



ST. PHILIP THE APOSTLE

CATHOLIC CHURCH

Friends In Faith

MEETING AND PRAYER GUIDE
Week of February 9, 2025
Presentation of the Lord

ASPECTS OF THE MASS
Episode 2:
"Sit, Stand, Kneel"

HEALING PRAYER (Padre Pio)

Loving Father,

*Touch me now with your healing hands,
for I believe that your will
is for me to be well in mind,
body, soul and spirit.*

*Cover me with the most precious blood
of your Son, our Lord, Jesus Christ
from the top of my head
to the soles of my feet.*

Amen.

SCRIPTURE

"Do you not know that your body is a temple^{l1} of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body."

(1 Corinthians 15:57)

[LINK TO THE VIDEO REFLECTION](#)

<https://youtu.be/ZtpFId-Yrwc>

At the bottom of the YouTube video screen, click "CC" for close captioning.

[QUESTIONS FOR DISCUSSION](#)

1. Are you aware of your prayerful positions at Mass?
2. What are ways you use your body in prayer outside of Mass?
3. Discuss the role of the body in the Incarnation and Passion?

[PRAYING WITH PAUL \(Ephesians\)](#)

Dear Father,

*Thank you for the unity
you have provided for us:
the one body, the one Spirit,
the one hope that belongs to our calling,
the one LORD, the one faith, the one immersion
- and the one God!
For you, our God, are the one and only
God and Father of us all.
You are above all and through all and in all!*

Amen.

For what else shall we pray? [Spontaneous prayers are welcome.]

*For these spoken prayers and those we hold in our hearts,
we ask that they be granted in accordance with God's Will,
through Christ our Lord. Amen.*

[RECOMMENDED LISTENING](#)

Your Daily Homily podcast is an archive of homilies from St. Philip The Apostle church. Listen to hundreds of homilies for free at *Your Daily Homily* on Spotify or by clicking the link below.

*"Saving Your Body Or Soul"
(February 26, 2024; 5 mins)*

Link: <https://www.buzzsprout.com/2061133/episodes/14550691>