

FOURTH SUNDAY IN ORDINARY TIME

January 28, 2024

Gospel: (Mark 1:21-28)

Jesus entered the synagogue on the Sabbath and began to teach. The people were spellbound by his teaching because he taught with authority and not like the scribes. There appeared in the synagogue a man with an unclean spirit that shrieked: "What do you want of us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him sharply: "*Be quiet! Come out of the man!*" At that the unclean spirit convulsed the man violently and with a loud shriek came out of him. All who looked were amazed. They began to ask one another: "What does this mean? A completely new teaching in a spirit of authority! He gives orders to unclean spirits and they obey him!" From that point on his reputation spread throughout the surrounding region of Galilee.

Reflection:

From that point on, they "remembered" and told the story and "his reputation spread throughout the surrounding region of Galilee." "Remember" is a word that is often on our lips when we pray and when we speak to our friends. Sometimes we also feel ourselves to be better people when we *remember* the goodness of others to us, their generosity, their unselfishness, their tenderness, their thoughtfulness. This word "remember" is important, for Jesus has also done great things for us. (Living Liturgy, p.42)

Vincenzian Meditation:

The little word "remember" is at the heart of our greatest prayer, the Mass. The Mass is the great prayer in which along with Jesus we ask God the Father to remember the life, sufferings, death and resurrection of His only Son. Christians gather together and offer Mass, renewing again and again the great act of "*remembering*," while at the same time making present again the offering that Jesus made of Himself on the cross. In doing so, we are bringing down upon the entire world, whether we know it or not, an uncountable number of graces, favors and blessings. Every day we hear some frightening things about the cruelty and wickedness of men. What would the world be like if it did not have the Sacrifice of the Mass? Always remember that there is no grace, no joy, no good thing in this world that has not come to us through Jesus Christ. (McCullen, Deep Down Things, p.587-588)

Discussion: (*Share your thoughts on the readings after a moment of silence*)

Remember and share some stories of the "great things that Jesus has done for you."

Closing Prayer:

Christ, healer of hearts,
-teach us compassion for others.
Christ, maker of peace,
-help us bring peace to all people.
Christ, the light of life,
-show us the path of life. Amen

