



**BE STILL**

Take a moment to allow whatever is in your heart to rise and offer your thoughts to the loving care of the Lord today.

**Sing / Play / Listen to**

Be still for the presence of the Lord (CWB II 454) or via <https://www.youtube.com/watch?v=ZJMaOxdu6B4>

**Gathering Prayer**

Loving God,  
 In these early weeks of the year  
 I ask for wisdom to see your presence  
 as I make my way through each day.  
 Allow us to draw near to you  
 and to sit in your presence  
 as we open our hearts to hear your word.  
 Amen.

**THIS WEEK WE CELEBRATE**

St Anthony, abbot Wed 17 January

**GOSPEL READING**

(for Thursday of the second week in Ordinary Time)

A reading from the Gospel of Mark:

*Jesus withdrew with his disciples to the lakeside, and great crowds from Galilee followed him. From Judaea, Jerusalem, Idumaea, Transjordania and the region of Tyre and Sidon, great numbers who had heard of all he was doing came to him. And he asked his disciples to have a boat ready for him because of the crowd, to keep him from being crushed. For he had cured so many that all who were afflicted in any way were crowding forward to touch him. And the unclean spirits, whenever they saw him, would fall down before him and shout, 'You are the Son of God!' But he warned them strongly not to make him known.*

The gospel of the Lord. MK 3:7-12

**Ponder**

Re-read the gospel.

Pope Francis in *Evangelii Gaudium* (2013) noted that in the presence of God, during a recollected reading of the text it is good to practice Lectio Divina – the reading of God’s word in prayer asking that it ‘enlighten and renew’ us. The following questions may help with this:

- Lord, what does this text mean to me?
- What is it about my life that you want me to change by this text?
- What troubles me about this text?
- Why am I not interested in this?
- What do I find pleasant about this text?
- What is it about this word that moves me?
- What attracts me?
- Why does it attract me?

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**Reflect**

There’s an urgency to Mark’s gospel that can take us a little getting used to. From the opening verse ‘The beginning of the good news of Jesus Christ, the Son of God’ (Mk 1:1) we are invited to journey with the Son of God who travels, who heals regardless of the social convention, and who calls people from their world to follow into his. This is Jesus who is identified as the Son of God by the most unlikely members of the community. Today, it is the unclean spirits who recognise in Jesus the presence of God. For them, there is something about this powerful figure that draws a shout of recognition from them.

- What propels me to shout out?
- Where do I see the goodness of God?

**PRAY**

Loving God,  
 in this new year I pray:  
 to live deeply, with purpose,  
 to live freely, with detachment,  
 to live wisely, with humility  
 to live justly, with compassion,  
 to live lovingly, with fidelity,  
 to live mindfully, with awareness,  
 to live gratefully, with generosity,  
 to live fully, with enthusiasm.

Help me to hold this vision  
 And to daily renew it in my heart,  
 Becoming ever more one with you,  
 I ask this in the name of Jesus,  
 Amen.

(adapted from The New Year, Joyce Rupp  
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