

**February 4th 2024 5th Sunday of Ordinary Time – Year B – Mark 1:29 - 39**

<sup>1-29</sup> As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. <sup>30</sup>Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. <sup>31</sup>He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

<sup>32</sup> That evening, at sunset, they brought to him all who were sick or possessed with demons. <sup>33</sup>And the whole city was gathered around the door. <sup>34</sup>And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

<sup>35</sup> In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. <sup>36</sup>And Simon and his companions hunted for him. <sup>37</sup>When they found him, they said to him, 'Everyone is searching for you.' <sup>38</sup>He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' <sup>39</sup>And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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

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In this week's gospel we see a day in the life of Jesus. It was a very busy and hectic day for him in which he cured Simon's mother-in-law and many more who were brought to him. He must have been exhausted. Next morning he left for a lonely place to pray before he started on his journey to neighbouring towns and villages. He told his disciples that he had come to preach to all and he will always be on the lookout for new areas where his gospel needs to be preached. He wanted to bring his message of Hope to all people he met especially those in distress.

When were the times you felt sick in mind, soul or body?

Who were the Jesus people sent to you, took you by the hand and lifted you up.

**Prayer:**

**Lord thank you** for all the times you sent people into our lives who like Jesus 'lifted us up and gave us new hope.'

**Forgive us Lord** for the times we were happy to stay in our comfort zones instead of reaching out to all especially those on the margins of our society who are waiting for your message of hope in their lives.

**Lord help us** to go to all regions where no one else has gone, bringing the good news of the love and hope of Jesus to those in need, remembering that is why we are on this earth.

