

■ Parish Seasonal Guide ■

Ordinary Time: Praying with Daily Life

By Fr. Charlie Chilufya, S.J.

This Ordinary Time parish guide offers reflections and prayer outlines that help parish groups find God in the rhythm of daily life. Ordinary Time is a season of growth, discipleship, and steady faith — a reminder that God is present not only in great feasts, but also in the ordinary moments of our lives.

■ Structure of Weekly Gathering

1. Opening Prayer

Begin with silence, a hymn, or Psalm 23 ('The Lord is my shepherd').

2. Reading of the Gospel

Read the Gospel of the coming Sunday. Pause, then read again.

3. Reflection Input

Short input on discipleship, everyday holiness, or the theme of the week.

4. Faith-Sharing

Invite participants to share: Where have I experienced God in my daily life? How am I being called to follow Christ more closely?

5. Closing Prayer

Pray the Suscipe or a spontaneous prayer of thanksgiving.

■ Weekly Themes & Reflections

Week 1: Daily Discipleship

Luke 5:1–11 — The call of the first disciples.

Reflection: How am I being called to follow Jesus in my ordinary life?

Week 2: Compassion in Action

Luke 10:25–37 — The Good Samaritan.

Reflection: Who is my neighbour today? Where am I called to compassion?

Week 3: Trust in God's Providence

Matthew 6:25–34 — Do not worry about your life.

Reflection: What anxieties can I entrust to God this week?

Week 4: The Kingdom in Small Things

Mark 4:26–34 — The mustard seed.

Reflection: What small act of love or faith is God calling me to plant?

Week 5: Living as Salt and Light

Matthew 5:13–16 — You are the salt of the earth.

Reflection: How can I bring light and hope into my family, workplace, or parish?

■ Closing Prayer

‘Lord Jesus, You are with us in the ordinary rhythm of our days. Teach us to recognise Your presence in daily work, family life, and community. May we live as faithful disciples, bringing Your light into the world. Amen.’