



TO THE Heights

FIFTH SUNDAY IN ORDINARY TIME

✉ youthministry@waterfordlismore.ie



By Raphael - Own work, user:M.chohan, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=1718094>

Year C

Sunday Mass Readings

First Reading:

Isaiah 6:1-2, 3-8

Responsorial Psalm:

Psalm 137 (138):1-5, 7-8

Second Reading:

1 Corinthians 15:1-11

Gospel:

Luke 5:1-11

"Put out into deep water and pay out your nets for a catch"

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 resource pack on [St Jose Sanchez del Rio](#) by clicking [here](#)!

7 February [St Mel, Bishop](#)

8 February [St Josephine Bakhita](#)

10 February [St Scholastica](#) / [St Jose Sanchez del Rio](#)

11 February [Our Lady of Lourdes](#)



Hear

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



1. What is another name for the Lake of Gennesaret?
2. Why were the people crowding around Jesus?
3. Whose boat did Jesus ask to sit on?
4. What did He ask Simon to do?
5. Why was Simon reluctant to follow this instruction?
6. What happened when they put down their nets?
7. What was Simon's reaction to the miracle?
8. Why do you think he reacted that way?
9. What did Jesus call Simon to do?
10. What other disciples did Jesus call that day?
11. Do you think they knew what lay ahead? Why did they say yes?



Gospel Reflection: PUT OUT INTO THE DEEP



Have you ever felt utterly disheartened? You've given it your all, you've used every skill, every resource at your disposal and it still wasn't good enough. You're weary, and you feel like giving up, maybe even questioning your own worth or ability because of this apparent failure?

If so, you can clearly identify with Simon (Peter) today. A fisherman whose whole livelihood depended on his ability to draw in a big catch, Simon had the skill to know the waters, times of day and seasons. Fishing was his life, possibly even gave him his sense of worth and purpose, but in today's Gospel, that seems to be taken from him. Empty nets, empty hands, empty heart.

Then a Nazarene, a carpenter arrives on the scene, not just offering advice, but explicitly instructing him how to fish. At the best of times, such advice probably would have been an annoyance, but at that moment, it might have sounded unbearable. Fish did not come to the surface of the lake during the day, that is why they went out on the lake at night. Didn't everyone know that?

Simon obeys however: something about this Jesus, this preacher from Nazareth, causes him to cast out his nets again. This simple act of faith transformed not just his catch that night, but his entire life and countless souls who have called themselves Christian ever since. Simon's reaction to the miracle was complete humility: something about Jesus' words and actions caused him to "put out into the deep" of his own heart too, and see there his weaknesses and lack of faith. Jesus saw Simon's depth of faith and repentance, and called him to greater things, things he could not possibly have understood at the time, but which he accepted in faith. Called now to "put out into the deep" of humanity and fish for souls, Simon's life would never be the same again.

The catch of fish that day was miraculous, but the point of miracles is not for their own sakes, but rather to point to God, to increase our faith. What am I struggling with in my own life right now? What am I tackling, through my own strength alone? Instead of telling God how big my problem is, I should tell my problem how big my God is!

Remember Simon too, once an insignificant fisherman on the shores of the Sea of Galilee. Jesus saw something in him. It was no coincidence He got into Simon's boat that day, and although all saw the miracle, it was Simon He first called to be a fisher of men. Just as Jesus saw into the depth of the lake that day, He sees into the depth of our hearts too, beneath the surface we present to others; He knows what worth lies there, ready to be brought forth by His grace if we respond to His call. "Whom shall I send? Who will be our messenger?" I answered, "Here I am, send me." (Isaiah 6:8)

"Prayer doesn't help your relationship with God. Prayer is your relationship with God."
Mark Hart

LEAD YOUR HEART

This Gospel passage tells the familiar story of the miraculous catch of fish. Simon (Peter) has been fishing all night, and is no doubt exhausted. He's skilled at his trade, but for whatever reason, the night has not gone his way, and he has nothing to show for his efforts. He's weary, disappointed, possibly cranky at the loss of earnings, the weather, his own inability, maybe the faults of others. He could have lots of excuses to just pack up and go home. Then Jesus of Nazareth, a Carpenter, not a fisherman, tells him to cast his nets again. Simon has listened to Jesus preaching and although every emotion in him was already strained and telling him to give up, he chose to obey (although not without a little grumbling!) We know what happens next: his nets filled to breaking point, his boats almost sank! Simon dropped to his knees, overcome and significantly very aware of the condition of his own heart. We don't know a lot about Simon before this point, but the heart of Jesus spoke directly to his heart that day, and caused him to leave his comfort zone and follow Jesus. Could he have known what Jesus meant by a fisher of men? Highly unlikely! But Simon had a motive, to stay close to Jesus, and that was enough for him.

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.waterfordallismore.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

"At that moment I realised that the cross can draw us closer to God or can drive us away..."

WITH AINE



Young Person's Prayer



Dear Jesus, you know I struggle a lot sometimes to do the right thing. Getting out of bed on time, pulling my weight around the house, completing assignments to the best of my ability and on time, not making excuses for myself... the list goes on.

Help me to see my heart as you see it, to acknowledge what's truly going on in there. Give me the strength to rise above myself and my emotions, to find the why and the motive, daily, because the battle is daily. Amen



TUNE OF THE WEEK

Lord I Need You

Matt Maher



WEEKLY CHALLENGE:

Be very conscious this week of areas you struggle to motivate yourself in. Maybe it's household chores, assignments, spending time with particular people, cutting down on screen time, serving others: whatever it is, stop and ask yourself where your heart is at, and more importantly, what's your motive for doing the right thing in each situation. Let that drive you forwards.

WATCH: VIDEO: When you don't feel like it (Fr Mike)



CHECK IT OUT: DISCERNING HEARTS



Catholic Podcasts dedicated to those on the spiritual journey. It is dedicated to evangelization and spiritual formation through new media, creating engaging podcasts with top Catholic speakers, faithful to the teachings of the Roman Catholic Church and its rich, authentic spiritual tradition. Its mission responds to the Church's call to use the media for evangelization, catechesis, and spiritual renewal. It also features 9 Days with a saint Contemplative Audio Retreats/Novenas.

MAKE IT HAPPEN



Know your heart!

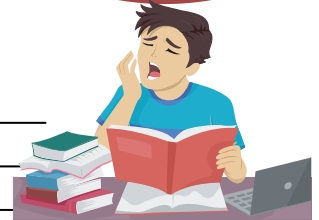
Try replacing "I have to" with "I get to"..."
"I get to go to school",
"I get to help my parents", "I get to go to Mass"...

CHECK OUT WHAT CATECHISM OF THE CATHOLIC CHURCH SAYS ABOUT EMOTIONS AND DECISIONS CCC 1767-1770

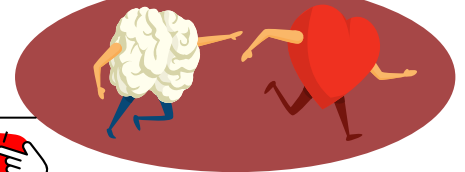
PRAYER DOESN'T HELP YOUR RELATIONSHIP WITH GOD. PRAYER IS YOUR RELATIONSHIP WITH GOD. MARK HART

LIST THE TOP THREE THINGS YOU STRUGGLE TO MOTIVATE YOURSELF TO DO!





THINK OF ONE SITUATION WHERE IT'S BETTER NOT TO BE GUIDED BY YOUR EMOTIONS



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "WHEN YOU DON'T FEEL LIKE IT" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What temptation do we all often face, according to Fr Mike?

When we don't feel like doing something, or struggle to find the motivation or be enthusiastic, what should we do?

WHY?

Our reason / why should be: it's _____ to do the right thing.

Mark Hart says: "Prayer doesn't _____ our relationship with God. Prayer _____ our relationship with God." That means if we don't have a daily prayer life, then we don't have a _____ relationship with God.



Our motive to pray should be: "I want _____"

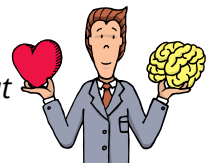
What did Jesus make possible for us to have? _____

What can the Holy Spirit do for us? _____

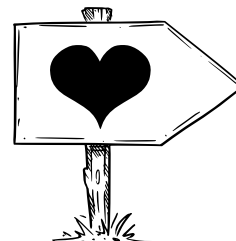


SO, SHOULD WE JUST IGNORE OUR EMOTIONS?

Fr Mike's friend Dean says, "Emotions do not reveal the truth about reality, but they do reveal the condition of your heart." How would you explain this in your own words? _____



Think of a situation that could explain this idea: where your feelings could show where your heart is at, but it would be wiser not to follow your heart in that situation!



REMEMBER: YOU HAVE A REASON, A WHY, A MOTIVE: THE LORD WANTS A RELATIONSHIP WITH YOU, HE WANTS TO BE PART OF YOUR LIFE, HE WANTS YOU TO HAVE ACCESS TO HIS HEART, TO ENTER IN AND ENGAGE WITH THE FATHER, THE SON AND THE HOLY SPIRIT.

KNOW YOUR HEART

LUKE 5:1-11

Are there areas in your life where you find yourself saying, "My heart's not in it, I can't do it, I don't feel like it." Reflect on one of those areas, and what the condition of your heart might really be saying. Then find your motive, your why and name it!

SITUATION: _____

WHAT MY HEART MIGHT BE SAYING: _____

MY MOTIVATION TO ACTUALLY ACT: _____



REGARDLESS OF WHAT YOU'RE FEELING, DO THE RIGHT THING!



Now Read Luke 5:1-11



This Gospel passage tells the familiar story of the miraculous catch of fish. Simon (Peter) has been fishing all night, and is no doubt exhausted. He's skilled at his trade, but for whatever reason, the night has not gone his way, and he has nothing to show for his efforts. He's weary, disappointed, possibly cranky at the loss of earnings, the weather, his own inability, maybe the faults of others. He could have lots of excuses to just pack up and go home. Then Jesus of Nazareth, a Carpenter, not a fisherman, tells him to cast his nets again. Simon has listened to Jesus preaching and although every emotion in him was already strained and telling him to give up, he chose to obey (although not without a little grumbling!) We know what happens next: his nets filled to breaking point, his boats almost sank! Simon dropped to his knees, overcome and significantly very aware of the condition of his own heart. We don't know a lot about Simon before this point, but the heart of Jesus spoke directly to his heart that day, and caused him to leave his comfort zone and follow Jesus. Could he have known what Jesus meant by a fisher of men? Highly unlikely! But Simon had a motive, to stay close to Jesus, and that was enough for him.



MISSION!

BE VERY CONSCIOUS THIS WEEK OF AREAS YOU STRUGGLE TO MOTIVATE YOURSELF IN. MAYBE IT'S HOUSEHOLD CHORES, ASSIGNMENTS, SPENDING TIME WITH PARTICULAR PEOPLE, CUTTING DOWN ON SCREEN TIME, SERVING OTHERS: WHATEVER IT IS, STOP AND ASK YOURSELF WHERE YOUR HEART IS AT, AND MORE IMPORTANTLY, WHAT'S YOUR MOTIVE FOR DOING THE RIGHT THING IN EACH SITUATION. LET THAT DRIVE YOU FORWARDS.



PRAYER TIME!

Dear Jesus, you know I struggle a lot sometimes to do the right thing. Getting out of bed on time, pulling my weight around the house, completing assignments to the best of my ability and on time, not making excuses for myself... the list goes on. Help me to see my heart as you see it, to acknowledge what's truly going on in there. Give me the strength to rise above myself and my emotions, to find the why and the motive, daily, because the battle is daily. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE CONDITION OF YOUR HEART



- [Lord I need you - Matt Maher](#)
- [Blessed be your name - Matt Redman](#)
- [Today I Choose - Brian Doerksen](#)
- [I raise a Hallelujah - Bethel](#)
- [Ten Thousand Reasons - Matt Redman](#)
- [I shall not want - Audrey Assad](#)
- [Nothing I hold onto - W Reagan & Utd Pursuit](#)
- [I will follow you - Kristene di Marco](#)
- [Here's my heart - David Crowder Band](#)
- [Build my Life - Pat Barrett](#)

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



HFM Testimony: Watch Áine's story of how she knew she had a choice to make in her faith



Fr Patrick Cahill: The Spirit of God