



**St. Ignatius of Loyola Church**  
**Pre-K-5 Family-Based Program**

**January 31st - Fourth Sunday in Ordinary Time**

**Reflection Point:** As disciples, we show our faith in God through our words and actions.

**Reading:** Mark 1:21-28

**Narrator #1:** Then they came to Capernaum, and on the sabbath Jesus entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes.

**Narrator #2:** In their synagogue was a man with an unclean spirit; he cried out,

**Man:** “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!”

**Narrator #1:** Jesus rebuked him and said,

**Jesus:** “Quiet! Come out of him!”

**Narrator #2:** The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another,

**Crowd (1-2 people):** “What is this? A new teaching with authority. He commands even the unclean spirits and they obey him.”

**Narrator #1:** His fame spread everywhere throughout the whole region of Galilee.

**Reflecting Together:**

1. How did the people respond to Jesus’ teachings and healings?
2. What amazing thing did Jesus do? Why did Jesus’ fame spread?

**Going Deeper:**

1. Today Jesus’ actions demonstrated the power and authority behind his words. There is a saying that actions speak louder than words. How can your actions express your faith this week?
2. As disciples, we are called to show God in our words and actions. Whom can you name as examples of people who demonstrate their faith in God by their words and deeds?

## *Finding God in Our Week*

The people who heard Jesus teach and saw him heal in today's Gospel were said to have been astonished and amazed by the authority of his teaching. So compelling were Jesus' words and actions that the news about him could not be contained; it spread quickly throughout all of Galilee. Two thousand years later, the news about Jesus continues to spread. We are called to participate in sharing the Good News of Jesus with others in our words and in our deeds.

## *At Home*

Gather as a family and try to name some amazing things, events, or people. In today's Gospel we hear that the people were astonished and amazed by their experience of Jesus. What did the people who saw and heard Jesus find so amazing? (In Jesus, the people heard and saw the power and authority of God at work.) People should see in our lives the power and authority of God at work. Can you name any modern examples of people in whom you have seen the power and authority of God at work? Conclude in prayer together that we will experience wonder at the work of God in our world today. Pray together the Prayer to the Holy Spirit.

## *An Example of Lived Faith: St. Teresa of Calcutta*



Many of us have heard of Mother Teresa, whose feast day we celebrate on September 5th. Born in Albania (just north of Greece), she was one of four children and had a busy childhood. She was very interested in missionary work, but didn't think about becoming a nun until she turned 18 and she felt that God was beginning to call her and follow. She listened to God's call and went to Ireland and joined the Sisters of Loreto. She then traveled to India after a few months and made her final vows, taking the name Teresa, after Thérèse of Lisieux, the Little Flower. She spent 15 years teaching in a girl's school in Calcutta, and then heard the call from God to go into the streets and care for the poor.

Teresa saw these people differently. She saw them through God's eyes, which means that she saw each of them as his dear child, suffering and yearning for some kind touch or word, some comfort in their last days on earth. She heard that call and chose to live it out—to let God love the forgotten ones through her charity. Within two years, Teresa had been joined by other women in her effort, and was called “Mother Teresa” because she was the head of a new religious order: the Missionaries of Charity. Mother Teresa did wonderful, brave work in caring for the forgotten, but if there's one thing she would want you to remember about love, it's that you don't have to travel to foreign countries to practice the virtue of charity. In fact, love has to start where you live. Mother Teresa's example of how we can express our faith in God through our words and actions reminds of the great call to be a disciple!