

5th Sunday in Ordinary Time  
February 7, 2021

# FAITH @ HOME

## 5th Sunday in Ordinary Time

**First Reading:** Job 7:1-4, 6-7  
**Responsorial Psalm:** Psalm 147  
**Second Reading:** 1 Corinthians 9:16-19, 22-23  
**Gospel:** Mark 1:29-39

[Full readings can be found here!](#)

## 1. HEAR

Grab your bible and look up the reading. Don't have one? No worries you can find the text [HERE](#).

### Proclamation of Gospel Videos:

To see a children's video of the proclamation of the Gospel, [click here](#). Or to see a video of the proclamation of the Gospel for adults, [click here](#).

## 2. PRAY

Quietly and slowly recite the Gospel. Or, close your eyes and listen to the Gospel...use your imagination to bring the Gospel to life.

**Children:** Think about what Jesus is doing in this Gospel. Draw a picture of a scene from the Gospel you just heard. Talk to Jesus about what he did in the Gospel. Ask him questions. Share your prayers with Jesus.

**Everyone else:** Which scene touched your heart or caught your attention? The healing of those who were ill? The deliverance of those possessed by demons? Jesus having some quiet prayer? Jesus' steadfast focus on his mission?

What is God telling you here? Ponder this question.

*Pray:* Share with Jesus what came to mind as you listened to the Gospel. Share your needs with Jesus.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

## 3. TALK

In this reading we see Jesus have some quiet time to pray alone, but then he tells his disciples that they must get going because he has to continue preaching throughout Galilee and could not stay at Simon & Andrew's town, even though the townspeople wanted to see him.



It is normal to get sidetracked from to-do lists or personal goals. We may eventually get back on track or we might lose sight of our goals entirely.

Share with your family or a trusted friend of a time when you were distracted and lost focus on completing an assignment or reaching a goal.

- What happened? How did that make you feel?
- Were you able to get back on track?

We are given a mission (a goal) by Jesus, which is to share His good news with others.

- Have you been doing your part in fulfilling *the* mission? If not, what has gotten in the way?
- What can you do to refocus on *the* mission in your everyday life? How can you incorporate prayer into this?