



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/Apolytikion – T8 (Pl 4)

O luminary of Orthodoxy, support and teacher of the Church, ideal of monks and invincible champion of theologians.

O wonderworker Gregory, boast of Thessalonica and herald of grace, always intercede for all of us that our souls may be saved.

Kontakion – Tone 8 (Plagal 4)

Holy and divine instrument of wisdom, radiant and harmonious trumpet of theology, we praise you in song, O divinely-speaking Gregory.

As a mind standing before the Primal Mind, guide our minds to Him, Father, so that we may cry aloud to you: "Rejoice, herald of grace."

This Week We Learned About

✠ Scripture

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

✠ Liturgical Life

- Amen

✠ Feasts & Saints

- St. Innocent of Alaska (March 31)

✠ Daily Living

- Helping Others

Questions for Your Kids

- Why does St. Paul say 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?

- What does "Amen" mean?
- Why do we say "Amen" at the end of prayers at home and at church?
- How do you want God to be present in your life?

- How did St. Innocent bring the Good News of Jesus Christ to the people of Alaska?
- Why is it important to tell others about Jesus Christ?
- How can we be like St. Innocent?

- How can we help those in need during Great Lent?
- Why should we help people throughout the year (when it's not Lent)?
- How can helping other people help us be better Christians?
(Hint: We look beyond ourselves...)

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?)

- How does "Amen" relate to the petitions of the Great Litany?
- Why do we say, "As God wills/blesses" when making plans for the future?
(Hint: Where does God rank in our life?)

- Let's read the life of St. Innocent: <http://bit.ly/oct6-stinnocent>
- What did you learn about St. Innocent's missionary work that impressed you?

- How can we help others without judging them?
- Learn about FOCUS North America, and join their service efforts: <https://focusnorthamerica.org/get-involved/>

Learn More...

Study guides for different age groups are available to accompany the "The Power of Faith" handout for the 2nd Sunday of Great Lent: The Sunday of St. Gregory Palamas.

Ask open-ended questions which may lead the conversation to reveal their thoughts about God.

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.

Use as many or as few of the questions and discussion topics to help children learn about the feast while discovering how the Orthodox Faith can be a part of their daily life.

In the Week Ahead...

Strict Fast until Pascha (no meat or dairy), strive to help others.

March 29 – St. Aristobulus of Britain

March 30 – St. Patrick of Ireland

March 31 – St. Innocent, Apostle to America
St. Cyril of Jerusalem



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