



PRAYER FOR LIVING

DAILY REFLECTIONS FOR LITURGICAL
YEAR B - JANUARY

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VERBUM DEI MISSIONARIES



verbum dei

Friday, 1st January, Solemnity of Mary, The Mother of God.

Numbers 6:22-27; Galatians 4:4-7, Luke 2:16-21

A heart that sees God in everything

As we start this new day of the New Year, we are invited to discover once again that we do not enter into 2021 alone, because we have a God who is with us. In the gospel, we are told that Mary treasured and pondered all these things in her heart. What were all these things that Mary remembered, pondered and treasured? She remembered all the happy and difficult moments in her life, and she perceived the presence of God in them. She saw with her heart of faith that God was with her- guiding her, strengthening her, comforting her. Knowing that God was with her in the past, she found renewed strength and confidence to live the uncertain future with Him.

Mary, our Mother, invites us today not to start the year with fear but faith. In this New Year, may we, like our Mother, ponder life in our heart and to see God in each event and person; and live with trust and hope.

Question for reflection:

As I start this New Year, what is God's invitation for me?

Saturday, 2nd January

1 John 2:22-28; John 1:19-25

Live in Christ

In today's First Reading, St. John was aware that there were people who were trying to lead the Christians away from God. Thus, he urged them to remain faithful to the message of the Good News and live in Christ. Today, the threats continue as we too are constantly surrounded

inside-out by distractions that lead us to drift away from Jesus and to live a self-centered life. For example, enticements from the materialistic world that instill in us the need to possess and hoard; the tendency to compete with others to be the best; the tendency to believe in the voices of our fear and worry, the inclination to follow our pride, etc. When Jesus is not in the center of our lives, there is a tendency for us to be selfish, uncaring, indifferent to others.

Today, Jesus invites us to place Him back into our lives and to keep our eyes fixed on Him because He is our perfect way to happiness, our Voice of Truth that reminds us that we are loved and our source of life eternal.

Question for reflection:

How can I live a more Christ-centered life?

Sunday, 3rd January, Epiphany of the Lord.

Isaiah 60:1-6; Ephesians 3:2-3, 5-6; Matthew 2:1-12

Following the star

The wise men from the east went searching for the truth. They followed the star that led them to the child Jesus. In our faith journey, who are the 'stars' that God has placed on our path to lead us closer to Him? As we celebrate this Feast of Epiphany, may we desire too to be used by God as stars, as instruments to bring others to Him.

Their encounter with Jesus moved them to faith, and after that, their lives were not the same anymore. In the end, the Gospel states: *"they returned to their own country by a different way"*. They did not return to Herod, as instructed. Instead, they allowed themselves now to be led by Christ and went on the way of God's love and

peace. Each genuine encounter with Christ leads us to conversion, to walk a different path- one that is shaped by the Gospel values and influenced by the love of God.

Question for reflection:

As I pray with the Gospel, how is God inviting me to live my faith?

Monday, 4th January.

1 John 3:22-4:6; Matthew 4:12-17, 23-25

A light that shines

“The people that lived in darkness have seen a great light”. In the Gospel today, Jesus left the security of Nazareth and ventured to Capernaum. He started preaching the Good News of God’s love, healing the sick, offering friendship to the outcasts, etc. Through His compassion and love, He revealed the true face of God. Thus, through His words and actions, Jesus became the light of hope to the people.

Today, Jesus calls us too to dare to leave our “Nazareth”, our comfort zones and venture out to become the light of hope as we offer the Good News of God’s love to others. But first, we need to embrace Jesus as our Light that enlightens our life. United with Jesus, we can then become light for others.

Question for reflection:

How can I, through my words and actions, become a light that shines the way for others to encounter Christ?

Tuesday, 5th January.
1 John 4:7-10; Mark 6:34-44

We are loved, no matter what

In the first reading, St. John proclaims who God is: “*God is love*”. Often, we take this for granted because we are so used to hear this statement. Today, let us ask ourselves: What does “God is love” mean for me at this stage of my life? Let us remember that God’s love is something that we do not need to earn or work hard to get it. His love for each one of us is always unconditional. Do we believe this? In the world, the message that constantly bombards us is that we need to be strong, intelligent, successful, beautiful so that others will accept and love us. In the heart of God, we are all loved, no matter what.

Today, let us contemplate on this profound reality that we have a God who is love and rejoice in the truth that we are so much loved by Him.

Question for reflection:

“*God is love*”- what does this reality of faith mean to me?

Wednesday, 6th January.
1 John 4: 11-18; Mark 6:45-52

With Jesus, I can!

The first part of the Gospel makes us see the importance of prayer in Jesus’ life. After a busy day of serving and being with the people, He went off into the hills to pray. Amid our busy schedules, do we set aside time for prayer?

After a while, Jesus watched the disciples as they struggled on the stormy waters of Lake Galilee. He did not abandon them but went to their help. He told them, *“Courage! It is !! Do not be afraid”*. As we struggle too with circumstances that seem to be out of our control, we are not alone because Jesus comes to us. His presence gives us peace to go through these dark times. In prayer, let us listen to His words: *“Courage! It is !! Do not be afraid”* and let His presence guide us in the ups and downs of life.

Question for reflection:

As I pray with the passage, what is the message that Jesus has for me?

Thursday, 7th January.

1 John 4:19-5:4; Luke 4L14-22a

Love God, love others

“Anyone who says, ‘I love God’, and hates his brother, is a liar...” These are challenging words from the 1st reading to each one of us. The love we show to others around us is the visible and authentic sign of our love for God. Loving God and loving others are two sides of the very same coin. A question we can ask ourselves in our prayer today is: How is my love for others? As Christians, we are not called to be legalistic people who follow rules and regulations. Rather, we are called by Jesus to be people with a heart full of generous and self-giving love, people with eyes that see the face of God in others, especially in the fragile and the weak.

Today, let us ask for the grace to put love into action!

Questions for reflection:

Is there someone to whom I find it hard to love? How can I see God in that person and offer my love to him/her?

Friday, 8th January.

1 John 5:5-13; Luke 5:12-16

Make my heart bigger, Lord!

To be a leper, in the time of Jesus, was likened to receiving the death sentence because the person was required by law to be in complete isolation from the rest of society. They were supposed to shout "*Unclean! Unclean!*" to warn the healthy people to keep away from them. In the gospel today, Jesus approached a man who was covered with leprosy. He did not avoid this leper but drew close, touched him and healed him. This story is not for us to pity the leper or to admire Jesus' kindness. It is a call for us to go and do the same- to touch the "untouchables", to love the "unlovable" around us.

It is easy to love those who are nice to us. Today, Jesus invites us to expand our heart by reaching out and touching those whom we tend to avoid. We reach out to them with our smiles, words of comfort, acts of kindness, etc.

Question for reflection:

Who in my life needs to be touched, loved?

Saturday, 9th January.

1 John 5:14-21; John 3:22-30

Going beyond the need to be in the spotlight

In today's gospel, John's disciples were concerned with Jesus' popularity, and they feared that their Master would be less recognised by the people.

John the Baptist's reply to his disciples was, "*A man can lay claim only to what is given him from heaven*". This man of faith recognised that he could not claim any importance other than what God bestowed on him. John knew that he was not the Christ, and he accepted this fact with joy. He rejoiced in Jesus' coming and in his own mission of preparing the way for Him. With true humility, he said, "*He must grow greater, I must grow smaller*". There are times when we do good intending to earn the attention and recognition of others around us. In moments like these, let John the Baptist be an example for us and make his words be our daily mantra: "*Jesus must grow greater, I, my self-centered ego, must grow smaller*".

Question for reflection:

Am I afraid to be insignificant and small in the sight of others and also in the sight of God?

Sunday, 10th January, The Baptism of the Lord.

Isaiah 55:1-11; 1 John 5:1-9; Mark 1:7-11

I am a child of God

As we celebrate the Feast of the Baptism of Jesus, we are called to reflect upon our own identity of who we are for God, i.e. we are His beloved children. Are we aware that our true, basic identity is that we are His children? To

be His children means that we belong to God our Father, who loves us with His merciful and unconditional love. He loves us not because we are perfect. Rather, despite our imperfections, He loves us completely.

As a child of God, guided by the Holy Spirit, we are sent to the world with a mission, a purpose. In the gospel, Jesus heard the voice affirming Him of His identity as the Beloved Son. Guided by the Holy Spirit, He began His mission of proclaiming the true face of the God of Love to the people. Likewise, we too are sent to live our identity in this world by proclaiming, through our words and actions, the loving heart of God our Father.

Question for reflection:

My baptism has made me be a child of God. How can I root myself in this reality and live as a His beloved child?

Monday, 11th January.

Hebrews 1:1-6, Mark 1:14-20

Will you come and follow me?

Jesus began His ministry by proclaiming the Good News of the gospel. The Good News that Jesus came to reveal is that God is not a severe judge who imposes punishment and rules to follow. Rather, through His words and actions, Jesus spoke of a God who loves unconditionally, and His heart goes out to all, especially the suffering ones. Is this the Good News that we, as Christians, reveal with our words and actions?

In the second part of the gospel, we see Jesus walking along the Sea of Galilee to encounter Simon, Andrew, James and John; and lovingly calls them to follow Him and be part of this great mission of proclaiming God's

love. Today, Jesus continues to call us, the young and the old, to follow Him and allow Him to use our lives to bring God's presence into our world. May we have the courage to answer Him, *"Here I am. Use me, Lord, as your instrument"*.

Question for reflection:

What is Jesus' message for me in this time of silence and prayer?

Tuesday, 12th January.

Hebrews 2:5-12; Mark 1: 21-28

To live a consistent life

Today, the keyword in the Gospel is authority. The people were impressed with Jesus and His teaching because they recognised that He, unlike the scribes, taught them with authority. The man who was possessed by an unclean spirit (In the time of Jesus, many sicknesses were attributed to evil spirits), recognised that the authority of Jesus.

Jesus had authority because His words and actions were coherent and consistent. He lived out what He taught to others. What about us? It is easy to advise others, but it is hard for us sometimes to put our own words into action. As parents, teachers, aunts/uncles, godparents, etc., do we have this inner authority in which we live out what we tell others? Today, let us ask Jesus to have His same authority so that others can see God in our words and actions.

Question for reflection:

Are my words and actions consistent?

Wednesday, 13th January.
Hebrews 2:14-18; Mark 1:29-39

Make time to pray

Jesus was a man of action. In today's Gospel, we see Him busy going to places and helping and serving others. We too are busy people. We have deadlines to meet, work to accomplish, appointments to keep, emails to answer, errands to run, etc. Though He was a man of action, He was also a man of prayer. In the passage, St. Mark wrote, *"In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there"* This gives us a glimpse of where the source of His inner strength and peace came from, i.e. His interior life with God.

Our work, busy schedules and errands do matter. However, what matters most is to find our quiet time to pray because it is from the presence of God that we are renewed and strengthened to live each day with meaning and to do every action with love.

Questions for reflection:

Is prayer important for me? Why?

Thursday, 14th January.
Hebrews 3:7-14; Mark 1:40-45

Lord, if you want to...

A leper, an outcast of the society due to his infectious disease, did an audacious and daring act of approaching Jesus and begging Him for healing. *"If you want to"*, the leper said to Jesus, *"you can cure me."* He asked because he had faith that Jesus would heal him.

Today, we are invited to approach Jesus with faith and to ask Him to heal our wounds of the past, remove the fears that paralyze us, touch the ugly parts in us that do not reflect God's love, etc. Jesus always looks at us with compassion and desires to touch us and make us whole again. Listen to Jesus as He addresses these words to us, *"Of course I want to! Be cured! Live! Love!"*

Question for reflection:

How do I approach Jesus in prayer- with faith like the leper?

Friday, 15th January.

Hebrews 4:1-5,11; Mark 2:1-12

True friendship

"Seeing their faith" - Jesus saw the faith of the 4 friends who invested their heart, mind and strength to bring their paralytic friend to Him. They did not give up when they could not get to Jesus because of the crowd. Instead, they stripped the roof over the place where Jesus was and made an opening to lower down their friend. Seeing their faith, Jesus forgave the man's sins as well as healed him.

Many people around us might have a comfortable life, a good job, a roof over their heads and even be active in parish activities, but they are perhaps lacking a deeper sense of peace, hope and love that their exterior work and achievements cannot give to them. Are we willing to bring them to Jesus, who is the source of true peace, hope and love? Are we open to allow Jesus to use our lives as bridges to link Him to others?

Question for reflection:

What prevents me from being a bridge to link Jesus to others?

Saturday, 16th January.

Hebrews 4:12-16; Mark 2:13-17

Jesus, a friend of sinners

In today's Gospel, we see Jesus being criticised by the scribes for mixing around with public sinners, such as the tax-collectors. Jesus' reply to the harsh judgments from his critics was, "*I did not come to call the virtuous, but sinners.*" Indeed, Jesus precisely came to apply the law of mercy and love to those labelled by society as outcasts, worthless, sinners.

Today, we are invited to look at others with love, and not to reject anyone whom we, according to our criteria, deem as "sinners". In the passage, Jesus called Levi (Matthew), a tax-collector, to follow Him. By doing so, Jesus renewed Matthew's dignity and saw the hidden potential in him. Today, let us ask for the heart of love to look at others, not with contempt, but with mercy. Let us follow Jesus, our Master, in this path of love.

Question for reflection:

Jesus is at home with sinners. In the parish, workplace, home, how inclusive am I to others?

Sunday, 17th January.

**1 Samuel 3:3-10, 19; 1 Corinthians 6:13-15,17-20;
John 1:35-42**

What do you want?

“What do you want?”- Today, in our following of Jesus, He asks us this very fundamental question. Jesus wants us to express our deepest longing to Him. Do we want to have more trust in this uncertain time of the pandemic? Do we look for peace as we struggle with issues that seem too overwhelming for us? Do we long for rest that Jesus can give to us?

The two disciples of John the Baptist answered with a question, *“Where do you live?”*. With this answer, they expressed their deepest desire to be with Jesus. Let us have the deep desire to stay with Jesus and to draw peace, hope, joy, rest, life from Him.

Question for reflection:

What do I want from Jesus at this point in my life?

Monday, 18th January.

Hebrews 5:1-10; Mark 2:18-22

Jesus meets us in our suffering

The first reading in the Book of Hebrews directs our attention to Jesus' humanity. Often, we have this idea that Jesus, as God, is untouchable by human suffering, and He neither understands nor identifies with our suffering. Let us never forget that the second person of the Trinity, Jesus, the Son of God, though is God, is a human person like us. Though sinless, He experiences the same human limitation and vulnerability: *“...he can sympathise with*

those who are ignorant or uncertain because he too lives in the limitations of weakness”.

God did not create us to suffer. Sickness, broken relationships, failures, death are part of this journey here on earth. We are invited not to fall into despair because Jesus meets us in our pain. We are invited to unite our sufferings with Him, who knows and stands in solidarity with our fragility and finitude. There, united with Him, Jesus turns our sadness into hope, our fear into peace, our resignation into an offering of love.

Question for reflection:

Do I truly believe that Jesus suffers with me?

Tuesday, 19th January.

Hebrews 6:10-20; Mark 2:23-28

Following the Master of the Sabbath

In today's Gospel, the Pharisees were concerned that Jesus and His disciples were not upholding the religious law. His disciples were picking ears of corn on a Sabbath day, which went against the law of the Sabbath. For Jesus, law, including religious law, must always be at the service of the good of the people and to help them to meet their basic needs. As Christians, the question to ask ourselves is: what is the point of following rules and regulations, like abstaining and fasting on certain days, but our hearts are indifferent to the well-being of others around us and our minds judge others?

“The sabbath was made for man, not man for the sabbath”- For Jesus, the human person, his dignity and needs take precedence over rules and regulations. He always has compassion for those in need. Let us not live

our faith in a pharisaical way, but to follow in the footsteps of Jesus, who is the Master of the Sabbath.

Question for reflection:

Am I free to live as Jesus lived?

**Wednesday, 20th January, St. Fabian, St Sebastian.
Hebrews 7:1-3,15-17; Mark 3:1-6**

To imitate Jesus' compassionate heart

In today's gospel, we see Jesus getting into trouble because of His loving act of healing a man with a withered hand on a Sabbath. For the religious leaders, Jesus broke the law of the Sabbath which stated that there must be no work on such a day. However, for Jesus, the sick person takes precedence over the law. His compassionate heart never stopped to heal, help, serve others in need even on the Sabbath.

The gospel states that Jesus was angry at the religious leaders because of their hardness of heart. They were in the synagogue to worship God and rigidly followed rules and regulations, but they closed their hearts to their fellow brother in need. Today, Jesus invites us again to follow the law of love because this is what matters the most.

Question for reflection:

When people look at my life, can they see that I am following the law of love?

**Thursday, 21st January, St. Agnes.
Hebrews 7:25-8:6; Mark 3:7-12**

Going to Jesus

In today's gospel, Jesus withdrew to the Sea of Galilee with His disciples. A great multitude of people came to Jesus because they had heard of Him and wanted to personally encounter Him.

If we remember the gospel reading of yesterday, we read that the religious leaders wanted to kill Jesus. Full of their self-righteous pride, they failed to recognise their limitations and brokenness, and thus, they rejected Jesus. The crowd in today's gospel had the opposite response to Jesus. In His presence, these simple people recognised their need for God and His healing presence in their brokenness and suffering. Today, we are part of this great crowd of people who go to Jesus because we recognise our need for Him and his love. Only He can satisfy! Indeed, Jesus comes to us to give us life and make us whole again.

Question for reflection:

Am I aware that I need Jesus in my life?

**Friday, 22nd January, St Vincent.
Hebrews 8:6-13; Mark 3:13-19**

Called and chosen

In the Gospel, we have the beautiful account of Jesus choosing His twelve disciples, companions to be with Him and to go out for the mission of proclaiming the Good News. Are we aware that we are also called to enter into this same dynamism of prayer, i.e. being in an intimate

relationship with Jesus; and of the mission, i.e. being signs of God's presence through our words and actions?

As we read the names of the apostles, we can also add our names there. Like them, we are called and chosen by Jesus because He loves us and trusts in us. Even though we might find ourselves limited in being Jesus' companions and collaborators in His mission, the truth is that He sees beyond what we see and He believes in us.

Question for reflection:

Do I find the joy in knowing that Jesus sees me as His companion, friend as well as His co-worker, collaborator in the mission?

Saturday, 23rd January.

Hebrews 9: 2-3,11-14; Mark 3:20-21

The freedom to swim against the tide

When Jesus' relatives heard about all that Jesus was doing and teaching, they decided that He was "*out of His mind*". Jesus, however, continued to freely live what He truly believed in.

This passage challenges us to look at our faith journey. When we opt to go against the currents of the secular world and choose to live the Gospel values of honesty, truth, love, justice and peace in our workplace, in the parish, in the family, our words and actions might invite criticisms of others. In moments when we find ourselves rejected or judged for the sake of the Gospel, we are invited again to look at Jesus and keep walking in His path of freedom. "*Remain steadfast in the journey of faith, with firm hope in the Lord. This is the secret of our*

journey! He gives us the courage to swim against the tide”
(Pope Francis, 8th April 2013).

Question for reflection:

Am I free to live out my faith?

Sunday, 24th January.

Jonah 3:1-5, 10; 1 Corinthians 7:29-31; Mark 1:14-20

Believe in the Good News

“The time has come and the Kingdom of God is close at hand. Repent, and believe the Good News”. Jesus comes to proclaim the Good News that God is present here with us so that He can give us His peace in the daily storms we face, His strength in the moments we feel that we have reached the limit to love, His mercy that heals our wounds. Amid the bad news that bombards us at times, do we still believe in the Good News that Jesus brings to us, to our society, to the Church, to the world?

Believing in the Good News is never passive, but active. It leads to repentance, to conform ourselves to the ways of God, i.e. to be more loving, just, kind, merciful. Just like the four fishermen who left everything and followed Jesus, we too need to follow Him by letting Him become more fully present in our lives.

Question for reflection:

As I pray with the passage, what message does Jesus has for me today?

**Monday, 25th January, The Conversion of St. Paul.
Acts 22:3-16; Mark 16:15-18**

I am what I am by the grace of God

Today, we celebrate the Feast of the Conversion of St. Paul, whose personal experience of Jesus' loving mercy made him from being a persecutor of Christians to become the greatest apostle-missionary to the Gentiles. *"For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am..."* (1 Cor 15:9-10). He knew that this transformation from a sinner to a friend-lover, from a persecutor to a missionary was by God's grace and not by his own merits.

That experience of being a forgiven sinner gave him the passion, the joy and the freedom to go and announce the Good News to all. Today, let us recognise that we too have been forgiven much and loved much by God so that He can work through our lives for the good of others.

Questions for reflection:

Have I experienced being loved and forgiven by God?
How do these experiences of God's grace open me to be used for His purpose in the world?

**Tuesday, 26th January, SS. Timothy and Titus.
2 Timothy 1:1-8; Luke 10:1-9**

God needs us to be His labourers

Saint Timothy and Saint Titus were close companions of St. Paul as well as missionaries who dedicated their lives to spread the Good News of Jesus. In the Gospel, Jesus said to His disciples to ask God, the Lord of the harvest,

to send labourers to His harvest. While alive, St. Timothy and St. Titus responded to the call to be labourers for Jesus because they recognised that God needed their “Yes”, their lives.

God still needs people who are willing to use their talents and gifts to be His labourers today. He still calls people, young and old, to be at the service of His mission and to make His Kingdom of love, peace, justice and truth alive and visible.

Question for reflection:

What prevents me from stepping out of my comfort zone and entering into the mission of God?

**Wednesday, 27th January, St. Angela Merici.
Hebrews 10:11-18; Mark 4:1-20**

Parable of the Sower: God’s love has no boundaries

In today’s Gospel, the sower seemed to have a puzzling way of sowing his seeds. Shouldn’t he be placing his seeds in the good soil and avoid at all cost the unfertile and useless soil? In the world, we make distinctions between people. However, God, like the sower, neither discriminates nor divides. He, the God of love, generously sows His Word of life to all in the world, i.e. the saints and the sinners, the rich and the poor. Today, the seed of God’s Word falls on the soil of our heart and we are called to have the faith to welcome the Word of God and bear the good fruit of love, peace, hope, joy, compassion, mercy. To be a Christian is not simply to be baptised and go to church, rather it is to have the active faith that welcomes the seeds of God’s Word, nurtures it and lives the gospel values, so as to make a difference in this world.

Questions for reflection:

Reflecting on the parable, am I amazed at the generous love of God that sows His Word of Life and Love to all, without distinction? How is the soil of my heart?

Thursday, 28th January, St. Thomas Aquinas.

Hebrews 10:19-25; Mark 4:21-25

Let your light shine!

“Would you bring in a lamp to put it under a tub or under the bed? Surely you will put it on the lamp-stand?”- These are the opening lines of today’s gospel. Our light of faith is not for us to hide from others. Rather, we are called to let it shine! We are called to shine by living an active faith that keeps believing and trusting in God in the ups and downs of daily life. Our light shines brightest when we face the darkness of difficulties and pain with inner strength and hope, instead of despair and complaints. When we let our light shine, we attract and lead others to God.

Wherever we are, let us have the courage to let our light of faith shine and show the joy of having God in our lives!

Question for reflection:

In my everyday life, how can I let the light of faith shine?

Friday, 29th January.

Hebrews 10:32-39; Mark 4:26-34

The gift of patience

In today’s gospel, Jesus speaks of a farmer who sows seeds into his land and then waits patiently for harvest time. Meanwhile, the seeds in the soil silently grow and bear fruit. What is the message of this parable? Like the

farmer, we need to be patient and simply wait. There are moments that we need to act but there are also moments when we need to take a step back and exercise patience as we wait and allow God have the room in our lives to act in us and work through us.

To exercise patience is something that many of us struggle with because we are always in a hurry to get things done and resolve problems. Today, let us ask for the grace to be patient, which is not the same as to live life with an attitude of resignation, instead it is to have the trust that God will help us in each situation that we live.

Question for reflection:

What is Jesus' message for me in this quiet time of prayer?

Saturday, 30th January.

Hebrews 11,1-2, 8-19; Mark 4:35-41

My heart is at peace because I trust

"Master, do you not care? We are going down!": This is the cry of the disciples as they faced the storm that threatened to drown them. Isn't this a cry that we too can identify with? *"Don't you care that I am suffering? Why are you not removing this pain from me?...etc"* Today, we are invited to contemplate Jesus as He, according to the gospel, slept with his head on the cushion during the storm. Jesus' sleeping reflects his deep trust in God that gave Him inner peace. After he calmed the storm, Jesus turned to His disciples and asked, *"Why are you so frightened? How is it that you have no faith?"*

In our own storms that we face, we need to have the faith that keeps trusting that all will be well because we

perceive that God's loving presence is with us. With Him, we can walk on with peace and quiet joy.

Question for reflection:

Do I allow fear or faith to lead me, especially when I face the storms in life?

Sunday, 31st January.

Deuteronomy 18:15-20; 1 Corinthians 7:32-35; Mark 1:21-28

The authority of love

The sick man shouted at Jesus, "*What do you want with us, Jesus of Nazareth? Have you come to destroy us?*" In face of aggression, Jesus did not react by walking away or by shouting back at him but he chose to love by healing him. The people who saw this incident were amazed and said, "*Here is a teaching that is new and with authority behind it*". For us as Christians, this is the teaching that we must never get tired of following and the authority that we are called to have. Jesus, our Teacher, teaches us the true meaning of authority, which is to give love to others even when they are mean and uncaring to us. We exercise authority when we forgive others for their mistakes; when we choose to be patient with an elderly parent; when we smile instead of frown. Today, let us express, with our words and actions, the true authority that seeks always to give God's love and life to others.

Question for reflection:

How can I, as a parent, an aunt/uncle, a grandparent, a godparent, a sibling, a friend, live the authority of love?



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