



Sunday of St. Gregory Palamas

Resource Overview for Parents and Families

Scripture Readings

Epistle/Apostol:

Hebrews 1:10-2:3

Gospel:

Mark 2:1-12

Troparion – Tone 8

O light of Orthodoxy, teacher of the Church,
its confirmation,
O ideal of monks and invincible champion of
theologians,
O wonder-working Gregory, glory of
Thessalonica and preacher of grace,
always intercede before the Lord that our
souls may be saved.

Kontakion – Tone 8

Holy and divine instrument of wisdom,
joyful trumpet of theology,
together we sing your praises, O God-inspired
Gregory.
Since you now stand before the Original Mind,
guide our minds to Him, O Father,
so that we may sing to you: "Rejoice, preacher
of grace."

This Week We Learned About

✦ Scripture

- Hebrews 1:10-2:3
- Mark 2:1-12

✦ Scripture in Liturgy

"And they were calling to one another:
Holy! Holy! Holy! Lord of Sabaoth!
Heaven and earth are full of Thy glory!
Hosanna in the highest!"

The Anaphora prayers of the Liturgy

✦ The Saints & Scripture

"In their ministry of the forgiveness of sin, pastors
do not exercise the right of some independent
power. For not in their own name but in the name
of the Father and the Son and the Holy Spirit do
they forgive sins. They ask, the Godhead forgives.
The service is enabled by humans, but the gift
comes from the Power on high."
St. Ambrose of Milan

✦ Scripture in Our Daily Lives

"Jesus said to them again, "Peace be with
you. As the Father has sent me, so I send
you." When he had said this, he breathed
on them and said to them, "Receive the
Holy Spirit. If you forgive the sins of any,
they are forgiven them; if you retain the sins
of any, they are retained." John 20:21-34

Questions for Your Kids

- Why does St. Paul we should stay focused on the teachings of Christ?
- How did the men show their faith in Christ to help their friend?
- What does it mean to have faith in God?

- Read Isaiah 6:1-4, who the seraphim are praising?
- When do we sing this hymn in the liturgy?
- Why do we praise God like the angels?

- Why do we go to confession?
- Does our priest forgive us or is it God Who forgives us?
- How does St. Ambrose say that our sins are forgiven?

- Why is confession so important for us?
- What happens when we go to confession?
- How does confession give us God's peace?

Learn and Discover Together

- Why were the people more amazed at Jesus healing the man instead of forgiving his sins?
- How can we be like the friends of the paralytic?
(Hint: What can we do to help others?)

- What is taking place in the liturgy when the people sing this hymn?
- Read Isaiah 6:6-7, what does this remind you of in the liturgy?
- What do we receive at the liturgy?

- How does Jesus forgive us our sins?
(Hint: Read Ephesians 1:7, Micah 7:18-19, Jeremiah 31:34)
- Why does Jesus forgive us our sins?
(Hint: Read 1 John 1:9 and Psalm 145:8-9)
- Why is the Name of God powerful?
(Hint: Read Philippians 2:9-11)

- How should we act after confession?
- What happens if we sin again?
- How does confession help us be faithful to God?
- Is confession a painful or refreshing experience? *Explain your answer*

Tips and Hints

Use as many or as few of the questions and discussion topics above to engage your children in a conversation about this week's scripture lessons to discover how the Orthodox Faith can be applied to each of our lives.

Ask open-ended questions which may lead the conversation to reveal their thoughts about the place God and the church have in their daily life.

As parents, we may not readily have all the answers, but we have the ability to inspire a desire in children to love God, which can benefit them throughout their lives. (And we can always speak with our priest for guidance on answers).

Find moments when you can pray together as a family, and on your own, including prayers for your children to their guardian angels in your own personal prayers.

The Theotokos and saints are always available for you through prayer, ask for their help and guidance in your daily prayers.

Observe the fasts and feasts of the Church which can help build a structure for the holy alongside the secular for you and your children.

Glory to God for all things!



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