

ICHTHUS

SUNDAY 31 JANUARY 2021

4TH SUNDAY IN ORDINARY TIME

Year B



Talk to Jesus, giving him anything that is worrying you.



ENTRANCE ANTIPHON

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.

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

COLLECT

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart...

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



FIRST READING DEUTERONOMY 18:15-20

Prophets receive their mission from God. Prophets are ordinary people who are called by God. They are not part of the accepted leadership, but they have a vital role; to speak on behalf of God and challenge those

in authority. A prophet's message may not be comfortable to hear, but they have a duty to speak it out boldly. The people have a duty to listen to God's message and then to act on the words of the prophet.

LOOK at the reader and LISTEN. Moses explains the role of a prophet to the people

RESPONSORIAL PSALM PSALM 94

O that today you would listen to his voice!
Harden not your hearts.

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



SECOND READING 1 CORINTHIANS 7:32-35

It is hard to give proper time and attention to too many things and Paul wants the people of Corinth to remember to put God first in their lives. Paul is expecting the end of the world very soon, and he doesn't want

people to make life hard for themselves. These first Christians will soon understand that it will be a long time before anyone needs to worry about the end of the world, but putting God first is always good advice.

LOOK at the reader and LISTEN. Make sure God is always your first priority.

GOSPEL ACCLAMATION

Alleluia, alleluia!
Blessed are you, Father,
Lord of heaven and earth,
for revealing the mysteries of the kingdom
to mere children.
Alleluia!

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



DO YOU KNOW?

On Tuesday 2 February we celebrate the feast of the **The Presentation of the Lord**. We remember how Simeon and Anna recognised Jesus as the **Messiah** and **light of the world** when Mary and Joseph took him as a new baby to the Temple. **How will we shine with Jesus' light this week?**



THINK

Today is **Racial Justice Day**. Jesus treated everyone with love and respect, no matter who they were or where they were from, and so must we. This means we must **stop any mistreatment** of anyone because of their **race or nationality**. Everyone is equal in God's eyes.



GOSPEL MARK 1:21-28

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

All the people in the synagogue are really impressed with Jesus, because he clearly knows what he is talking about. Jesus teaches with authority. While Jesus is teaching, a sick man comes into the synagogue and challenges Jesus. Mark explains this man's illness, in the language of the time,

as evil spirits. Although we may understand his illness differently now, the message is the same: Jesus is able to heal sickness and brings peace to this troubled man. The congregation are astonished and even more impressed by Jesus. Soon, everyone in the surrounding areas has heard about Jesus of Nazareth.

STAND to LISTEN

to the priest or deacon as he prepares to read the Gospel. Before he reads the Gospel, what does the priest do to his forehead, his lips and his heart?

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

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

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

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



PRAYER OF THE FAITHFUL

Dear Lord, I would like to pray for anyone who is suffering illness of any kind, especially if it is proving difficult to diagnose. Let them know healing and God's peace. Lord, hear my prayer.



OFFERTORY PROCESSION

As we take our gifts of bread, wine and money to the altar, think of a time this week when you didn't feel well and then think of a time this week when you were full of beans. Say a little prayer offering these thoughts up to God.



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?



THE LORD'S PRAYER

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

COMMUNION ANTIPHON

Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I call on you.



MY PRAYER AFTER COMMUNION

Loving Lord, you speak with authority. Thank you for your healing word. Help me to share your peace this week. Amen.



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

Go in peace.



PRAY

Paul says, "I would like to see you free from all worry". Get help from a grown up if you have any worries. Then use your imagination in prayer and hand over your worries to God. Have a chat with Jesus, and know his peace.



DO

Be a prophet this week: speak up if you see anyone being treated unfairly or hear anyone being teased because they are different.



IXΘΥΣ

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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