

**Sunday, January 21, 2024**  
**Third Sunday in Ordinary Time**

**Prayer for the Morning**

*Christ is our life: let us give thanks and praise!*

**Glory to the Father...Amen. Alleluia**

**Hymn**

**Meter: LM**

Sweet is the work, my God, my King,  
To praise your name, give thanks, and sing,  
To show your love by morning light  
And talk of all your truth at night.  
Sweet is the day of sacred rest,  
No mortal cares shall seize my breast.  
O may my heart in tune be found,  
Like David's harp of solemn sound!  
My heart shall triumph in my Lord  
And bless his works and bless his Word.  
Your works of grace, how bright they shine!  
How deep your counsels, how divine!  
And I shall share a glorious part,  
When grace has well refined my heart;  
And fresh supplies of joy are shed,  
Like holy oil, to cheer my head.

**Psalm**

**33:8-15**

*This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel. (Mk 1:15)*  
*The disciples are called to live with Jesus and learn his heart as well as his message, that they may devote their lives as well as their words to the proclamation of the Gospel. Without constant prayer and conversion to the ways of God's Kingdom, we will be poor servants of the Good News.*

Let all the earth fear the Lord,  
all who live in the world revere him.  
He spoke; and it came to be.  
He commanded; it sprang into being.  
He frustrates the designs of the nations,  
he defeats the plans of the peoples.  
His own designs shall stand for ever,  
the plans of his heart from age to age.  
They are happy, whose God is the Lord,  
the people he has chosen as his own.  
From the heavens the Lord looks forth,  
he sees all the children of men.  
From the place where he dwells he gazes  
on all the dwellers on the earth,  
he who shapes the hearts of them all  
and considers all their deeds.!

Glory to the Father

**Word of God**

**1 Peter 3:13-16**

Now who is going to harm you if you are enthusiastic for what is good? But even if you should suffer because of righteousness, blessed are you. Do not be afraid or terrified with fear of them, but sanctify Christ as Lord in your hearts. Always be ready to give an explanation to anyone who asks you for a reason for your hope, but do it with gentleness and reverence, keeping your conscience clear, so that, when you are maligned, those who defame your good conduct in Christ may themselves be put to shame.

Go and proclaim the kingdom of God! (Lk 9:60)

**Canticle of Zechariah**

*Do you not know that the unjust will not inherit the kingdom of God?* (1 Cor 6:9)

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

**Intercessions**

Let us pray that we may live the life of the Kingdom we proclaim in Christ:

**R/**Shape our hearts and our deeds, O Lord!

May we live in prayer and good works today: **R/**

May we live in love and compassion today: **R/**

May we live in truth, justice, and peace today: **R/**

**Personal intentions**

Our Father....

*O God, you reign in love and light in that future into which you have called us in Jesus Christ. May we whom you have named your own serve you in love and light during our days on earth, that we may rejoice with you through all eternity, through the same Christ our Lord. Amen*

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**Reading 1** **Jonah 3:1-5, 10**

The word of the Lord came to Jonah, saying: "Set out for the great city of Nineveh, and announce to it the message that I will tell you." So Jonah made ready and went to Nineveh, according to the Lord's bidding. Now Nineveh was an enormously large city; it took three days to go through it. Jonah began his journey through the city, and had gone but a single day's walk announcing, "Forty days more and Nineveh shall be destroyed," when the people of Nineveh believed God; they proclaimed a fast and all of them, great and small, put on sackcloth.

When God saw by their actions how they turned from their evil way, he repented of the evil that he had threatened to do to them; he did not carry it out.

**Reading 2** **1Corinthians 7:29-31**

I tell you, brothers and sisters, the time is running out. From now on, let those having wives act as not having them, those weeping as not weeping, those rejoicing as not rejoicing, those buying as not owning, those using the world as not using it fully. For the world in its present form is passing away.

**Gospel** **Mark 1:14-20**

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

As he passed by the Sea of Galilee, he saw Simon and his brother Andrew casting their nets into the sea; they were fishermen. Jesus said to them, "Come after me, and I will make you fishers of men." Then they abandoned their nets and followed him. He walked along a little farther and saw James, the son of Zebedee, and his brother John. They too were in a boat mending their nets. Then he called them. So they left their father Zebedee in the boat along with the hired men and followed him.

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**Men of St. Joseph Prayer**

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

*Prayer for the Morning text used with permission  
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