



CELEBRATING AT HOME
4TH SUNDAY IN ORDINARY TIME

Beginning the journey (Mark 1:21-28)



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Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit.

Amen.

The Lord is here, present among us.

We are gathered with the whole Church in this moment of prayer.

Preparing to hear the Word

Lord Jesus,

create in us silence so that we may listen to your voice in Creation and in the Scriptures, in events and in people, above all in the poor and suffering.

May your word guide us so that we may experience the power of your resurrection and witness to others that you are alive in our midst as source of fraternity, justice, and peace. Amen.

Scripture Reading *(Mark 1:21-28)*

Jesus and his followers went as far as Capernaum, and as soon as the Sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said, 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

Reflection - *Beginning the journey*

Following directly from the call of the first four disciples in last week's Gospel, this week we are plunged into the ministry of Jesus. The gospels of

the 4th, 5th and 6th Sundays detail Jesus' ministry in Capernaum.

Last Sunday the Gospel highlighted the disciples' call to live and work in active partnership with Jesus. To become 'fishers of people' they left behind all that was known and familiar to them, including their thriving fishing businesses and families. They took 'a leap of faith', not knowing where their journey with Jesus would take them.

Over the next three Sundays we get some insight into who Jesus is and what that journey is about.

Today's gospel finds Jesus and the disciples arriving in Capernaum, a small town on the northern edge of the Sea of Galilee, which will be Jesus' base for his ministry in Galilee.

On the Sabbath Jesus and the disciples attend the Sabbath service during which Jesus gives a teaching. His words strike the people as authentic and having the 'ring of truth' about them. Jesus' words not only move the people but also release a man from an unclean spirit. Jesus' action is in response to the question the man poses, 'Have you come to destroy us?' Rather than destroy, Jesus liberates the man from the unclean spirit, restoring him to health and wholeness.

Jesus' way is not about crushing people with the power and authority of God, but about bringing freedom and liberation from the evil which holds them bound.

Many people are afraid of God, but Jesus keeps saying and showing that we don't need to be afraid of God. God is about doing good for his people, not about punishing them. God's power heals, restores and frees so that we can grow into the people God has always dreamed we might become.

The disciples are learning something new about who God is through the words and actions of Jesus. There is a call here to greater faith and trust in the goodness of God.

Prayers of Intercession

For your kind and patient love;

for calling us to be members of the Church;

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**for gracing us with your presence,
we thank you.**

Keep us strong in love
as we face the challenges that life brings.

Help us to trust rather than fear you.
**Give us the confidence we need
to live and love like you.**

Lord's Prayer

Formed by the teaching and example of Jesus,
we pray:

**Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth
as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.**

Closing Prayer

Blessed are you, strong and faithful God.
Beside us, before us and within us
you delight in us, hope in us and trust us.
Inspire our efforts to love one another fully
by the grace and power of your Holy Spirit.
Through Christ our Lord.
Amen.

Blessing

May the Lord bless us,
keep us from all evil,
and lead us to life everlasting.
Amen.



Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



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Australia & Timor-Leste

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