



# THE LORD'S DAY AT HOME

## THE FIFTH SUNDAY IN ORDINARY TIME (B)

Sunday 7<sup>th</sup> February 2021

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish this Sunday. If alone, read or say these prayers quietly to yourself. If with another, or in a family, someone should read the "leader" parts, and others respond. It might be suitable to find a special, quiet place at home for your Sunday prayers.

### THE INTRODUCTORY RITES

#### Entrance Antiphon

**A: Save us, O Lord our God! And gather us from the nations, to give thanks to your holy name, and make it our glory to praise you.**

#### Sign of the Cross

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

**A: Amen.**

#### Introduction

L: Jesus is still in Capernaum, where we saw the dramatic events in the Gospel last week, and his popularity is booming! Nevertheless, he is faithful to his mission, to preach in as many places as he can. We give thanks for his faithfulness, and pray today that we too may be faithful, never distracted by worldly concerns. We begin by praising God's glory, revealed in Jesus our Lord:

#### Gloria

**A: 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

L: Let us pray.

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, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**A: Amen.**

### THE LITURGY OF THE WORD

#### Gospel Reading *Mark 1:29-39*

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.

**A: Praise to you, Lord Jesus Christ!**

#### Reflection

From the initial amazement of the people of Capernaum last week, we see Jesus becoming quite a "hit"! The crowds gathered round his

door testify to that. Jesus generously gives himself to those crowds, healing and helping. But this is not "why he came." There is a temptation in this – the temptation to give in to worldly fame and fortune, to exploit being a celebrity, and simply enjoy the attention of the crowds. Jesus simply will not do this – it is not "why he came." You can imagine the excitement of his disciples – "Things are going great, look at the crowds!" And similarly, you can imagine their puzzlement when Jesus says he is going to leave the town to visit other places: "Why leave – it's going so well here!" But Jesus returns to that little phrase "that is why I came." Those words describe his commitment to his mission. Why are we here? What is our mission in this world? Let us pray today that we may have a vivid and driving sense of our mission and purpose, and keep to it despite the distractions and temptations of the world.

#### For our Younger Friends

Have you ever met a celebrity? Or perhaps you've been in a queue or a crowd waiting to meet someone famous! This is what is happening to Jesus in our Gospel story today. I imagine his friends were very happy with this – they could share in his celebrity a bit! But did you see what happens at the end of the story? Jesus doesn't stay in that town – where he is famous and the crowds adore him. He wants to move on, and go to other places. His friends must have wondered what he was thinking! But Jesus did not come to be famous: he came

to help people, to tell them about God his Father, and to show them how to be good. This was more important than being famous! As we grow up, we have to learn what is really important in our lives – have a think today about what is important to you. Oh, and remember, Jesus is not like a celebrity – you don't have to queue up to meet him! Just talk to him in your heart.

*If gathering as a family, perhaps now continue to discuss what this Gospel passage means to you. If alone, think about what key message you take from the Scriptures today.*

### **Profession of Faith**

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, 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.**

### **Intercessions**

L: We see how Jesus cares for people in need; we can be confident that he will hear our prayers for the Church and the world.

We pray for the gift of peace in our world. Lord, in your mercy.

**A: Hear our prayer.**

We pray that everyone may have access to employment and a fair wage. Lord, in your mercy:

**A: Hear our prayer.**

We ask for healing for the sick, especially those known to us. Lord, in your mercy:

### **A: Hear our prayer.**

We pray for the gift of new and eternal life for all who have died, especially our relatives, friends and fellow parishioners. Lord, in your mercy:

**A: Hear our prayer.**

*Please add your own prayers for the needs of the Church, the world and your local community. You may wish to add particular prayers for family members, friends or neighbours in need at this time.*

## **THE COMMUNION RITE**

### **The Lord's Prayer**

L: At the Saviour's command and formed by divine teaching, we dare to say:

**A: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.**

L: O Lord, our God, who established bread and wine to sustain us in our frailty, grant, we pray, that they may become for us the Sacrament of eternal life. Through Christ our Lord.

**A: Amen.**

### **Before Spiritual Communion**

L: Loving Father, by his birth Jesus your Son brought renewal to humanity's fallen state, and by his suffering, cancelled out our sins; by his rising from the dead he has opened the way to eternal life, and by ascending to you, O Father, he has unlocked the gates of heaven.

At the Last Supper he showed the fullness of your love, as he gave his Body and Blood for his people.

Even though we are not in Church, and not able to receive communion today, we open our minds and hearts now to your generous love and the gift of Jesus your Son, welcoming him spiritually into our lives.

### **Spiritual Communion**

**A: My Jesus, I believe that you are present in the Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.**

*Pause for a moment of silent prayer and reflection.*

### **Thanksgiving Psalm**

L: Praise the Lord who heals the broken-hearted.

**A: Praise the Lord who heals the broken-hearted.**

L: Praise the Lord for he is good; sing to our God for he is loving; to him our praise is due.

**A: Praise the Lord who heals the broken-hearted.**

L: 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.

**A: Praise the Lord who heals the broken-hearted.**

L: Our Lord is great and almighty; his wisdom can never be measured. The Lord raises the lowly; he humbles the wicked to the dust.

**A: Praise the Lord who heals the broken-hearted.**

## **THE CONCLUDING RITES**

### **Final Prayer and Blessing**

L: Let us pray.

O God, who have willed that we be spiritual 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.

**A: Amen.**

L: May the Lord ✠ bless us, protect us from all evil, and bring us to everlasting life.

**A: Amen.**

L: Let us bless the Lord!

**A: Thanks be to God!**