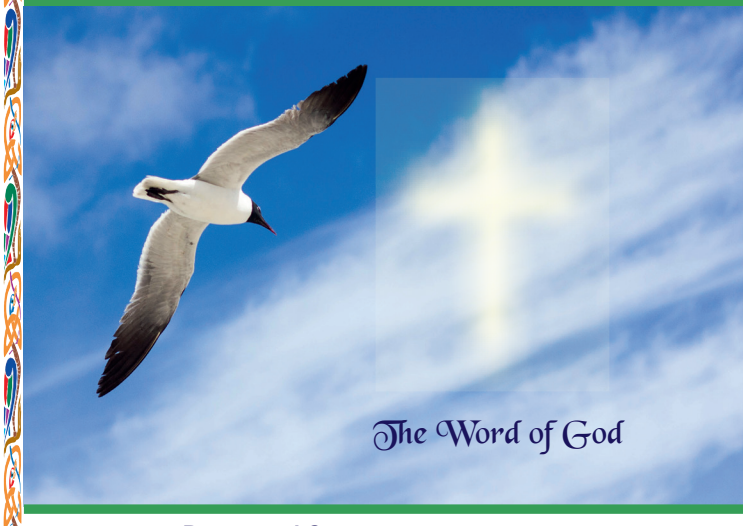
focus on sunday

FIFTH SUNDAY IN ORDINARY TIME 4th February 2024

Jesus is the healer who gives hope to his people.



ENTRANCE ANTIPHON

O come, let us worship God and bow low before the God who made us, for he is the Lord our God.

PENITENTIAL ACT

Lord Jesus, you raise us to new life:
Lord, have mercy. Lord, have mercy.
Lord Jesus, you forgive us our sins:
Christ, have mercy. Christ, have mercy.
Lord Jesus, you feed us with your body and blood:
Lord, have mercy. Lord, have mercy.
May almighty God have mercy on us….Amen.

THE GLORIA

**Glory to God in the highest,
and on earth peace to people of good will.
We praise you, we bless you,
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father
you take away the sins of the world:
have mercy on us;
you take away the sins of the world,
receive our prayer; you are seated
at the right hand of the Father
have mercy on us;
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of God the Father. Amen**

OPENING PRAYER

Keep your family safe, O Lord, with unfailing care, that, relying solely on the hope of heavenly grace, they may be defended always by your protection.
Through our Lord Jesus Christ, ...

LITURGY OF THE WORD

FIRST READING *Job 7:1-4.6-7*

A reading from the book of Job

Job began to speak:
Is not man's life on earth nothing more than pressed service, his time no better than hired drudgery?
Like the slave, sighing for the shade,
or the workman with no thought but his wages, months of delusion I have assigned to me,
nothing for my own but nights of grief.
Lying in bed I wonder, 'When will it be day?'
Risen I think, 'How slowly evening comes!'
Restlessly I fret till twilight falls.
Swifter than a weaver's shuttle my days have passed, and vanished, leaving no hope behind.
Remember that my life is but a breath,
and that my eyes will never again see joy.

The word of the Lord. ***Thanks be to God.***

RESPONSORIAL PSALM *Ps 146:1-6*

R. Praise the Lord who heals the broken-hearted.

1. Praise the Lord for he is good;
sing to our God for he is loving:
to him our praise is due. ***(R)***

2. The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken - hearted,
he binds up all their wounds.
He fixes the number of the stars;
he calls each one by its name. ***(R)***

3. Our Lord is great and almighty;
his wisdom can never be measured.
The Lord raises the lowly;
he humbles the wicked to the dust. ***(R)***

SECOND READING *I Corinthians 9:16-19.22-23.*

A reading from the first letter of St Paul to the Corinthians.

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessing.

The word of the Lord. ***Thanks be to God.***

GOSPEL ACCLAMATION

Alleluia, alleluia! He took our sicknesses away, and carried our diseases for us. Alleluia!

GOSPEL *Mark 1:29-39*

A reading from the holy Gospel according to Mark

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

The Gospel of the Lord. ***Praise to you Lord Jesus Christ.***

APOSTLES' CREED

**I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ,
his only Son, our Lord,**
All bow for following two lines:
**who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead; he ascended into heaven,
and is seated at the right hand of God,
the Father almighty;
from there he will come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

LITURGY OF THE EUCHARIST

PRAYER OVER THE OFFERINGS

O Lord, our God,who once established these created things to sustain us in our frailty, grant, we pray, that they may become for us now the Sacrament of eternal life.
Through Christ our Lord.

AFTER THE CONSECRATION

The mystery of faith.
When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again..

COMMUNION ANTIPHON

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

PRAYER AFTER COMMUNION

O God, who have willed that we be partakers in the one Bread and the one Chalice, grant us, we pray, so to live that, made one in Christ, we may joyfully bear fruit for the salvation of the world.
Through Christ our Lord.

Prayer and Care.

Focus

Today's gospel captures two important facets of Jesus – as Son of God and, as a man living in the world. As son of God, he continues his mission: preaching, healing, casting out demons - a way of being which we cannot hope to comprehend. In other ways this day in his life is very relatable. He is busy, the day is hectic with constant demands upon his time. We can all relate to that. Even in the cool of the evening after his supper he is still preaching and healing and then to bed. A day lived in the service of others. A day that might feel familiar to any parent of young children or anyone caring for a relative or simply busy at work. An early start the next morning for prayer and even his prayer was interrupted as they were all looking for him.

Two big parts of Jesus' life --- care for those in need, and prayer. We find him at prayer at all the important events of his life - before choosing his apostles, his agony in the garden, his teachings on prayer. It was the centre and motivation of his life, keeping him in daily love with God his Father.

This motivation extended into his care for the sick, a constant in the gospels.

These are two constants in the community of the Church – a community who pray both personally and together; and who care in family, parish, and the world for all who are sick and in need.

Donal Neary SJ, Editor Sacred Heart Messenger

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