



TO THE Heights

FOURTH SUNDAY IN ORDINARY TIME

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James Tissot, Public domain, via Wikimedia Commons

Year C

Sunday Mass Readings

First Reading:

Jeremiah 1:4-5, 17-19

Responsorial Psalm:

Psalm 70 (71): 1-6, 15, 17

Second Reading:

1 Corinthians 12:31-13:13

Gospel:

Luke 4:21-30

"I tell you solemnly, no prophet is ever accepted in his own country."

Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints, or as we like to call them, Game Changers!

You can check out our other Game Changer resources on our website: www.waterfordlismore.ie/youth-ministry.



31 January [St John Bosco](#)

1 February [St Brigid of Ireland](#)

2 February [The Presentation of the Lord](#)

3 February [St Blaise](#)

5 February [St Agatha](#)



Hear

Grab your Bible and look up the Gospel reading.
Don't have a Bible? No worries, click the bible image!



1. What town is this Gospel taking place in?
2. How did Jesus' listeners initially react to His teaching at the beginning of this Gospel passage?
3. What is Jesus' explanation for not working miracles in his home town?
4. What two prophets does Jesus mention?
5. How were they received by the Jewish people?
6. Who accepted these prophets?
7. How did the people in the synagogue react to Jesus' words?
8. What did they try to do to Him?
9. How did Jesus escape the angry mob?



Gospel Reflection: COMFORT OR GREATNESS: YOU CHOOSE!



Today's Gospel continues on from last Sunday: Jesus teaching in His hometown of Nazareth. Initially those gathered there are impressed by this carpenter's son's words, but the situation quickly and violently escalates into an attempt on Jesus' life. Why the sudden change? Jesus likens Himself to Elijah and Elisha, prophets rejected by God's Chosen People and controversially, accepted by gentiles. His listeners were so enraged they tried to kill Him!

Again this week, let us not leave this as a dramatic incident in the town of Nazareth 2000 years ago, without any connection to our lives today. The Word of God is alive and active and seeks to speak to our hearts today and always.

How often do we find our lives ruled solely by our emotions? When the message of Christ is pleasant and comfortable, we are happy to listen and agree. When the message challenges us and calls us out of our comfort zones, we can reject it. When we have to decide for what is good and true, often against our emotions, we can often instinctively push back, or even try to run and hide. It can be easier to convince ourselves that we are doing just fine the way we are, that we do not need to conform to high expectations. Christianity is the highest expectation there is, yet, also the only one that matters. "The world offers you comfort. But you were not made for comfort. You were made for greatness." (Benedict XVI) An authentic Christian life is based on a consistent choice in good times and bad, and not on emotions or instincts.

Jesus slips away quietly through the crowd at the brow of the Hill. He does not force them to accept His message and change their ways. Neither does He force us to follow Him today; He gently invites. He will not take away our free will, our ability to choose Truth, good, love.

The one thing that keeps us most from becoming a saint is not some exterior obstacle, it is ourselves. The more we more we run from difficult decisions and changes our Christian lives require, the unhappier we become ultimately. Conversely, God is love, and so to allow Him more fully into our lives is to become happier, to experience God's love and in turn, be more loving. Love is not just based on feelings, however, we have to choose love, to "will the good of the other" (St Thomas Aquinas). St Paul today explains very clearly what a life immersed in love is like. 1 Corinthians 13:4-7 can act as a challenging examination of conscience for us: how much are we choosing to love God and our neighbour? How possible is it for us to genuinely substitute our own names for the word love in this passage? "Mary is patient and kind", "John is not resentful"... Let's pray for the grace this week to be filled with God's love and to push forwards out of our comfort zones towards greatness!

"Every saint has a past, and every sinner has a future." Oscar Wilde

FIXED OR GROWTH MINDSET?

This Gospel passage begins with Jesus' listeners marvelling at His words and ends with them trying to throw Him off a cliff?! That escalated quickly! What on earth could turn them against Him so quickly? Jesus called them out of their fixed mindset, and it hurt! Prophets before Him had called people to conversion, and God's Chosen People had rejected them, as they would now God's own Son. Rather than being able to look at their own failures and weaknesses and show a willingness to grow and move forwards, it was easier for them to chase Jesus out of the town (his own hometown) and actually remove His presence from their lives. "I can't change", "I don't want to change", "It's too hard" - these fixed mindset phrases can be toxic to our lives, and especially to our Christian faith. Jesus acknowledges the reality of who we are and where we are, and He loves us right there, but He also calls us on to more, to become the best version of ourselves. So how will I react? Will I stay stuck in my own mindset and push away who / what I could be, or will I admit my reality and continue to struggle, with Jesus at my side?



TEACHER'S CORNER

The Chosen: Tuesdays (1 Feb - 29 March), 2 - 2.30pm, St John's Pastoral Centre. Come watch an episode with the Apostles of the Sacred Heart of Jesus and stay for a chat and a cuppa!
RSVP Sr Shawn 087 4042785 / waterford@ascjus.org

The Chosen: Zoom Series, Wednesday nights, 8 - 9.15pm, 2 Feb - 30 March
www.waterfordlismore.ie for more information

Introduction to Theology of the Body: Mon 7.30 - 9pm, Feb 14 - April 4. Foyer of Charity, Dunmore East. Registration essential. Contact Helen 086 1678027 / hellywilliams@gmail.com

Help needed to hand out free Catholic newspapers:
Are you able to hand out a few free Catholic newspapers each weekend after Mass in your local parish (in Waterford & Lismore)? The simplest of acts can make a profound difference in someone's life! Contact Julie (086) 0596051



TESTIMONY TIME

Holy Family Mission Testimony

"In God alone is my soul at rest..."

WITH LOUISE



Young Person's Prayer



The Knots Prayer: Dear God, please untie the knots that are in my mind, my heart and my life. Remove the "have nots", the "can not" and the "do not" that I have in my mind. Erase the "will not", "may not", "might not" that may find a home in my heart. Release me from the "could not", "would not" and "should not" that obstruct my life. And most of all, dear God, I ask that you remove from my mind, my heart and my life all of the "am not" that I have allowed to hold me back, especially the thought that I am not good enough. AMEN

TUNE OF THE WEEK

Beautifully Broken

Plumb



WEEKLY CHALLENGE:



If you find yourself caught in a toxic fixed mindset, grab a post-it note and write: "I am not afraid to struggle. I can grow, by God's Grace" on it. Remind yourself of this truth every day. Ask for God's grace to continue the struggle for greatness. If you see someone struggling, remind them of their worth and the value of their struggle too!

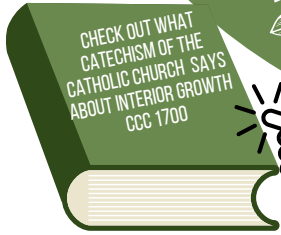
WATCH: [Who you are Vs Who you are called to be \(Fr Mike\)](#)



CHECK IT OUT: ST DECLAN'S WAY



Saint Declan's Way is a pilgrim walking route linking Cashel in Co. Tipperary and Ardmore in Co. Waterford. It follows the route that Declan took when going to Cashel to meet Saint Patrick in the fifth century. In turn, it is the way that Pilgrims have taken to visit Saint Declan's monastery, holy well and grave in Ardmore for the past one and a half thousand years. [Click here for info on booking](#) (stages in March, April and May)



LUKE 4:21-30



Growth Mindset

The world offers you comfort. But you were not made for comfort. You were made for greatness.
 (Benedict XVI)

"EVERY SAINT HAS A PAST, AND EVERY SINNER HAS A FUTURE." OSCAR WILDE

LIST FIVE THINGS YOU ARE GOOD AT:



LIST FIVE THINGS YOU ARE BAD AT:



WHY DO YOU BELIEVE YOU ARE GOOD OR BAD AT ANY OF THESE THINGS?

HAVE YOU EVER STRUGGLED WITH SOMETHING AND PERSEVERED UNTIL YOU COULD DO IT WELL?



WATCH THIS VIDEO FROM THE FR MIKE SCHMITZ "WHO YOU ARE VS. WHO YOU'RE CALLED TO BE" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Why did Fr Mike think he is not good at Maths? Do you think it is true?

What did this 2nd Grade belief develop into an attitude of in later life?



Carol S. Dweck's book, "Mindset" speaks of two types of mindset: _____ and _____.



Identify each statement as an example of either type of mindset:

- "I'm good at X and I'm bad at Y" _____
- "I currently struggle at Maths, but I can get better" _____
- "This is just me." _____
- "This is where I'm at. This is where I could go forward." _____

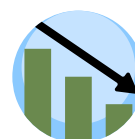


Why did the second group of test students who were praised with, "Wow, you really worked hard on that test!" continue to do better than the first group who were praised with, "Wow, you're really smart!"? Which group had a fixed mindset and a growth mindset?

OUR MINDSET CAN SHOW A LOT ABOUT:



- our willingness to _____,
- our willingness to _____,
- our willingness to see ourselves as someone who _____.



What organisation praises the growth mindset more than any other?



GOD SEES US AS WE ARE, HE SEES US WHERE WE STRUGGLE, HE SEES WHERE WE HAVE STRENGTHS, HE SEES WHERE WE'RE WEAK, HE SEES WHERE WE'RE WOUNDED, HE SEES WHERE WE WIN. HE SEES US AS WE ARE BUT HE APPROACHES US AS WE COULD BE.

GROWTH MINDSET

LUKE 4:21-30



- As Christians we called to acknowledge the truth: to see ourselves as _____, and to acknowledge where _____, who we _____.

What sacrament does Fr Mike call the "growth mindset sacrament"? _____

If we feel we're not as holy as we should be, or as conformed to Christ as we should be, how should we let the Lord respond in our lives?



Fill the gaps: "Every saint has a _____, and every sinner has a _____."



WE'RE CALLED TO THE STRUGGLE AND TO ENTER INTO THE FRAY.
EVERY TIME YOU FALL AND GET BACK UP, THAT'S A VICTORY. EVERY TIME YOU STRUGGLE THAT'S GROWTH.



Now Read Luke 4: 21-30



This Gospel passage begins with Jesus' listeners marvelling at His words and ends with them trying to throw Him off a cliff?! That escalated quickly! What on earth could turn them against Him so quickly? Jesus called them out of their fixed mindset, and it hurt!

Prophets before Him had called people to conversion, and God's Chosen People had rejected them, as they would now God's own Son. Rather than being able to look at their own failures and weaknesses and show a willingness to grow and move forwards, it was easier for them to chase Jesus out of the town (*his own hometown*) and actually remove His presence from their lives. "I can't change", "I don't want to change", "It's too hard" - these fixed mindset phrases can be toxic to our lives, and especially to our Christian faith. Jesus acknowledges the reality of who we are and where we are, and He loves us right there, but He also calls us on to more, to become the best version of ourselves. So how will I react? Will I stay stuck in my own mindset and push away who / what I could be, or will I admit my reality and continue to struggle, with Jesus at my side?



MISSION!

IF YOU FIND YOURSELF CAUGHT IN A TOXIC FIXED MINDSET, GRAB A POST-IT NOTE AND WRITE: "I AM NOT AFRAID TO STRUGGLE. I CAN GROW, BY GOD'S GRACE" ON IT. REMIND YOURSELF OF THIS TRUTH EVERY DAY. ASK FOR GOD'S GRACE TO CONTINUE THE STRUGGLE FOR GREATNESS. IF YOU SEE SOMEONE STRUGGLING, REMIND THEM OF THEIR WORTH AND THE VALUE OF THEIR STRUGGLE TOO!



PRAYER TIME!



The Knots Prayer: Dear God, please untie the knots that are in my mind, my heart and my life.

Remove the "have nots", the "can not" and the "do not" that I have in my mind. Erase the "will nots", "may nots", "might nots" that may find a home in my heart. Release me from the "could nots", "would nots" and "should nots" that obstruct my life. And most of all, dear God, I ask that you remove from my mind, my heart and my life all of the "am nots" that I have allowed to hold me back, especially the thought that I am not good enough. AMEN



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON GROWING IN FAITH



- Beautifully Broken - Plumb
- Who you say I am - Hillsong
- When all is said and done - Matt Redman
- Not yet I but Christ in me - City Alight
- Lead Kindly Light - Audrey Assad
- Into Faith I Go - Pat Barrett
- Work in Progress - Leanna Crawford
- Ok - Josh Wilson
- Garden - Matt Maher
- Great Things Worth it all - Elevation Worship

Click the links for the YouTube videos to listen to some suggestions!



HFM Testimony: Watch Louise's story of how she decided to allow her faith to grow



What Defines You? (Fr Mike Schmitz)