

Lectio Divina
January 30, 2021
4th Sunday in Ordinary Time

Greeting and Opening Prayer

Part I

- 1) Hear the text read.
- 2) Recall the text by saying a word or short phrase that touched your heart. Listen to what others say. If someone says your word, simply repeat it again.

Part II: Commentary by

Part III: Hear/See the text again with 5 mins silence

Part IV: Reflection and Sharing in Small Groups

- ◇ Share your reflections on what is happening in the text and what it means today.
- ◇ What do you observe?
- ◇ Is there anything that leaves you perplexed/confused?
- ◇ What does this text mean to you?
- ◇ What has praying with this text called forth from you personally?
- ◇ What needs to change in you having read this text?
- ◇ What difference will this text make in your life?

Part V: Give Thanks

Offer petitionary prayers to God.

Closing Prayer

Mark 1:21-28 NRSV

The Man with an Unclean Spirit

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes.

Just then there was in their synagogue a man with an unclean spirit, and 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.” But Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing him and crying with a loud voice, came out of him.

They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He[a] commands even the unclean spirits, and they obey him.” At once his fame began to spread throughout the surrounding region of Galilee.

Footnotes

- a. Mark 1:27 Or A new teaching! With authority he

