

FAITH @Home

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love in the heart of the family!



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Year B 5TH SUNDAY IN ORDINARY TIME

"TO THE HEIGHTS" YOUTH EDITION AVAILABLE ALSO

Sunday Mass Readings

First Reading:

Job 7:1-4,6-7

Responsorial Psalm:

Psalm 147:1-6

Second Reading:

1 Corinthians 9:16-19,22-23

Gospel:

Mark 1:29-39

Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!"



Anonymous Unknown author, Public domain, via Wikimedia Commons

Hear

Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [here](#).

Check out [this video](#) on the readings for children.

Pray

In the Gospel today we reflect on Jesus' teaching and healing ministry, but also his personal prayer life.

- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- We see in this Gospel how Jesus joined in communal prayer but always made time for personal prayer too. How are we doing in both of those areas? Is there anything we can improve on? Are we giving God the time we should each day and each way in our communal and personal times of prayer?
- Is there one thing you could change this week to help you to pray better, to pray more? Maybe it's as simple as a change in time or physical location, putting away the phone, getting up 5 minutes earlier?

Talk

In today's readings we hear about Jesus' way of praying.

- What kind of activities keep us very busy every day?
- Do we always make time for prayer as a family? What could we do to improve on this - maybe it's a challenge we could take up for Lent?
- Do we always make time for personal prayer: maybe in the morning or at night, or at different points throughout the day?
- How can we encourage each other in our family to find moments of prayer throughout each day?

Family Challenge!

Make a plan - decide on one simple thing you can do as a family this week to make more time for prayer, even if it's just 5 minutes every day. Encourage each member of the family to be part of the decision-making process and commit to it! Encourage each other as the week goes on!

THE IMPORTANCE OF PRAYER

Today we continue to read from Mark's Gospel, learning more about the ministry of Jesus. Jesus cured Simon's mother-in-law, and she immediately began to serve Jesus and his disciples. Jesus also cured many others who were brought to him, healing their illnesses and driving out demons. As we will see throughout Mark's Gospel, Jesus did not permit the demons to speak because they knew his identity and would have revealed it to those who were present.

On the morning after this busy day, Jesus retreated in prayer, but was pursued by Simon and others who brought news that many people were looking for him. At this point in Mark's Gospel, we begin to see a distinct role for the inner circle of Jesus' disciples—they act as intermediaries between Jesus and the people. Jesus reports to his disciples that they need to leave Capernaum to preach in other places.

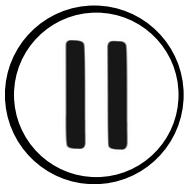
Today's Gospel completes a picture of Jesus' ministry: preaching, curing the sick, driving out demons, and then moving on to continue this work in another place. Mark's Gospel tells us that Jesus did this throughout Galilee.

Jesus' compassion and healing of the sick is a sign of the Kingdom of God. The Church continues to extend Christ's healing presence to others in its ministry to the sick. In the Sacrament of the Anointing of the Sick, the Church prays for spiritual and physical healing, forgiveness of sins, and comfort for those who are suffering from illness.

In today's Gospel we also notice the importance of prayer in Jesus' daily life. Jesus rose early in the morning, removed himself from the crowds, and went to a deserted place to pray. When the disciples found him, he told them that it was time to move on. We believe that in his prayers Jesus found guidance and direction from God. We also bring our decision-making to God in prayer, asking for his guidance and direction in our lives.

Loyola Press - Sunday Connection

CHECK IT OUT: ONE MINUTE PAUSE APP



Take a pause. A simple way to connect with God in the middle of your busy day. From John Eldredge, the New York Times Best Selling Author of *Wild at Heart* and *Captivating*. Based on the One Minute Pause chapter of his new book "Get Your Life Back", this app invites you into the simple practice of releasing everything to God, restoring your union with God and inviting him to fill you.



App Store



Google Play



HOW TO PRAY

Prayer is not always easy, especially if our goal is quick results, or we view it as a vending machine or a magic genie lamp. Sometimes we can get frustrated by our own weak efforts to commit to prayer too. First piece of advice: pray as you can, not as you can't. Make a decision to pray. Some effort is better than no effort. Failing is better than never having tried. It's like strengthening a muscle, the more time and effort you put in, the more results you will see in your own life. It's been said that God has three ways of answering our prayers: "Yes. Not Yet. I have something better in mind."

Jesus is God, yet we see so many times in the Gospels Jesus praying to His Father in Heaven. Jesus actively communicated with the Father, whether through communal prayer, or personal prayer, in lonely places away from the crowds - a real heart speaks to heart encounter. Prayer isn't easy for us most of the time. Persistence in prayer isn't easy, but Fr Mike's four step guide is a good starting point. And the key is remembering the why - to build a relationship with a God who is already actively pursuing us. The answer to our prayer will always be God's loving heart. That's worth investing 20 minutes a day in!



Fr Mike Schmitz: Tips for Praying



Battle Belongs: Phil Wickham

To the Heights Youth Resource also available



Family Prayer

Lord Jesus, may we always make time for you in our lives, remembering that everything we have in our lives is from you, and that you hold and sustain us, each and every day. Amen

EVENTS

Family Day: Sunday 4th February in Holy Family Mission, Glencomeragh House, Kilsheelan, Co. Tipperary. 10am - 3pm. Bring a packed lunch. Donation only. Pre-booking is essential - email info@holymission.ie

Encounter: Fri 9th February. For young adults aged 18 - 35 in St John's Church, Parnell Street, Waterford. Starts at 8pm with talk, prayer and music. Finishes with pizza and chat! Newcomers always welcome

CONNECT 4 for young people aged between 18-35 years in the Devere Hall in UCC on Sunday February 18th, 2024. The day will include Mass, lunch, adoration, an opportunity for confession, and the guest speaker will be Msgr James Shea. €10 which includes food etc. 10am - 4pm. Register through [Eventbrite](https://www.eventbrite.ie)

40 Hours of Adoration for Vocations: at locations around the Diocese in February and March. Check www.waterfordlismore.ie for more details

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