

# Spiritual Exercise for the 20th Sunday of Ordinary Time

## A reading from the prophet Isaiah

Thus says the LORD:

Observe what is right, do what is just;  
for my salvation is about to come,  
my justice, about to be revealed.

*Has God worked through  
some unexpected person or  
circumstance? What did you  
learn from that?*

The foreigners who join themselves to the LORD,  
ministering to him,  
loving the name of the LORD,

and becoming his servants—  
all who keep the sabbath free from profanation  
and hold to my covenant,  
them I will bring to my holy mountain  
and make joyful in my house of prayer;  
their burnt offerings and sacrifices  
will be acceptable on my altar,  
for my house shall be called  
a house of prayer for all peoples.

The word of the Lord.

A reading from the holy Gospel according to Matthew (15:21-28)

At that time, Jesus withdrew to the region of Tyre and Sidon.

And behold, a Canaanite woman of that district came and called out,

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“Have pity on me, Lord, Son of David!  
My daughter is tormented by a demon.”  
But Jesus did not say a word in answer to her.  
Jesus’ disciples came and asked him,  
“Send her away, for she keeps calling out after us.”  
He said in reply,  
“I was sent only to the lost sheep of the house of Israel.”  
But the woman came and did Jesus homage, saying, “Lord, help me.”  
He said in reply,  
“It is not right to take the food of the children  
and throw it to the dogs.”  
She said, “Please, Lord, for even the dogs eat the scraps  
that fall from the table of their masters.”  
Then Jesus said to her in reply,  
“O woman, great is your faith!  
Let it be done for you as you wish.”  
And the woman’s daughter was healed from that hour.

*Canaanites were foreigners who often persecuted the Jewish people. Have you ever seen faith in a non-believer? Have you been surprised by someone who does not know the Lord but yet shows great virtue? What did you learn in those situations?*

The Gospel of the Lord.

- 1) Name a situation in the past few months where your perceptions have been challenged or stretched. What did you learn? Have a conversation with Jesus about that.*
- 2) God often works through imperfect instruments. Is there someone in your life that you have dismissed that maybe you need to reconsider? Pray for the grace to discover Christ working in those you disagree with or find difficult.*
- 3) “Fill” in the story of the Canaanite woman. How do you imagine her life before Jesus? What might have been her relationship with the Jews in her community? What is her life like after Jesus? Keep in mind, that in this time period, there was often great hostility between Jews and non-Jews. Can you connect this with any circumstances in your family or community today?*

Jesus \_\_\_\_\_

Me \_\_\_\_\_

Jesus \_\_\_\_\_

Me \_\_\_\_\_

Jesus \_\_\_\_\_

Me \_\_\_\_\_

Jesus \_\_\_\_\_

Me \_\_\_\_\_