

Sunday Gospel Reflection

20th Sunday Ordinary Time

1. Sign of the Cross

2. Gospel: Matthew 15:21-28 *“Lord, help me.”*



The Canaanite Woman's Faith

²¹ Jesus left that place and went away to the district of Tyre and Sidon. ²² Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.” ²³ But he did not answer her at all. And his disciples came and urged him, saying, “Send her away, for she keeps shouting after us.” ²⁴ He answered, “I was sent only to the lost sheep of the house of Israel.” ²⁵ But she came and knelt before him, saying, “Lord, help me.” ²⁶ He answered, “It is not fair to take the children’s food and throw it to the dogs.” ²⁷ She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’

table.” ²⁸ Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed instantly.

3. Reflection: (reflect on your own or share together if with others)

1. What is a situation in your life when you felt the need to call out to God, “Lord, help me”?
2. In what ways may we be like the disciples trying to keep others away from the Lord?
3. At this moment what is something you really need to beg the Lord for help?

4. Share petitions that you would like to pray for: Finish with the Special Petition.

Special Petition: For all children struggling with illnesses.

5. Lord’s Prayer

6. Sign of the Cross.