

Saint Boniface Parish

Faith Formation Handout – Sunday, February 7th

Fifth Sunday in Ordinary Time

Mark 1:29-39

On leaving the synagogue Jesus entered the house of Simon and Andrew with James and John. Simon's mother-in-law lay sick with a fever. They immediately told him about her. He approached, grasped her hand, and helped her up. Then the fever left her and she waited on them. When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him. Rising very early before dawn, he left and went off to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said, "Everyone is looking for you." He told them, "Let us go on to the nearby villages that I may preach there also. For this purpose have I come." So he went into their synagogues, preaching and driving out demons throughout the whole of Galilee.

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How do I journey with those that are suffering?

First Grade

In today's Gospel, we hear how Jesus heals Simon's mother-in-law. What was wrong with her and what did He do to help her? After she was healed, what did she do? How do you think she felt after she was healed? Why do you think she decided to wait on Jesus and bring him food and drinks? After you are sick and feel better, do you thank God for His help?

Second Grade

How do you feel when you are sick? What are some of the things that people can do to help you feel better when you are sick? How are the people that help you the most when you are sick and suffering? Those people get sick and suffer sometimes too! What can you do to help those people the next time that they are not feeling well?

Third and Fourth Grades

Sometimes, we think that suffering is just when you don't feel well or hurt yourself. But we can also cause people to suffer when we make fun of them or embarrass them. When was a time that you did something to cause someone to suffer? What could you have done to apologize and help them? What did they need from you in that moment?

Fifth and Sixth Grades

In today's Gospel, we hear how Jesus healed many people who were sick. What types of illnesses do you think the people had? What do you think Jesus did to heal them? Who is someone that you know is sick or suffering in some way? How can you journey with them and be with them today as they are suffering? What can you do to comfort them?

Seventh and Eighth Grades

In today's Gospel we hear about Jesus healing people that are sick. Being sick is one way that people can suffer. What are other ways that people can suffer? What do you think is the worst type of suffering? How can we help people when they are sick? What can you do when someone is suffering in the worst way?

High School and Adults

There are many different ways that people can suffer. Other than being sick, what are some of those ways? In what ways have you suffered or are suffering now? It is possible and necessary for us to journey with people who are suffering even when we are suffering at the same time. Who is someone that you can journey with and share their suffering?

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

One type of suffering that we and others endure is physical suffering. This can be anything from a headache to suffering from a disease. Some physical suffering is easy to deal with and other types are difficult. Regardless of how painful it is, it is easier with love and friendship. Today, when you see someone suffering, walk with them for a while.

Tuesday

Another type of suffering that we all face from time to time is emotional suffering. This includes sadness, hopelessness and anxiety. When was a time that you struggled with emotional suffering? People with emotional suffering often keep it to themselves. Today, try to be extra aware of the people around you that are suffering in this way. Be there for them!

Wednesday

A third type of suffering that people endure is spiritual suffering, such as a loss of hope and loneliness. We can almost never see this type of suffering, but it can be the most dangerous. This is when a person most needs someone to walk with them. Today, think about who has mentioned that they are lonely. Spend time with them!

Thursday

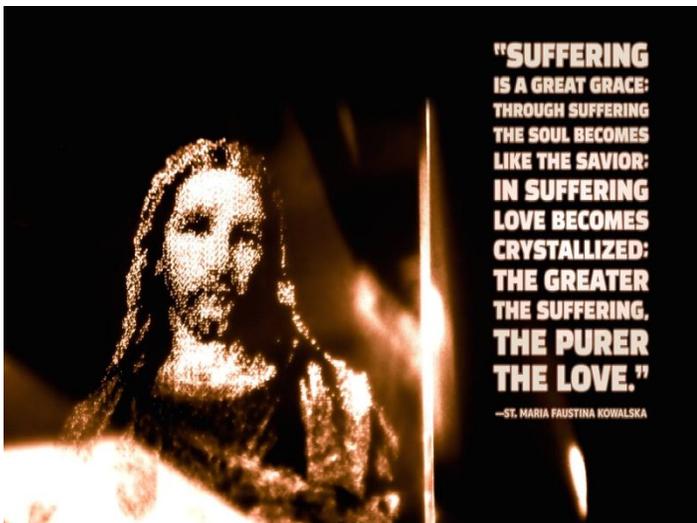
The first and most basic way that we can journey with those that are suffering is to simply be with them. No matter what type of suffering it is, having your friends and family with you is always a comfort. Today, don't make big plans, but simply hangout with someone. You could get a cup of coffee or some food, or hangout and play cards or a game.

Friday

Next, the most important way to help those that are suffering is to pray for them. Saying a quick prayer and lifting them up to God is wonderful, but what more can you do? When someone is suffering it is usually persistent and lasts for a while. That means that our prayer should also be consistent. Today, spend 10 minutes in prayer for people suffering.

Saturday

After we pray for people and spend time with them, then we can do something for them. This may be cooking them a meal or running errands for them. It all depends on what they need and what we can do. Today, talk with someone who is suffering. Offer ways that you can help them and let them choose what you can do for them.



FROM THE CATECHISM...

Union with the passion of Christ. By the grace of this sacrament the sick person receives the strength and the gift of uniting himself more closely to Christ's Passion: in a certain way he is consecrated to bear fruit by configuration to the Savior's redemptive Passion. Suffering, a consequence of original sin, acquires a new meaning; it becomes a participation in the saving work of Jesus.

Catechism of the Catholic Church, 1521

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.

Leviticus 13:1-2,44-46 Psalm 32:1-2,5,11 1 Corinthians 10:31-11:1 Mark 1:40-45