



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: 29-39

On leaving the synagogue Jesus entered the house of Simon and Andrew with James and John. Simon's mother-in-law lay sick with a fever. They immediately told him about her. He approached, grasped her hand, and helped her up. Then the fever left her and she waited on them. When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him. Rising very early before dawn, he left and went off to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said, "Everyone is looking for you." He told them, "Let us go on to the nearby villages that I may preach there also. For this purpose have I come." So he went into their synagogues, preaching and driving out demons throughout the whole of Galilee.

There is a sense of urgency in Jesus' mission. Have there been times in your own life when you put off God's work? What are some ways you can spread the Good News? Jesus took time to be alone. What does this demonstrate for us in our own spiritual life? How do we balance service and prayer life?

Reading I: Job: 7:1-4, 6-7

Job spoke, saying: Is not man's life on earth a drudgery? Are not his days those of hirelings? He is a slave who longs for the shade, a hireling who waits for his wages. So I have been assigned months of misery, and troubled nights have been allotted to me. If in bed I say, "When shall I arise?" then the night drags on; I am filled with restlessness until the dawn. My days are swifter than a weaver's shuttle; they come to an end without hope. Remember that my life is like the wind; I shall not see happiness again.

Job reflects on the purpose of life. Because of original sin, no one is free from tragedy and struggles. How do we manage unhappiness and restlessness in our own lives? Do we seek God's attention for hope? When we ask God for answers and do not receive the answers we are looking for, what is our response? Am I able to continue to live a life with enthusiasm and purpose for God?

Notes

RESPONSORIAL PSALM RESPONSE: Praise the Lord, who heals the brokenhearted.

Reading II: 1 Corinthians 9:16-19, 22-23

Brothers and sisters: If I preach the gospel, this is no reason for me to boast, for an obligation has been imposed on me, and woe to me if I do not preach it! If I do so willingly, I have a recompense, but if unwillingly, then I have been entrusted with a stewardship. What then is my recompense? That, when I preach, I offer the gospel free of charge so as not to make full use of my right in the gospel.

Although I am free in regard to all, I have made myself a slave to all so as to win over as many as possible. To the weak I became weak, to win over the weak. I have become all things to all, to save at least some. All this I do for the sake of the gospel, so that I too may have a share in it.

St. Paul talks about a different kind of labor, to preach the gospel. In spite of his challenges, St. Paul persists in his work. What kind of challenges are you faced with in doing God's work? How do you overcome these difficulties? What motivates you to continue to do God's work?

Feast Days this Week

- 4 Sunday Fifth Sunday in Ordinary Time
- 5 Monday St. Agatha, Memorial
- 6 Tuesday St. Paul Miki & Companions, Memorial
- 7 Wednesday
- 8 Thursday
- 9 Friday
- 10 St. Scholastica, Memorial



reflect

Do I have balance in service and prayer time with the Lord?

pray

Father God, show me how best to serve You.
Through Christ our Lord,
Amen

live

Make time to be with the Lord in silence and in prayer.