

Lectio Divina

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

January 29th 2012 4th Sunday Ordinary Time – Year B – Mark 1:21-28

Today we read about Jesus in Galilee where he starts his ministry. His teaching made a great impression on the people because he taught them with authority. We see an example of his ministry where he drove out unclean spirits. As a result of this witness his fame began to spread throughout Galilee.

How do we go about our ministry? Are people encouraged by our words and actions to follow Jesus? Are we afraid of failure or judgement if we commit ourselves to the truth thus leaving people in bondage unable to live in freedom and love which only the truth of the ministry of Jesus can bring.

Prayer:

Lord we thank you for the people who speak from their own experience and share honestly their feelings and truth and making a deep impression on us because they spoke like Jesus with authority and truth.

Forgive us for the times we were too afraid to speak out for people who are disadvantaged in our community and often feel alienated in some way.

Help us to be there for each other with an open non judgemental heart enabling them to share deeply and unburden their lives which will allow for spiritual and mental growth and maybe new hope in their lives.