

[69] FIFTH SUNDAY IN ORDINARY TIME B

FIRST READING

I am filled with sorrow all day long.

A reading from the first book of Job

7:1-4, 6-7

Job responded to his friend and said:
Life on earth is slavery!
We spend our days like laborers.
I am only a slave in search of shade,
a laborer waiting for his wages.

Each month of my life is meaningless,
and all of my nights are miserable.
While lying in bed I ask,
“How long before time to get up?”
The night drags slowly on,
as I toss and turn until the sun rises.

My days fly by more swiftly than the needle of a weaver,
and they end without hope.
Remember that my life is merely a breath,
and I will never be happy again.

The word of the Lord.

RESPONSORIAL PSALM

147:1, 4, 5 and 7

R. (see 3a) Praise the Lord, who heals the brokenhearted.

Shout praises to the Lord!
Our God is kind,
and it is right and good
to sing praises to him.

R. Praise the Lord, who heals the brokenhearted.

He decided how many stars there would be in the sky and gave each one a name.

R. Praise the Lord, who heals the brokenhearted.

Our Lord is great and powerful!
He understands everything.
Celebrate and sing!
Play your harps
for the Lord our God.

R. Praise the Lord, who heals the brokenhearted.

SECOND READING

Punishment will come to me if I do not preach the gospel.

A reading from the first letter of Paul to the Corinthians 9:16-18

Brothers and sisters:

I don't have any reason to brag about preaching the good news.
Preaching is something God told me to do,
 and if I don't do it, I am doomed.
If I preach because I want to, I will be paid.
But even if I don't want to,
 it is still something that God has sent me to do.
What pay am I given?
It is the chance to preach the good news free of charge
 and not to use the privileges that are mine
 because I am a preacher.

The word of the Lord.

ALLELUIA

Matthew 8:17

R. Alleluia, alleluia.

Christ bore our sickness,
and endured our suffering.

R. Alleluia, alleluia.

GOSPEL

Jesus healed many who were suffering from diseases.

† A reading from the holy gospel according to Mark 1:29-39

As soon as Jesus left the meeting place with James and John, they went home with Simon and Andrew.

When they got there,

Jesus was told that Simon's mother-in-law was sick in bed with fever.

Jesus went to her.

He took hold of her hand and helped her up.
The fever left her, and she served them a meal.

That evening after sunset,

all who were sick or had demons in them were brought to Jesus. In fact, the whole town gathered around the door of the house.

Jesus healed all kinds of terrible diseases

and forced out a lot of demons.

But the demons knew who he was
and he did not let them speak.

Very early the next morning Jesus got up and went to a place

where he could be alone and pray.

Simon and the others started looking for him.

And when they found him, they said,

“Everyone is looking for you!”

Jesus replied, "We must go to the nearby towns,
so that I can tell the good news to those people.
This is why I have come."

Then Jesus went to Jewish meeting places everywhere in Galilee, where he preached and forced out demons.

The gospel of the Lord.

Fifth Sunday in Ordinary Time – Cycle B

Prayer:

Dear God,

Thank you for healing me. Help me to be a healer like you.

In Jesus' name we pray.

Amen

Readings:

Job	7:1-4, 6-7
Psalm	147:1,4,5 and 7
1 Corinthians	9:16-18
Mark	1:29-39

Reflection and Discussion: Heroes

Who are your heroes? What do they do that makes them a hero? The Winter Olympics start next week. Do you know think the athletes who will be competing are heroes?

There are many different kinds of heroes. Some are made-up like Superman and Spiderman, others are real and famous like Dr. Martin Luther King, Jr. and some are real, everyday people. People become heroes because they do extraordinary things. They may or may not become famous and they may or may not be recognized for what they do. Heroes are people who see a challenge and then work as hard as they can to overcome that challenge. Often the challenge is to help others or to inspire others to be the best that they can be. Dr. King worked hard to end racism. Teachers work hard to educate children. They don't get paid very much and they spend a lot of their own time and money. Athletes train for years and years to get to the Olympics. Police officers and fire fighters risk their own lives to help others. Look around in your Church at the pictures and statues of the saints. They are all heroes, too. Look around at the people in the Church. Many of them are heroes even though they are not famous. They spend time and energy helping others.

Jesus is probably the biggest hero of them all! He was challenged to show and tell all people that God loves them and they should love others. He cared for and helped everyone, even the ones that most people didn't like. He risked and lost His life for us. He even had "super hero powers." He could heal people and bring them back to life. Let's see Spiderman do that! The thing about heroes that is important is not just that they do good things but that they inspire us to be like them. What little girl doesn't want to be able to spin on the ice like Michelle Kwan? Boys (and girls) would love to be able to fly down ski slopes like Bode Miller. We also want to be like our hero, Jesus. What an incredible challenge that is! To love EVERYONE, to help others and even to heal. We may not have super human powers to cure people but we can help them feel better when they are hurt or sick, as well as helping them feel better when their feelings are hurt. Healing feelings such as loneliness and sadness is as important as giving a band-aid when someone scrapes their knee.

If we can rise to the challenge of being like Jesus, each one of us will be a hero!

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Discussion:

1. How did Jesus heal people? Did he only heal physical problems?
2. How does Jesus help heal you? Does He help heal when you are sad and lonely? Does he help heal things we want to make better in our lives, like being nicer to our sister, etc.?
3. How can you be a healer like Jesus?

Activity: Reminder Cast

Materials needed. 11 x 17 white paper – 1 piece for each child, scissors, tape, water-proof markers.

Preparation: This can be done during class or before depending on the amount of time you have. Cut each 11 x 17 paper in half – long ways. Tape the 2 pieces together to form a strip that is approximately 5 ½ inches wide and 33 inches long (overlap the paper about an inch when you tape it together).

Action: Each child gets a strip of paper. Have them help each other tape one end of the paper to their wrist and then wind it around their arms to form a cast. Tape it at the top and any where it “bulges.” Using black marker (make sure it is water-proof), write “Jesus Heals and So Do I” in very large letters using most of the lower part of the arm. Then ask them to sign each other’s casts. Older kids can also include a healing message such as “I hope you feel better soon,” or “I am praying for you.”