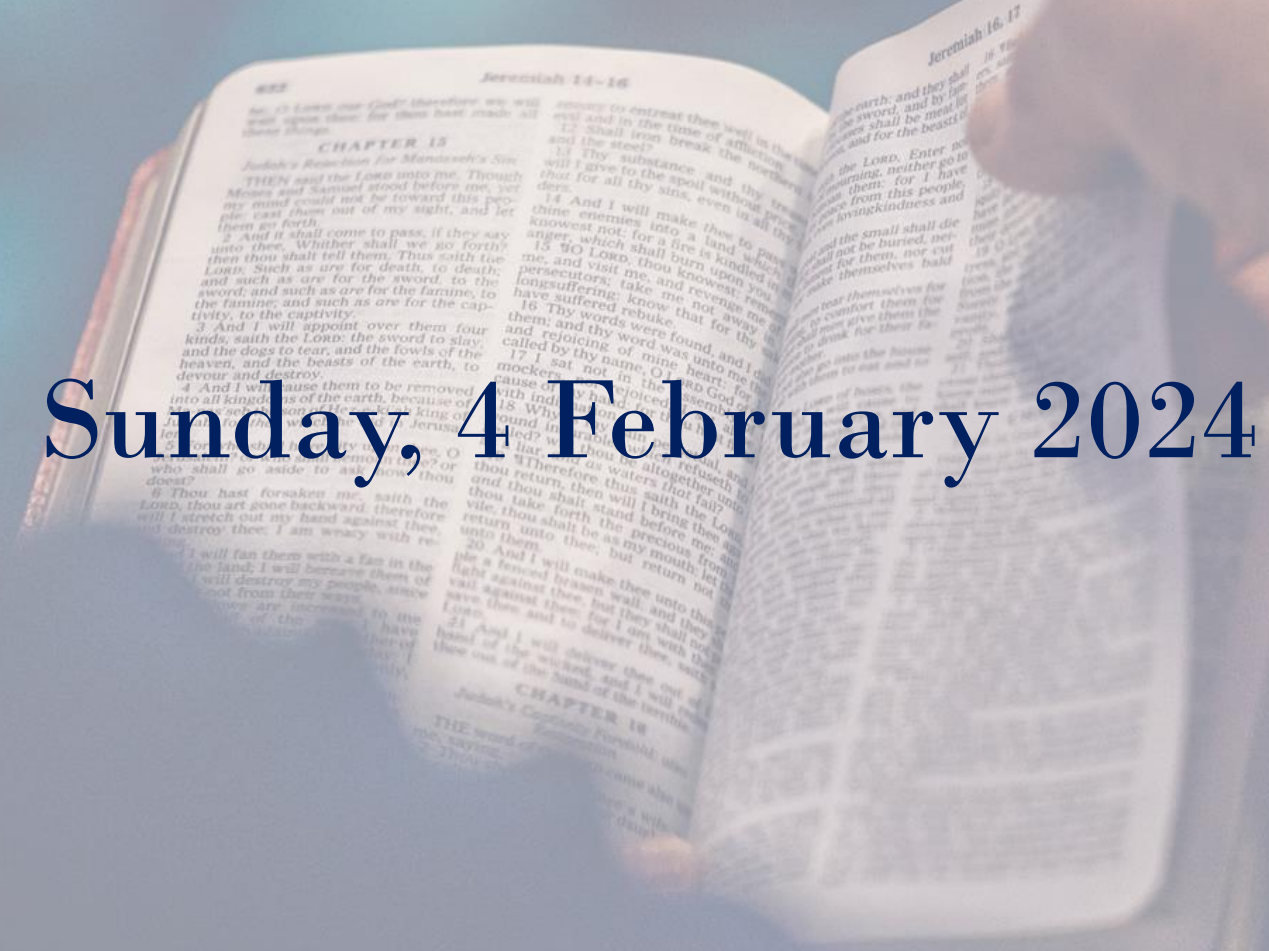


# Getting Ready for Sunday!

Sunday, 4 February 2024



# Fifth Sunday in Ordinary Time

Jesus preaches on the Sabbath!

He also heals on the Sabbath!

It was tradition, at that time, to preach on the Sabbath and to do good works on other days.

Jesus preached and did good every day.

Jesus took time out pray to the Father in the quiet of his heart so that He could both preach and heal.

Jesus was fully connected with God in prayer, in preaching and in all that he did.

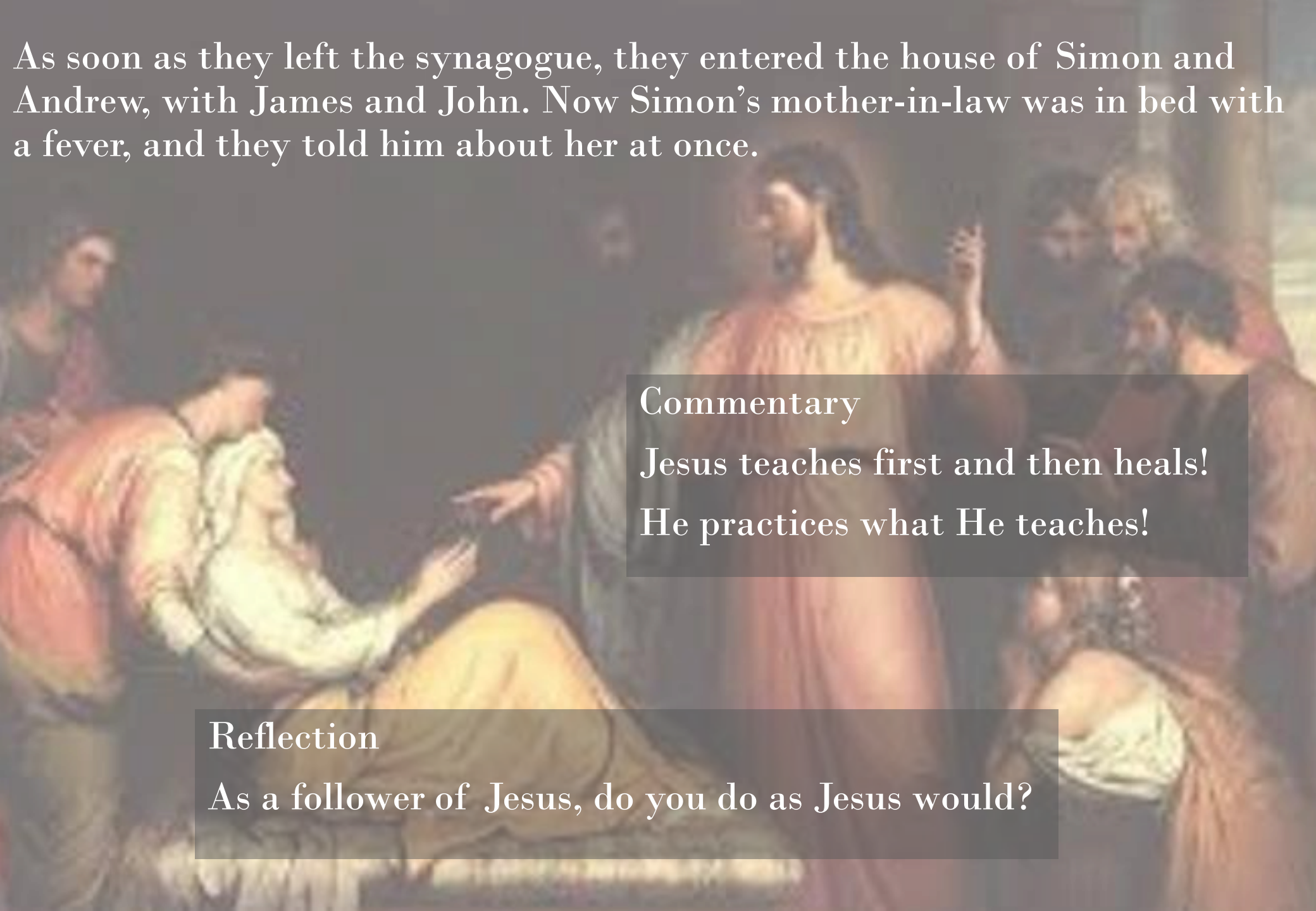
This challenges us to live the message and the values of the Gospel in what we say, do and pray.

We all have demons, or addictions, or negativity or bad habits that we need to shake off if we are to move to being our best selves!

# Mark 1:29-39

## Jesus Heals Many at Simon's House





As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once.

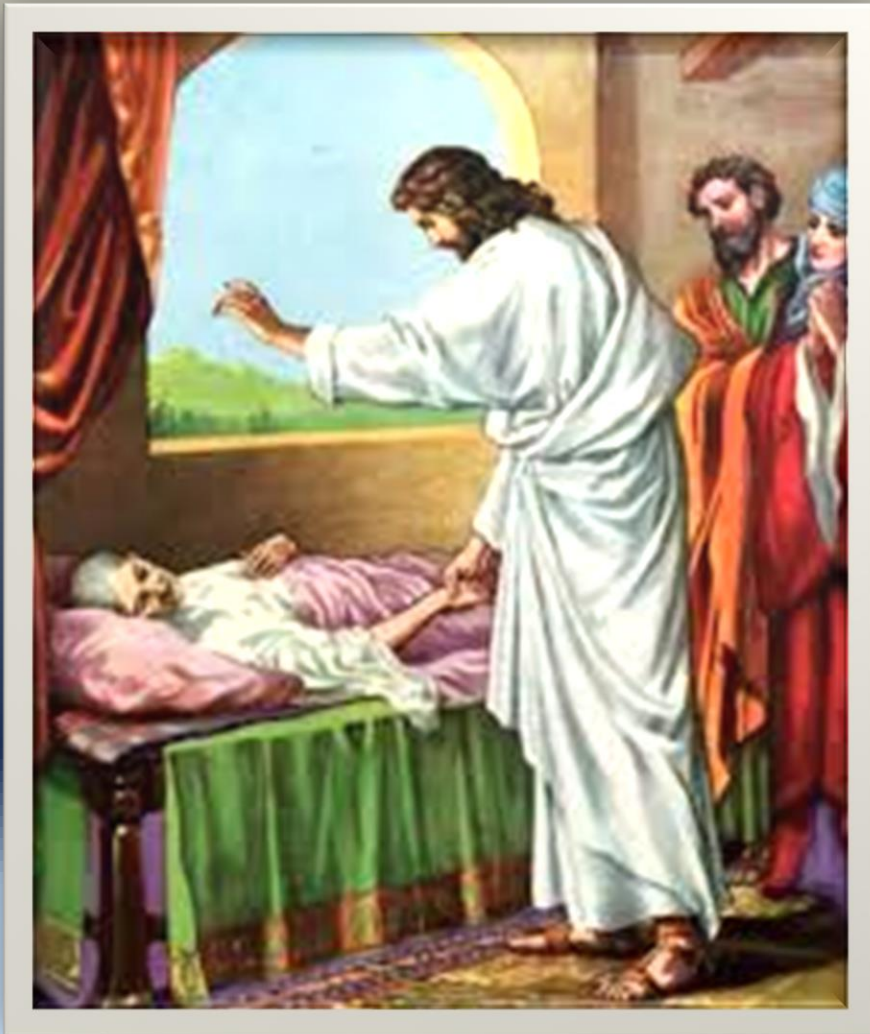
### Commentary

Jesus teaches first and then heals!  
He practices what He teaches!

### Reflection

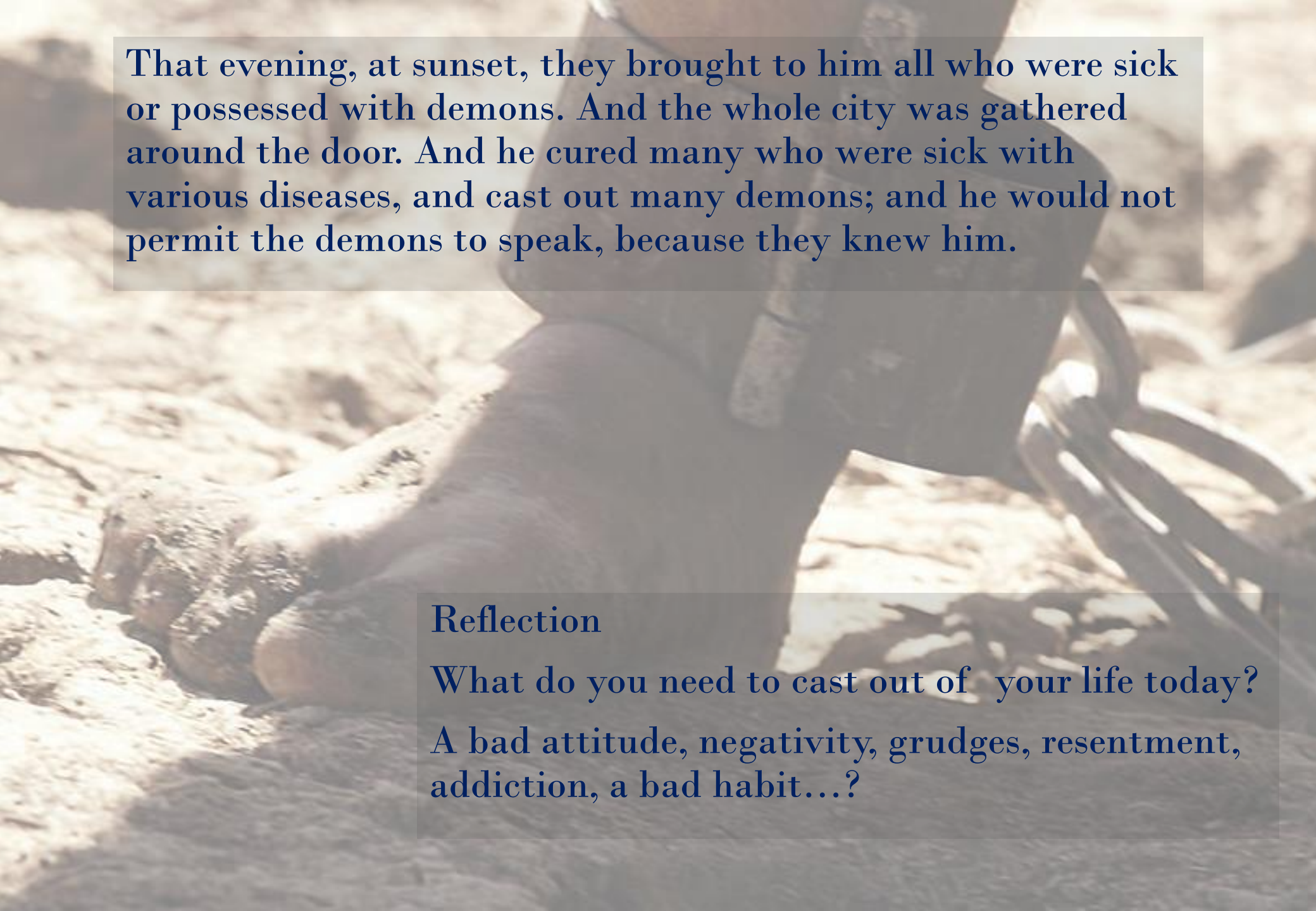
As a follower of Jesus, do you do as Jesus would?

He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.



### Reflection

Do you need to offer the gift of healing to another? – through sharing or accepting forgiveness, kindness, acceptance of others,.....?

A close-up photograph of a person's hand in a grey cast, gripping a metal walker. The hand is positioned on a rough, light-colored rock surface. The background is blurred, showing more of the rocky terrain and the person's legs in dark clothing. The overall lighting is bright, suggesting an outdoor setting.

That evening, at sunset, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

### Reflection

What do you need to cast out of your life today?

A bad attitude, negativity, grudges, resentment, addiction, a bad habit...?



**In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him.**

## **Commentary**

**Jesus went to pray when it was dark!**


**He needed to go to God in the depths of His heart to find what He needed to do and be next!**

## **Reflection**

**We find ourselves in a dark space when we are worried, confused, lonely.....**

**God leads us out of darkness when we go to Him!**

**When are you going to be quiet and listen to God in the quiet of your heart?**

A cinematic still from a film showing Jesus and a man in a desert landscape. Jesus, on the left, has long brown hair and a beard, wearing a white robe and a dark sash. He is gesturing with his right hand towards the man. The man, on the right, has long dark hair and is wearing a dark brown robe. They are standing in a vast, open desert with rolling hills in the background. In the distance, a group of people is visible, some on horseback. The lighting is bright, suggesting a sunny day.

**Let us go on to the neighbouring towns,  
so that I may proclaim the message there  
also; for that is what I came out to do.**

**Everyone is searching for you.**



And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.



## Commentary

Jesus challenged people to let go of what was wrong!  
He pushed them out of the comfort zone so that they could become better people – more like Jesus!

## Reflection

What do you need to change in your life today?

# Bible Search

Read Mark 1:29-39 in your family Bible - this is the Gospel reading at Mass this Sunday.

# Consider



What you need to let go of in your life!

# SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

## Mark 1:21-28

1. In this first chapter Mark familiarises his readers with the type of things Jesus did to proclaim the kingdom, the Reign of God. Our passage today touches on two of these, the first being that 'he taught as one having authority'. It makes a difference when you listen to someone who is clearly speaking from experience and personal knowledge. Remember people who impressed you in this way.
2. Jesus combined teaching with healing and he drove the evil spirit out of the man. The power of God that worked this wonder through Jesus is also at work in and through us today. When have you been freed from some bad habit?
3. The evil spirit convulsed the man before it left him. The path to liberation can be a painful struggle. If you have found it so, who was the Jesus person that helped you through the struggle to freedom?
4. It is not only individuals but groups that can be struggling with an evil spirit – jealousy, rivalry, malicious gossiping, abuse of power, etc. Sometimes a Jesus person comes into the group and drives out that evil spirit. Have you experienced this? Perhaps you yourself have been this person on some occasion?

John Byrne OSA

(Intercom-A Pastoral and Liturgical Resource-February 2015)

# Praying to Jesus



Pray for the grace to accept what God is asking of you today.

Ask God to lead you closer to him.

