

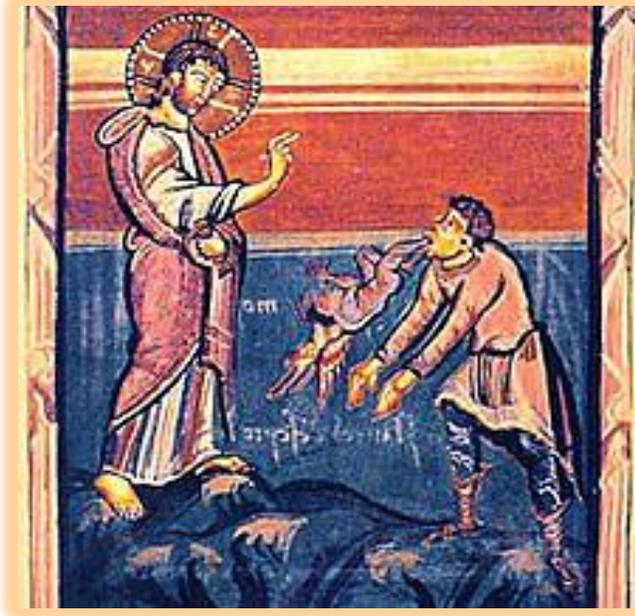
Sunday Gospel Reflection:

4th Sunday in Ordinary Time

1. Sign of the Cross

2. Gospel: Mark 1: 21-28

“He commands even the unclean spirits, and they obey Him.”



The Man with an Unclean Spirit

²¹They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²²They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³Just then there was in their synagogue a man with an unclean spirit, ²⁴and 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.” ²⁵But Jesus rebuked him, saying, “Be silent, and come out of him!” ²⁶And the unclean spirit, convulsing him and crying with a loud voice, came out of him. ²⁷They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” ²⁸At once his fame began to spread throughout the surrounding region of Galilee.

3. Reflection: (reflect on your own or share together if with others)

1. Many of us have areas of our lives, things we do, ways we think or some attachments that are not holy or virtuous. We can call these the “unclean spirits” of our lives. What are they for you?
2. A way to identify what is from God and what is not from God is by looking at what brings us peace, joy and lifts up our souls. These feelings, also called consolations are from God. Lack of peace, anger and turmoil of soul could be indications of where we need some healing.
3. Jesus tells the unclean spirit to “be silent and come out of him.” Jesus has power over these unclean spirits, but we have to spend time listening to him in prayer, identifying where we need healing and then surrendering those areas to Him asking him to heal our brokenness.

4. Share petitions that you would like to pray for: Finish with the Special Petition.

Special Petition: Let us pray for that for the grace to know our weaknesses and surrender them to Jesus

5. Lord's Prayer

6. Sign of the Cross.