

# THE LORD'S DAY AT HOME



## THE THIRD SUNDAY IN ORDINARY TIME (B)

Sunday 24<sup>th</sup> January 2021

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish this Sunday. If alone, read or say these prayers quietly to yourself. If with another, or in a family, someone should read the "leader" parts, and others respond. It might be suitable to find a special, quiet place at home for your Sunday prayers.

### THE INTRODUCTORY RITES

#### Entrance Antiphon

**A: O sing a new song to the Lord; sing to the Lord, all the earth. In his presence are majesty and splendour, strength and honour in his holy place.**

#### Sign of the Cross

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

**A: Amen.**

#### Introduction

L: After our "inserts" from Saint John's Gospel, today we get our teeth into Saint Mark, with the beginning of the public ministry of Jesus. It might surprise us that he begins his ministry with what, for many in our world today, is a negative message: "Repent!" Has Lent come a little early? Repentance is not a negative, however, but truly it is Good News. Let us pray this Sunday that we may understand how the message of Jesus is Good News for our age, and pray that like the first disciples we may be willing to leave behind the things of this world and follow Him. To begin today let's think of our lives and quietly ask for God's mercy:

#### Penitential Act

**I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.**

#### Gloria

L: Because this is Sunday, we also praise the kindness of our great God, as we say together:

**A: Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

#### Opening Prayer

L: Let us pray.

Almighty ever-living God, direct our actions according to your good pleasure, that in the name of your beloved Son we may abound in good works. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**A: Amen.**

### THE LITURGY OF THE WORD

#### Gospel Reading

*Mark 1:14-20*

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.' As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to

them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him. Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

The Gospel of the Lord.

**A: Praise to you, Lord Jesus Christ!**

#### Reflection

"Repent" doesn't sound much like Good News: it sounds more like the deranged individual in the market place shouting at passers-by! It sounds like the Church making us feel guilty again. It sounds like we are obsessed with sin. But this is far from the truth! It is in fact "Good News," because what Jesus is proclaiming is not "You're all evil", but "God loves you – and there's hope!" The Kingdom of God is not a place or a national or political reality – it is the way of living that most fully reflect who God is and who God created us to be – compassionate, righteous, live-loving ... and forgiving. How often do we find ourselves trapped in a human cycle of resentment and revenge? How often do our mistakes continue to haunt us, our faults persistently plague us? In the Kingdom of God, there is hope that all these things will pass away, that after repentance come forgiveness and a fullness of life and joy! This is why the message of Jesus truly is "Good News!" Perhaps today is a day to think about things from our past that "chain us up", or habits or addictions that stop us being truly free. And even though it isn't Lent (yet!) let us believe that we can change, that God's grace is

enough for us, that we can be the people God created us to be!

### **For our Younger Friends**

When someone asks you to do something, do you always drop everything and run straight away? I bet not! Chances are you want to finish that level on your video game, or get to the end of the episode you're watching, or finish a chapter of your book. Did you notice how, in that Gospel story, the first disciples of Jesus jumped up "at once", left what they were doing and followed him? There must have been something very special about Jesus to make them do that! Perhaps you could have a think about how you would react to Jesus asking you to do something: would you jump up at once?

*If gathering as a family, perhaps now continue to discuss what this Gospel passage means to you. If alone, think about what key message you take from the Scriptures today.*

### **Profession of Faith**

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

### **Intercessions**

L: Let us pray for Gospel-inspired change in our lives, attitudes, words and actions, so that the Kingdom of God may be manifest in us.

We pray for the Church: that we may truly turn away from selfishness, pride and wrongdoing, and

welcome the Kingdom. Lord, in your mercy:

#### **A: Hear our prayer.**

In this Week of Prayer for Christian Unity, we pray for an increase in good relations and dialogue between all Christian denominations.. Lord, in your mercy:

#### **A: Hear our prayer.**

On this Caritas Sunday in our Diocese, we pray for strength for all who provide such valuable services to those in need, and for the constant support of all our parishes.. Lord, in your mercy:

#### **A: Hear our prayer.**

*Please add your own prayers for the needs of the Church, the world and your local community. You may wish to add particular prayers for family members, friends or neighbours in need at this time.*

## **THE COMMUNION RITE**

### **The Lord's Prayer**

L: At the Saviour's command and formed by divine teaching, we dare to say:

**A: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.**

L: Accept our prayers, O Lord, we pray, and in sanctifying them grant that they may profit us for salvation. Through Christ our Lord.

**A: Amen.**

### **Before Spiritual Communion**

L: Loving Father, out of compassion for the waywardness that is ours, Jesus your Son humbled himself and was born of the Virgin; by the passion of the Cross he freed us from unending death, and by rising from the dead he gave us life eternal. To complete this mystery of salvation, at the Last Supper he showed the fullness of your love, as he gave his Body and Blood for his people. Even though we are not in Church, and not able to receive communion today, we open our minds and hearts now to your

generous love and the gift of Jesus your Son, welcoming him spiritually into our lives.

### **Spiritual Communion**

**A: My Jesus, I believe that you are present in the Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.**

*Pause for a moment of silent prayer and reflection.*

### **Thanksgiving Psalm**

L: Lord, make me know your ways.

**A: Lord, make me know your ways.**

L: Lord, make me know your ways.

Lord, teach me your paths.

Make me walk in your truth, and teach me:

for you are God my saviour.

**A: Lord, make me know your ways.**

L: Remember your mercy, Lord, and the love you have shown from of old.

In your love remember me, because of your goodness, O Lord.

**A: Lord, make me know your ways.**

L: The Lord is good and upright.

He shows the path to those who stray,

He guides the humble in the right path,

He teaches his way to the poor.

**A: Lord, make me know your ways.**

## **THE CONCLUDING RITES**

### **Final Prayer and Blessing**

L: Let us pray.

Grant, we pray, almighty God, that, receiving the grace by which you bring us to new life, we may always glory in your gift. Through Christ our Lord.

**A: Amen.**

L: May the Lord ✠ bless us, protect us from all evil, and bring us to everlasting life.

**A: Amen.**

L: Let us bless the Lord!

**A: Thanks be to God!**