

January 28th 2024 4th Sunday of Ordinary Time – Year B – Mark 1:21 - 28

¹⁻²¹ They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²²They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³Just then there was in their synagogue a man with an unclean spirit, ²⁴and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.'
²⁵But Jesus rebuked him, saying, 'Be silent, and come out of him!'
²⁶And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. ²⁷They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.'
²⁸At once his fame began to spread throughout the surrounding region of Galilee.

➤ Read and re-read – out loud and slowly the Gospel.	➤ Pray - Thanksgiving – Repentance – Petition.
➤ Meditate - on reading as being spoken to you, an experience in your life.	➤ Action – Attitude (Call to change / to act /to do.

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In this week's gospel we see how Jesus had a deep impact on all present as he spoke with deep faith and wisdom. He taught in the synagogue and left a deep impression on the crowds that the scribes who had studied the scriptures for years could not. Jesus combined his teaching with healing and he drove the evil spirit out of the man. Those present witnessed through his words and actions the power of God working through him.

Who are the people in our lives who have brought us new life because they were a witness to God's love and presence in their own lives?

Prayer:

Lord thank you for St. Brigid who gave witness to her love of Jesus through her love for the poor. She believed that 'Christ dwelt in every creature.'

Forgive us Lord for the times that we did not use the power of God within us to enable people to see that 'Christ dwells in every creature' as St. Brigid said to her father when he asked her why she gave away the family food to those in need.

Lord help us to be good listeners to people enabling them to share deeply, things that are holding back their spiritual growth. Let us be amazed at the power of Jesus of Nazareth working within us helping them to be set free from the demons that are tying them up.

