

Sunday, January 28, 2024
Fourth Sunday in Ordinary Time

Prayer for the Morning

Christ speaks with authority: let us listen and rejoice!

Glory to the Father...Amen. Alleluia

Hymn **Meter: 87 87 D**

Jesus, thou divine Companion,
By thy lowly human birth
Thou hast come to join the workers,
Burden-bearers of the earth.
Thou, the carpenter of Nazareth,
Toiling for thy daily food,
By thy patience and thy courage
Thou hast taught us toil is good.
They who tread the path of labor
Follow where thy feet have trod;
They who work without complaining
Do the holy will of God.
Thou, the peace that passeth knowledge,
Dwelling in the daily strife;
Thou, the Bread of heav'n, art broken
In the sacrament of life.
Every task, however simple,
Sets the soul that does it free;
Every deed of human kindness
Done to man is done to thee.
Jesus, thou divine Companion,
Help us all to work our best;
Bless us in our daily labor,
Lead us to our Sabbath rest.

Psalm **81:6b-15**

A prophet like me will the Lord, your God, raise up for you from among your own kinsmen; to him you shall listen. (Dt 18:15)

Homegrown prophets are sometimes hard to hear because we know them too well. Even in the case of those who have grown up with the Gospel, Christ must sometimes shake us out of a lazy sense of familiarity to make us aware of the real authority with which he is speaking to us this very day..

**A voice I did not know said to me:
"I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you.
I answered, concealed in the storm cloud,
at the waters of Meribah I tested you.
Listen, my people, to my warning,**

**O Israel, if only you would heed!
Let there be no foreign god among you,
no worship of an alien god.
I am the Lord your God,
who brought you from the land of Egypt.
Open wide your mouth and I will fill it.
But my people did not heed my voice
and Israel would not obey,
so I left them in their stubbornness of heart
to follow their own designs.
O that my people would heed me,
that Israel would walk in my ways!
At once I would subdue their foes,
turn my hand against their enemies."!**

Glory to the Father

Word of God **John 1:10-12**

He was in the world,/ and the world came to be through him,/ but the world did not know him./ He came to what was his own,/ but his own people did not accept him. But to those who did accept him he gave power to become children of God, to those who believe in his name.

If any man will not listen to my words which he speaks in my name, I myself will make him answer for it. (Dt 18:19)

Canticle of Zechariah

Master, to whom shall we go? You have the words of eternal life. (Jn 6:68)

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

Christ is the power of God and the wisdom of God.
To him we pray:

R/Let us heed you, O Lord.

You cast out demons by the power of your word:
cast out of our hearts all damaging thoughts and
replace them with your word. **R/**

You amazed your hearers with the power of your
word: awaken us to wonder at what you teach us
through your word. **R/**

You spoke with the creative authority of God: grant
us obedience to the transforming power of your
word. **R/**

Personal intentions

Our Father....

*Lord Jesus Christ, you make us a new creation by the
power of your Word of salvation. Make us eager and
attentive listeners. Who live and reign with the
Father in the unity of the Holy Spirit, God, for ever
and ever. Amen*

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Reading 1 Deuteronomy 18:15-20

Moses spoke to all the people, saying: "A prophet
like me will the Lord, your God, raise up for you
from among your own kin; to him you shall listen.
This is exactly what you requested of the Lord,
your God, at Horeb on the day of the assembly,
when you said, 'Let us not again hear the voice of
the Lord, our God, nor see this great fire any more,
lest we die.' And the Lord said to me, 'This was
well said. I will raise up for them a prophet like you
from among their kin, and will put my words into
his mouth; he shall tell them all that I command
him. Whoever will not listen to my words which he
speaks in my name, I myself will make him
answer for it. But if a prophet presumes to speak
in my name an oracle that I have not commanded
him to speak, or speaks in the name of other
gods, he shall die.'"

Reading 2

1Corinthians 7:32-35

Brothers and sisters: I should like you to be free of
anxieties. An unmarried man is anxious about the
things of the Lord, how he may please the Lord.
But a married man is anxious about the things of
the world, how he may please his wife, and he is
divided. An unmarried woman or a virgin is
anxious about the things of the Lord, so that she
may be holy in both body and spirit. A married
woman, on the other hand, is anxious about the
things of the world, how she may please her
husband. I am telling you this for your own benefit,
not to impose a restraint upon you, but for the
sake of propriety and adherence to the Lord
without distraction.

Gospel

Mark 1: 21-28

Then they came to Capernaum, and on the
sabbath Jesus entered the synagogue and taught.
The people were astonished at his teaching, for he
taught them as one having authority and not as
the scribes. In their synagogue was a man with an
unclean spirit; 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!" Jesus rebuked him and said, "Quiet! Come
out of him!" The unclean spirit convulsed him and
with a loud cry came out of him. All were amazed
and asked one another, "What is this? A new
teaching with authority. He commands even the
unclean spirits and they obey him." His fame
spread everywhere throughout the whole region of
Galilee.

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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