

Fourth Sunday in Ordinary Time

“If today you hear his voice, harden not your hearts.”

In the Gospel this week, Jesus preaches to the people in the synagogue when a person with an ‘unclean spirit’ or ‘demon’ tries to influence him to do wrong. Jesus shows his authority by banishing the ‘demon’ and the message spreads to the people of Galilee that Jesus has the power to overcome demons.

In the Old Testament we read that the demons, under Lucifer defied God and were banished into hell. We, too, can be influenced by demons. We are tempted to waste our time and talents and use our gifts for doing wrong rather than for the good of ourselves, family and community.

The Gospel tells us if Jesus is part of our lives, he will banish the demons. Jesus is part of our life when we pray and participate in the Sacraments.



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**A reading from the holy Gospel according to 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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Meditation

We know when we are tempted to do the wrong thing; waste time, indulge in activities which harm those we love by refusing to cooperate, help out when asked, lash out when we don't get our own way, be unkind, gossip or tell lies. At these times we pray for Jesus' help to do the right thing.

Prayer:

O, Angel of God, my guardian dear,
To whom God's love commits me here,
Ever this day be at my side,
To light and guard, to rule and guide.
Amen.

