

ICHTHUS

SUNDAY 7 FEBRUARY 2021

5TH SUNDAY IN
ORDINARY TIME

Year B



Have a chat to God about whatever is on your mind at the moment.



ENTRANCE ANTIPHON

O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.

We say these words
or sing a hymn as the
priest approaches
the altar.

COLLECT

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...

We ask for God's help.
Listen now to the
priest as he offers
this prayer.



FIRST READING JOB 7:1-4. 6-7

Job is a good man who
tries to live as God asks.
Having faith doesn't
mean everything is easy,
however. Here Job is
talking about how hard
life is. Even though he has
done nothing wrong, Job
suffers terribly. Nothing

is right and life itself is a
burden. Nights are too
long as he lies alone in
his grief. Job's story helps
us to understand that
knowing that God is with
us doesn't stop us feeling
that life is a struggle
sometimes.

LOOK at the reader
and LISTEN.

Life can be hard work
sometimes, as Job
knows only too well.

RESPONSORIAL PSALM PSALM 146

Praise the Lord who heals the broken-hearted.

The cantor or psalmist
sings or says the psalm.
Listen to the verses,
and then respond by
using these words.



SECOND READING 1 CORINTHIANS 9:16-19. 22-23

Paul is not going on long
missionary journeys
and suffering all kinds
of hardship, including
torture and jail, because
it seems like a good
idea. Paul is spreading
the good news of God's
love because he has

no choice. He has met
God and knows how
wonderful God is. Paul
has no option now but
to act on what he knows
is the truth and will do
whatever it takes to share
God's love with as many
people as possible.

LOOK at the reader
and LISTEN.

Paul will do
whatever it takes
to spread the good
news about God's
love.

GOSPEL ACCLAMATION

Alleluia, alleluia!
I am the light of the world, says the Lord,
anyone who follows me
will have the light of life.
Alleluia!

We give a shout of
praise to God, using
these words taken
from the Bible.



DO YOU KNOW?

Monday 8 February
is the **Day for Victims
of Trafficking**. On **St
Josephine Bakhita's** feast
day we pray for, and try
to do something practical
to help, **people who are
slaves**. St Josephine was
taken from her home in
Sudan in 1877 and sold
as a slave. Unbelievably,
there are people today
who are suffering in the
same way.



THINK

In the Gospel we see
how **Jesus responds to
everyone's requests for
help**. Rather than resting,
the first thing he does after
being in the synagogue
is to **heal Simon Peter's
mother-in-law**. Other
people come for healing
and eventually it is all too
much, even for Jesus. He
chooses to **get up very
early and pray** in a **lonely
place**. **Prayer is necessary if
we're going to help anyone**.



GOSPEL MARK 1:29-39

The Good News about Jesus is told to us by St Mark.

Having impressed everyone in the synagogue, Jesus goes to his friend Simon Peter's house. Simon's mother-in-law has gone to bed feeling ill. Jesus immediately goes to her, takes her hand and helps her up. The fever leaves Simon's mother-in-law, and straightaway she starts to look after Jesus and his friends. News about Jesus has spread quickly, and people from the countryside around all crowd around the house, bringing their family and friends to be healed by Jesus. Very early the next morning, long before dawn, Jesus goes off to a lonely place to pray before continuing his preaching and healing.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel. What does the priest or deacon do to the book when he has finished reading the Gospel?



PRAY

"Praise the Lord who heals the broken-hearted".

Pray using this phrase from today's psalm. Tell God about any sadness you feel. Tell God about any of your family or friends who are sad. Trust God to be there, bringing comfort and healing.



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray especially for anyone who is finding life a struggle at the moment. Help them to feel hope and to know that you are with them. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think of a time when you felt really fed up this week and then think of a time when you were full of joy and happiness.

Say a little prayer offering these thoughts up to God.

Watch as the gifts are made ready and the priest washes his hands and prepares for the Eucharistic Prayer.



THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?

We listen to the prayer of praise and thanks to God.



THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

Blessed are those who mourn, for they shall be consoled. Blessed are those who hunger and thirst for righteousness, for they shall have their fill.

You are invited to sing a Communion song or say this verse, which has been especially chosen for today's celebration.



MY PRAYER AFTER COMMUNION

Thank you, Jesus, for always listening to us and being there to help whenever we need you. Thank you for knowing what we need. Amen.



ΙΧΘΥΣ

is the Greek word for "fish" and was used in the catacombs as a sign for early Christians. It is made up from the first letter of five Greek titles for the Lord:

- I (Jesus)
- X (Christos)
- Θ (Theou/God's)
- Υ (Uios/Son)
- Σ (Soter/Saviour)

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FSC logo



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.

