

4th Sunday in Ordinary Time
January 31, 2021

FAITH @ HOME

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First Reading: Deuteronomy 18:15-20
Responsorial Psalm: Psalm 95
Second Reading: 1 Corinthians 7:32-35
Gospel: Mark 1:21-28

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the reading. Don't have one? No worries [you can find the reading here.](#)

Families with children: [Proclamation of Gospel Videos for children \(4th Sunday in Ordinary Time Cycle B\).](#)

For Adults: [\[4th Sunday in Ordinary Time, Cycle B\]](#)

2. PRAY

We hear from the Gospel that Jesus heals the person with an unclean spirit.

Think of things in your life that make you worry or feel afraid.

Ask Jesus to enter into your heart and remove the worry and fear out of your life. Name the worry and fear to Him and remember Jesus' power to heal and set us free.

Pray with your family or friend the Litany for Healing.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

A Litany for Healing (longer version [here](#))

Lord, have mercy	Lord, have mercy
Christ, have mercy	Christ, have mercy
Protect all children, Lord	With your enduring love
For all ministers of the Church, called to live the Gospel	Grant them a love of Christian virtues, O Lord!
To doctors and therapists, Lord	Grant compassion and skill
To houses of healing and renewal, Lord	Grant wisdom and dedication
Holy Mary, Mother of God	Pray for us!
Christ, have mercy	Christ, have mercy
Lord, have mercy	Lord, have mercy

3. TALK

In your household or with friends:

In a piece of paper write at the center "Jesus." Around his name, write down ways or times where he has healed you in moments of fear. Share with each other.

