉ 1. You may not be familiar with the origins of it however. Catholics have been praying the Angelus for centuries. The Angelus bells ring out three times daily around the world, to interrupt the daily routines of Catholics, reminding them to turn their thoughts towards God and heavenly things. Even non-Catholics can find the interruption useful, a call to lift oneself out of busy routines, and reflect on the important things in life, for just a moment.



<https://commons.wikimedia.org/wiki/File:Jean-Francois-Millet-the-angelus.jpg>

TOO BUSY TO STOP?

We can always convince ourselves when we hear the Angelus bells that we're too busy at that moment to stop and pray, but adding a little discipline to our lives, creating a God-space for just 2 out of the 1440 minutes in each day, reminds us that we can choose how we order our day, and give a dedicated time back to God, in thanksgiving.

PRAYING THE ANGELUS

The prayer begins with the story of the Angel Gabriel visiting Mary. We walk with Mary from that moment of the Annunciation to the birth of Jesus, and then we remember how Jesus died and rose from the grave to save us because He loves us - that's definitely worth two minutes of reflection each day!



V. The Angel of the Lord declared unto Mary.
R. And she conceived of the Holy Spirit. Hail Mary...
 V. Behold the handmaid of the Lord.
R. Be it done unto me according to Your word. Hail Mary...
 V. And the Word was made Flesh.
R. And dwelt among us. Hail Mary...
 V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

LET US PRAY:

Pour forth, we beseech You O Lord, Your grace into our hearts, that we to whom the Incarnation of Christ Your Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.