

Saint Boniface Parish

Faith Formation Handout – Sunday, January 31st

Fourth Sunday in Ordinary Time

Mark 1:21-28

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. In their synagogue was a man with an unclean spirit; he cried out, "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!" Jesus rebuked him and said, "Quiet! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.



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How am I living out my Baptismal call to be priest, prophet, and king?

First Grade

In today's Gospel we can see how powerful Jesus is. If you were going to tell someone about how powerful God is, how would you describe Him? What examples would you use of things that He has done? What can God do that no human can ever do? How does God use His power to help you and the people that you love?

Second Grade

How are you preparing to receive Jesus in the Eucharist? How will that change your life? What is your favorite part of Mass? During each Mass that you go to, watch and listen to the priest. What is he doing to offer the Jesus' sacrifice for us? How can you offer things to God each day? What can you offer to Him this week?

Third and Fourth Grades

Jesus performed many miracles during His three years of ministry, such as the miracle from today's Gospel. Besides driving out evil spirits, what other miracles did Jesus perform? What do these miracles show about Him? Have you heard of any miracles happening recently? Jesus is still all powerful and continues to help us today! Ask Him for His help!

Fifth and Sixth Grades

At the end of today's Gospel, we hear that Jesus' fame spread everywhere. Why do you think His fame spread everywhere? How do you think it spread, because people then did not have telephones, internet or newspapers? How have you helped to spread the fame of Jesus? Who have you told about His miracles?

Seventh and Eighth Grades

A prophet's job is not to predict the future, but to share God's Word with people now. Prophet's bring hope and correct people when they are making bad choices. When was the last time that you brought hope to someone and helped them? What did you say? When was the last time that you corrected someone with love? What did they say?

High School and Adults

To be a king means to protect and guide the people and things in your life. This may be a lot of people or only a few. Who are the people in your life that you are responsible for? What things do you have control over? How can your actions effect those around you? How have you helped someone to have a better day or to make a right choice?

For this Week...

We are Catholic always and in everything we do. Throughout the week bring your faith into your school, your work, your play and your family. Here are some ideas for you.

Monday

Baptism is one of the seven Sacraments. What do you know about Baptism? Do you know what it does for you? Today, use your God-given intellect and will to look up something about Baptism. You can start with a simple search online using 'Catholic Baptism' or look in the Catechism, which can be a little more difficult to read, but doable.

Tuesday

We are each called to be a priest. That does not mean that we will be like our pastor, but rather, we are all called to lead prayer and sacrifice. While an ordained priest can offer the sacrifice of Jesus at Mass, we can offer up many different sacrifices throughout each day. Today, what can you offer as sacrifice – time, money, pain?

Wednesday

We are each called to be a prophet. We often wrongly think that a prophet tells the future. Rather, a prophet is a person who shares God's Word with others. How are you at bringing God's hope, joy and love to others? Today, act as a prophet of God and share His message with others. This may mean you need to read some of the Bible first!

Thursday

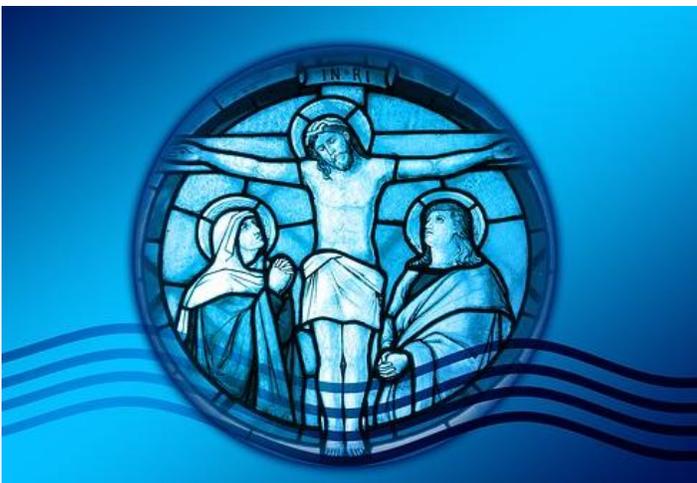
We are each called to be a king. The job of a king is not only to rule over everything, but to care for and protect what he has responsibility for. What are you the king of? Who do you have responsibility for? Today, make two lists. The first is people that you are responsible for and to, and second, a list of things that you own. What can you do to care for them?

Friday

To live out our call to be priest, prophet and king requires us to be strong men and women! How would you rate your strength and courage? Do you usually make the right choices when even when it is difficult to do so? Today, in your daily prayer time and throughout the day, ask God to increase in you the gift of Fortitude, which you received at Baptism.

Saturday

Living our Baptismal call to be priest, prophet, and king requires us to be humble. We need God's help and the help of others in order to be successful. How often do you ask for and accept the help of God and others? Today, ask God in prayer for help. Then, listen to Him and see how He will help you. It may not be in the way you asked for!



FROM THE CATECHISM...

Having become a member of the Church, the person baptized belongs no longer to himself, but to him who died and rose for us. From now on, he is called to be subject to others, to serve them in the communion of the Church, and to "obey and submit" to the Church's leaders, holding them in respect and affection. Just as Baptism is the source of responsibilities and duties, the baptized person also enjoys rights within the Church: to receive the sacraments, to be nourished with the Word of God and to be sustained by the other spiritual helps of the Church.

Catechism of the Catholic Church, 1269

Next Week's Readings

Here are the readings for next Sunday so that on Saturday you can read through them. If you take a few minutes to read them and prepare, you will get a lot more from Mass. They are available online at www.usccb.org.

Job 7:4,6-7 Psalm 147 1-2,3-4,5-6 1 Corinthians 9:16-19,22-23 Mark 1:29-39