

4th Sunday in Ordinary Time  
February 01, 2026

# FATH @ HOME

## 4th Sunday in Ordinary Time

**First Reading:** Zephaniah 2:3; 3:12-1  
**Resp. Psalm:** Psalm 146:6-7, 8-9, 9-10  
**Second Reading:** 1 Corinthians 1:26-3  
**Gospel:** Matthew 5:1-12a

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

Once all the slips are collected, place them in the prayer space and ask God to guide everyone in seeking to act with humility of heart and mind.

Conclude with a prayer of thanksgiving for the mercy God demonstrates in the Beatitudes.

## 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](#).

(Bishop O'Connell's Gospel Reflection page.)

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

(YouTube, Jesus Gives the Beatitudes, 3:45min.)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#).

(YouTube, Crossroads Kids' Club, 4:02 min.)

## 2. PRAY

Gather the family around a prayer space. Provide each family member with a slip of paper and ask each person to write a weakness they experience.

For one, it may be a desire to win at every game. For another, it may be a desire to receive affirmation whenever they do something good for another. What are the human tendencies that take us away from acting with love?

## 3. TALK

In today's Gospel, Jesus presents us with a roadmap in how to live in happiness and holiness. Reflect as a family on each Beatitude and share about someone whose action and/or life demonstrate the principles of the Beatitudes.

How does the person exhibit their inner happiness in living God's way? What can we learn from these holy people who understand that only through God are we chosen for mission and made whole.

