Sing a Psalm:
“Praise the Lord, O my soul!” Psalm 146

Make up a tune to sing this verse. Try different ones until you find the tune that helps you pray the best!

Praying the psalms is a great way to hear the voice of God!

DID YOU KNOW?
During Jesus’ time, people thought that disabilities were caused by sin, so they wouldn’t have allowed the deaf man to enter the Temple!

By healing him, Jesus not only restored his hearing; He also made it possible for this man to worship with his friends and family.
Gospel: Mark 7.31-37

Jesus left the region around Tyre and went by way of Sidon toward Lake Galilee. He went through the land near the ten cities known as Decapolis.

Some people brought to him a man who was deaf and could hardly talk. They begged Jesus just to touch him.

After Jesus had taken him aside from the crowd, he stuck his fingers in the man’s ears. Then he spit and put it on the man’s tongue. Jesus looked up toward heaven, and with a groan he said, “Effatha!” which means “Open up!” At once the man could hear, and he had no more trouble talking clearly.

Jesus told the people not to say anything about what he had done. But the more he told them, the more they talked about it. They were completely amazed and said, “Everything he does is good! He even heals people who cannot hear or talk.”

Gospel Reflection

What did you think about this story?

I wonder what I would say to God if I were asking Him for help...

I wonder how I could open my ears to hear Jesus speaking to me…

I wonder if God wants me to speak about something…

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Dear Jesus,

Let us pray:

Psalm 22:22-23

“I will declare your name to my people; in the assembly I will praise you.”

Ephesians 3:14-15

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”

1 Peter 5:7-8

“Cast all your anxiety on him because he cares for you.”

And may we remember:

“For the Lord is good, his love endures forever; his faithfulness continues through all generations.”

— Psalm 100:5

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“The ears of the deaf shall be unstopped, and the tongue of the speechless will sing for joy.”

Isaiah 35:4-7
Would you like to hear Jesus speak to you? Sometimes it’s hard to hear what He is trying to say because He doesn’t usually talk out loud. Instead, He whispers in our hearts, so we have to listen very closely in order to hear Him.

**Try this:** go somewhere very quiet, and close your eyes. Say to Jesus, “Jesus, please speak to me in a way that I can understand. I’m listening very closely to You right now.” Then, pay attention to what your heart is feeling and saying.

Don’t be discouraged if you can’t hear Him at first. It takes a lot of trying. But, after many tries, we will be able to listen to Jesus!

I wonder what Jesus is trying to tell me...

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