



Building Faith@HOME

[1st Reading: Dt 18:15-20](#)
[Responsorial Psalm: Ps 95:1-2, 6-7, 7-9](#)
[Second Reading: 1 Cor 7:32-35](#)
[Gospel: Mk 1:21-28](#)

This gospel reading (Mark 1:21-28) picks up right where we left off last week. Jesus has come to Galilee, proclaiming the good news. He has called his first disciples to follow him. And now, on the sabbath day, Jesus enters the synagogue. And he begins to teach. We find out quickly in Jesus' ministry that teaching is crucial to Jesus' mission. He didn't come just to proclaim the Kingdom of God. Or simply to call disciples to follow him. Or merely to heal the sick. Or even to die on a cross for the sins of the world. He came to do all those things, of course. But he also came to teach. In this passage, Mark does not tell us specifically what Jesus was teaching at the moment, but rather focuses on the reaction of the listeners. They are amazed and astonished that he spoke with authority.

Jesus's authority continues to be seen as he heals the man of an unclean spirit. The crowds see in Jesus' cure of the possessed man further affirmation of his authority. Jesus' power to heal gives greater credence to his teaching. Jesus impresses the crowds through his words, which are manifested with power in his deeds. Mark's Gospel tells us that because of the authority with which he healed, Jesus' fame spread throughout all of Galilee. loyolapress.com

Missionary Discipleship: Consider whether you see Jesus' words and teachings as still having authority today. What role if any do you think our responses to God's teaching have in how much authority they're perceived as having? How do you "heal" others in their brokenness by sharing the Good News of Jesus Christ, our Savior?

Family Table Talk

Children: What could you do this week for someone who is sick or discouraged?

Youth: Jesus was able to free the man from the unclean spirit within him. What do you hope Jesus will free you from? What is happening in the world that needs Jesus' help?

Adults: What is one way you can show submission to Christ's authority in your life throughout this week?

Grant me, O Lord My God, a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you, and a hope of finally embracing you.

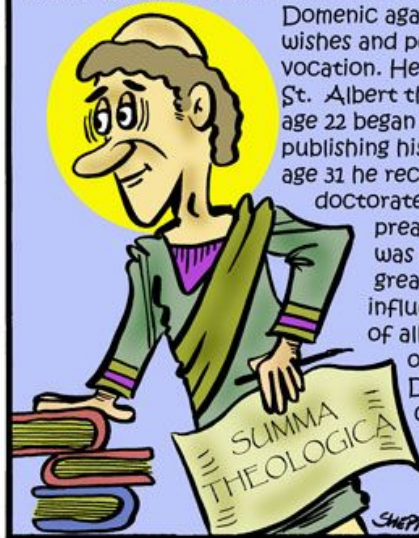
– St. Thomas Aquinas (January 28)

SAINTS FUN FACTS

by John Sheppard

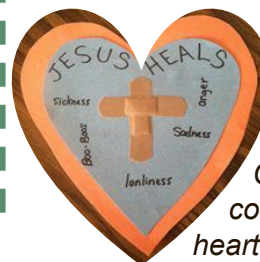
St. Thomas Aquinas surpassed all his fellow students in learning and virtue. He entered the order of St.

Domenic against his parents wishes and persevered in his vocation. He studied under St. Albert the Great and at age 22 began teaching and publishing his first works. At age 31 he received his doctorate. He wrote and preached often and was one of the greatest and influential theologians of all time. He is one of the few Doctors of the Church. He is the patron of universities and students.



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Family Project



Materials: Construction paper, scissors, markers or crayons, and two band-aids.

Cut one large heart from the construction paper and a smaller heart to use for writing. Mount the smaller heart onto the larger heart. Stick the two band-aids in the middle to form a cross. As a family, write things or persons you will pray for this week to ask for healing.

This week's Virtue listening

Those who speak with authority, speak with love and concern, as Jesus did. Practice listening to those with authority who look out for your well being. Practice listening to the teachings of the Church, whose authority came from Jesus. And remember: *"If today you hear his voice, harden not your hearts."*

Links for More Ideas, Activities & Resources FYI

- catholicicing.com - How to Make a St. Brigid's Cross with Kids (Kids Faith Builder) (Feb 1)
- Franciscanmedia.org - Presentation of the Lord (Teen & Adult Faith Builder) Feb 2
- Teachingcatholickids.com -- Presentation of the Lord (Kids Faith Builder) Feb 2
- thegardnerschool.com/blog - 5 Ways to Teach Your Child Active Listening Skills (Parenting)





January 28, 2024

'Jesus was praying in a certain place, and when he finished, one of his disciples said to him,

"Lord, teach us to pray..." - Luke 11:1

Prayer@HOME

2024 - A Year of Prayer

Cut & Pray!



St Thomas Aquinas, Patron Saint of Students

Come, Holy Spirit, Divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance.

Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with You and the Father, forever and ever.

Amen.

- St. Thomas Aquinas

Scripture Verse of the Week From Sunday's Mass January 28, 2024



"If today you hear his voice, harden not your hearts. "

- Psalm 95:7

Prayer Activity - Outreach to others

Do you know any college students? Making a care package with some Hot Cocoa packets to celebrate National Hot Chocolate Day (Jan 31) and a card with this prayer may give them the winter boost they need to keep up with their studies!

It is good for all of us to keep this prayer close by as we are all lifelong learners, especially as we continue to learn more about Jesus and his Church,

Practice:

Continue to spend a few moments of silence in your prayer time. See if you can lengthen your time of silence.



Building Prayer Time @ Home

This will be a series of family activities to try as your families start or strengthen prayer time.

January 31 is National Hot Cocoa Day!

Prayer can be connected to tangible things, and with children, tangible items can be great reminders. A simple cup of Hot Cocoa can be a warm and tasty reminder to pray! Take time to celebrate family time together over a cup of Hot cocoa.

[Fifty Hot Cocoa Recipes to Try This Winter](#)



Enjoy!
Faith, Fun and Family!

Hot Cocoa Prayer

1. Measure two tablespoons of cocoa powder. Taste it (it's bitter). Pray for some of the things that are bitter in your life and a little hard to take on their own.
2. Measure and add 1-2 tablespoons of sugar or sweetener. Taste it (it's sweet). Offer a prayer of thanks for all the things that are sweet in your life and are perhaps best in small doses.
3. Add a pinch of salt. Taste it (it's salty). Offer a prayer for moments of grace and clarity, experiences that bring out the flavor of life.
4. Warm some milk of choice while reflecting on when you have experienced the Holy in the past day or week. What has warmed your heart?
5. Mix warmed milk beverage with hot chocolate mixture. Taste it (it's yummy). Give thanks to God, and enjoy.