

4th Sunday in Ordinary Time  
January 28th, 2024

# Faith @ Home

## 4th Sunday in Ordinary Time

**First Reading:** Deuteronomy 18: 15-20  
**Responsorial Psalm:** Psalm: 95: 1-2,6-7,7-9  
**Second Reading:** 1Corinthians 7: 32-35  
**Gospel:** Mark 1: 21-28

[Find all readings here!](#)

### 1. HEAR

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

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, WOG, 1:10 min)

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, CartoonBible, 0:52 min)

### 2. PRAY

Gather with your family to spend some time in prayer with Jesus. In today's Gospel we hear about Jesus' teaching and His authority in casting out demons. Begin to pray and:

- Ask Jesus to help liberate us from the things that bind your heart and block you from being who God calls you to be.
- Ask Jesus to heal us with his Divine authority to cast away all that blocks us from living a Christ-centered life.

As you pray with Jesus, feel His healing power wash over all of you, bringing freedom from those obstacles that stand between you and doing what Jesus calls all of us to do. Ask Jesus for help to be a person of love, mercy, and forgiveness.

Close this prayer time by reciting the antiphon from today's Psalm: "If today, you hear His voice, harden not your hearts!" As an option, click [HERE](#) to listen to a song about today's Responsorial Psalm.

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

### 3. TALK

Invite your family, or with a friend, to reflect on the following question: What are some challenges you have in your life that prevent you from being all that God calls you to be? Consider three areas of your life, for example:



- Emotionally: do you have a hard time getting along with others, sharing what you have with others, avoiding actions that separate you from others, etc.
- Physically: do you have a hard time fitting exercise into your routine, eating healthy, showing affection to your loved ones, etc.
- Spiritually: do you have a hard time practicing daily prayer, sharing with others your life with Jesus, attending mass with my family, helping those in need, etc.

Allow everyone to share their answers to the questions.

Next, take a blank piece of paper and ask someone to draw a large heart on the paper. Pass the heart around to other members of the family and ask them to write the names of people you need to be reconciled with.

Take another blank piece of paper and have another person draw a large heart on it. Pass the heart around to other members of the family and have them write within the heart action items that will help each person be a better missionary disciple of Jesus. For example, be more patient, more compassionate, a better listener, etc.

After writing everything on your paper hearts, place it at your prayer place at your home or in a prominent place that will remind you to daily pray for the strength and grace to be a loving disciple of Christ.