

# 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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4 TH SUNDAY IN ORDINARY TIME

Year B

## Sunday Mass Readings

### First Reading:

Deuteronomy 18:15-20

### Responsorial Psalm:

Psalm 94(95):1-2, 6-9

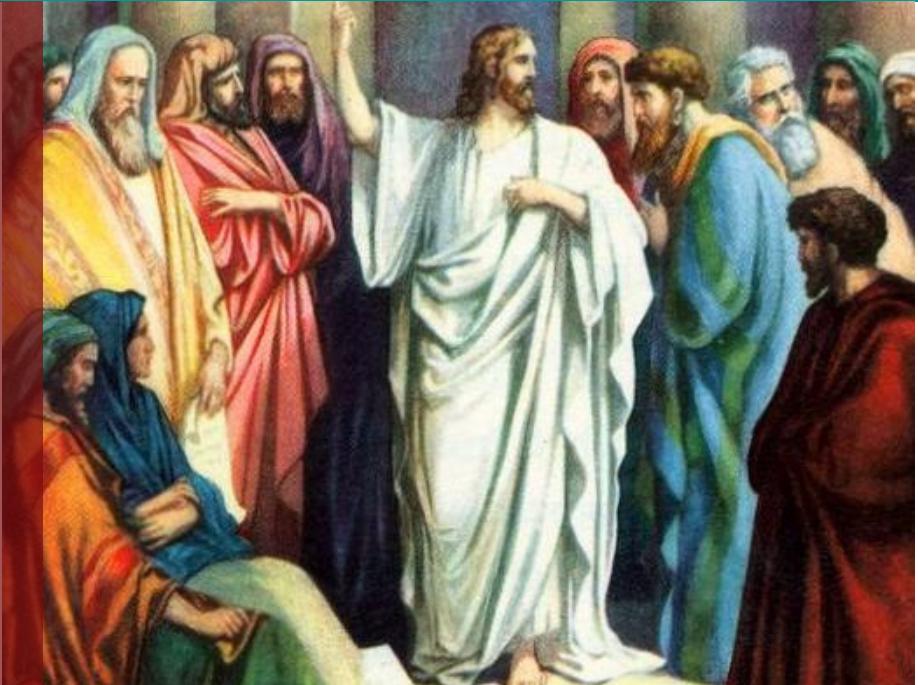
### Second Reading:

1 Corinthians 7:32-35

### Gospel:

Mark 1:21-28

"He taught them  
with authority"



O. A. Stemler and Bess Bruce Cleaveland, 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 [here](#).

Watch [this short video](#) which illustrates the story of this week's Gospel.

## Pray

We hear in the Gospel that Jesus heals the man with an unclean spirit. The truth is we are all in need of healing. Think of things in your life that make you worry or feel afraid. Remember that Jesus is always with you and he will never leave you.

Ask Jesus to come and remove the worry and fear out of your life. Name the worry and fear to Him and remember his power to heal you and set you free.

## Talk

The a piece of paper and write "Jesus" at the centre. Around his name, write down ways or times where he has healed you in moments of fear. Share with each other what comes to mind. Assign each person a different colour.

sadness

heart

Family

anxiety

friends

insecurity

hurt

**Jesus**  
heals my...

suffering

fear

anger

anger

## Family Challenge!

Take some time this week to pray this [Litany for Healing](#) as a family.

# Kids' Corner

MISSION! Can you think of some good reasons why we should listen to Jesus? What kind of things does Jesus ask us to do? Make a special effort this week to really listen to and follow Jesus' words!

Check out page 3 for a picture from today's Gospel to print and colour!

LEARN THE  
"YOU ARE MY GOD"  
SONG!



Please email us at [faithathome@waterfordlismore.ie](mailto:faithathome@waterfordlismore.ie) if you would like to receive Faith@Home direct to your inbox each week!

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## PROPHETS OF OUR OWN TIME

A prophet is someone who speaks on behalf of God. Many of the great prophets accepted their role with great reluctance because it often meant adopting an unpopular stance. They did so because they had encountered God and their encounter with him was not something they could ignore or forget.

Moses could tell us a bit about what this is like. God intervened in his life in the form of a burning bush. Moses was not perfect. He got hot-headed and lost his temper and God still chose him to lead the people of Israel from slavery in Egypt to freedom in the Promised Land. Moses had an important part to play in God's plan of salvation which would be fully revealed hundreds of years later with the coming of Jesus. Jesus is the fulfilment of all the Old Testament prophesies and expectations.

When Jesus came there was something different about him. Unlike all the Old Testament prophets who spoke on behalf of God, Jesus *IS* God (even the unclean spirit in today's Gospel recognises this and confesses Jesus is the "Holy One of God"). Back in the day, it would have taken very lengthy prayers to expel demons. Yet, Jesus simply commands the unclean spirit to leave and it instantly obeys him. His power and authority come from being one with the Father.

Each one of us is called by God to be a prophet. God reveals himself to us and speaks to us, not on the top of a mountain as he did with Moses, but in our ordinary everyday lives. We encounter God in the people we meet in our day-to-day work and routines. We enter into God's presence in a special way at Mass, when we visit our local Church and when we say our prayers. Our God is not a distant God. He wants us to know and love him and for us to make Him known and loved by others. He is always trying to communicate with us – and he never gives up on us!

## EVENTS

Watch this short Alpha promo!

Alpha

Alpha



The Diocese of Waterford & Lismore invites people to participate in an online Alpha series beginning on February 10th 2021 for 11 weeks. Email [events@waterfordlismore.ie](mailto:events@waterfordlismore.ie) or call 085 8623705 for more information.

## Family Prayer

Lord Jesus, may we always be open to hearing Your voice speak with authority in our lives and in our home. Speak Your peace into our worries. Speak Your truth into our fears. Speak Your wisdom into our decisions. Speak Your love into our doubts. Speak Your forgiveness into our hurts. Amen.

## Carlo's Corner



Blessed Carlo Acutis  
- Pray for us!



### WHO YOU SAY I AM

"If Jesus is who He says He is, then you are who He says you are."

Fr Mike Schmitz

In today's Gospel, Jesus deeply impresses those around Him, not just by his miraculous actions, but by the authority with which he spoke. If Jesus speaks with authority, that means what He says about **you** is worth listening to, and worth believing in, much more so than what others think about you. Take one of these statements, write it out and pin it somewhere you'll see it everyday, like your bedroom mirror and ask the Lord to help you believe it on His authority, not yours!

"I am a Child of God." "I am precious in His eyes." "Nothing can separate me from the love of God in Christ Jesus." "I am God's treasured possession." "I am created in God's own image." "I can do all things through Christ who strengthens me."

Listen to "Who You Say I Am"  
- Hillsong Worship



## CHECK IT OUT: TWEETING WITH GOD



Do you have questions about faith? Fortunately there are answers to be found! Check out the #TwGOD book, app, website and social media. Tweeting with GOD aims to help you see how everything is connected to God's love for every human being, and to see the logic of the faith. It offers you answers, inspiration, encouragement and prayers.



"Be quiet!  
Come out of him!"

Here is a teaching  
that is new

And with an  
authority  
behind it!