



Fifth Sunday of Ordinary Time

February 7, 2021

GOSPEL 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.





GOSPEL MARK 1: 29-39

This reading gives us a glimpse into a day in Jesus' life. From the beginning of Mark's gospel, Jesus is on the go, expelling demons, curing the sick, proclaiming that the Kingdom of God is at hand. This gospel passage of curing Simon's mother in law as well as curing all the crowds displays the frantic pace that Jesus kept.

In the middle of today's gospel is one line, that can be easily overlooked.

Rising very early before dawn, he left
and went off to a deserted place, where he prayed.

Why would Jesus do that? Why didn't he just jump into his busy day and get started with all the healings and exorcisings for that day? What is the gospel teaching us for our busy days?

Taken from Matthew Kelly's The Four Signs of a Dynamic Catholic, p 43:

One thing I have discovered as I become more and more conscious of what is happening within me and around me is that if a day doesn't get off to a good start it very rarely finishes as a good day. Once a day gets away from us we tend to go into survival mode. And a day can get away from us in so many ways. In fact, a day will almost certainly go wrong unless we consciously take the time to focus the day first thing each morning.

How do your best days begin? Most people don't know. They have a hunch, but they have simply never thought enough about it or experimented with it. This is the first thing that sets Dynamic Catholics apart. They know how their best days begin, and they use this knowledge to give real direction to their lives at the beginning of each day.

The first sign of a Dynamic Catholic is prayer. More specifically, it is a daily commitment to prayer. Dynamic Catholics universally begin their day with some type of prayer, a spiritual routine that focuses their day. Some settle down in a comfortable chair with their morning coffee, others to go Mass, some focus their day by praying the morning offering, and have their main time of prayer at some other time in the day. But all of them begin their day with prayer of some kind, however brief, and on a day when they don't follow their routine, they can feel the difference.

Has this ever happened to you: When you didn't follow a morning prayer routine and found yourself distracted and not at peace throughout the day?

How do your best days begin?

What is your prayer routine like? If you don't have one, what is one thing you can add to your morning schedule to create a morning prayer routine?

