



OPENING PRAYER

+In the name of the Father and of the Son and of the Holy Spirit, Amen

Father God, thank you for this time with you. May the Holy Spirit be upon me, that I may receive wisdom from your Word, be open to Your holy Will and give glory to You always. Through Christ our Lord, Amen

Our Father + Hail Mary + Glory Be

LECTIO DIVINA

Invite the Holy Spirit - Read - Reflect - Respond in Prayer - Rest in Silence

Gospel: Mark 1: 21 - 28

Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit; he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.

Jesus heals a man with an unclean spirit. Why were the people astonished by what Jesus said? Why did Jesus' fame spread? Who can you name in your own life as an example of someone who demonstrates their faith in God by their words and deeds?

Reading I: Deuteronomy 18: 15-20

Moses spoke to all the people, saying: "A prophet like me will the LORD, your God, raise up for you from among your own kin; to him you shall listen. This is exactly what you requested of the LORD, your God, at Horeb on the day of the assembly, when you said, 'Let us not again hear the voice of the LORD, our God, nor see this great fire any more, lest we die.' And the LORD said to me, 'This was well said. I will raise up for them a prophet like you from among their kin, and will put my words into his mouth; he shall tell them all that I command him. Whoever will not listen to my words which he speaks in my name, I myself will make him answer for it. But if a prophet presumes to speak in my name an oracle that I have not commanded him to speak, or speaks in the name of other gods, he shall die.'"

Moses predicts the coming of a future prophet greater than himself. The people learn the importance of submitting to authority. God's efforts to communicate with his people demonstrates his commitment to ensure we receive His message clearly. What consequences await for those who do not recognize God's authority? How can we be assured that one who instructs is a legitimate authority? How does this impact the way you live your faith?

Notes

RESPONSORIAL PSALM RESPONSE: If today you hear his voice, harden not your hearts.

Reading II: 1 Corinthians 7:32-35

Brothers and sisters: I should like you to be free of anxieties. An unmarried man is anxious about the things of the Lord, how he may please the Lord. But a married man is anxious about the things of the world, how he may please his wife, and he is divided. An unmarried woman or a virgin is anxious about the things of the Lord, so that she may be holy in both body and spirit.

A married woman, on the other hand, is anxious about the things of the world, how she may please her husband. I am telling you this for your own benefit, not to impose a restraint upon you, but for the sake of propriety and adherence to the Lord without distraction.

St. Paul is concerned about anxiety among the believers. Why does he believe this to be a concern? Is he against the state of married life? While living a celibate life may be easy to serve the Lord, does this guarantee that the person would serve the Lord better?

Feast Days this Week

- 28 Sunday Fourth Sunday in Ordinary Time
- 29 Monday
- 30 Tuesday
- 31 Wednesday St. John Bosco, Memorial
February
- 1 Thursday
- 2 Friday The Presentation of the Lord, Feast
- 3 Saturday St. Blase



Lord, may I give myself always to You!

reflect

Does the power of my faith and trust in God live actively in me?

pray

Father God, help me be consistent in my faith and actions.
Through Christ our Lord,
Amen

live

Demonstrate your faith by what you say and do.