

Here's a text if you've only a minute

Lord, make me know your ways.
Lord, teach me your paths.
(the Psalm)

The kingdom of God is close at hand.
Repent and believe the Good News. (the Gospel)

Jesus said, "Follow me and I will make you fishers of men"
(the Gospel)

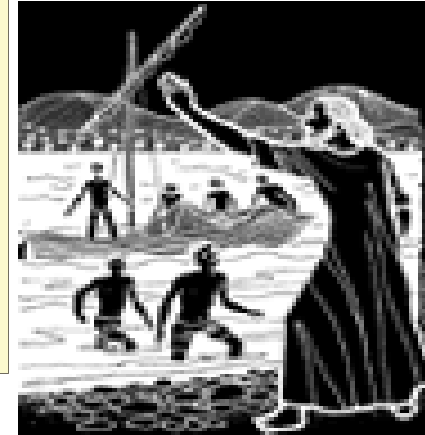
I am the light of the world, says the Lord;
the one who follows me will have the light of life.
(Communion antiphon)



SAINT BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

Follow me

3rd
Sunday
Ordinary
Time
Year B
22nd
January
2012



Sing a new song
to the Lord! Sing
to the Lord all
the earth.
Truth and
beauty surround
him, he lives in
holiness and
glory.
(Entry Antiphon)

I begin my prayer by focusing on the wonder and delight in God's glory and beauty which these words of the entry antiphon evoke. I sing his praise in my heart or sit in silent stillness that he may speak to me in the depths of my heart.

In awe and gratitude that God has revealed himself to us in human form in Jesus, I ask to come to know Jesus more fully and to follow him more faithfully.

When I feel ready, I pray the Opening Prayer making its sentiments my own.

The Opening Prayer or Collect

Almighty ever-living God,
direct our actions according to your good pleasure,
that in the name of your beloved Son we may abound in good works.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

In today's 1st Reading we have the story of how the people of Nineveh repented and changed their behaviour when Jonah preached to them. In the light of the holiness and glory of God we too become more aware of our failings and weaknesses and so we pray this Psalm asking that God may teach us how to walk in his ways and follow his paths.

RESPONSORIAL PSALM Ps 25: 4 - 9

R/. Lord, make me know your ways.

Lord, make me know your ways.
Lord, teach me your paths.
Make me walk in your truth and teach me;
for you are God my saviour.

Remember your mercy, Lord,
and the love you have shown from of old.

In your love remember me,
because of your goodness, O Lord.

The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor.

I read the Psalm slowly and prayerfully, choosing to put myself in God's hands and allow him to teach me how he wants me to live my life in response to his gifts of life and love.

I notice what thoughts and feelings surface in my mind and heart, and I speak with God about them - confident that he listens with love and understanding.

I share with God any concerns or worries I have about the future and ask again that, in his goodness, he will remember me with mercy and teach me to 'walk in his truth'.

The Gospel - Mark 1: 14 - 20

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee he saw Simon and his brother Andrew casting a net into the lake - for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of men.' And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

This dramatic call of the first four disciples has a message for each one of us. Our call may not have been so dramatic but it is a call which echoes all through our lives. God loves each one of us and wants us to know the happiness that only he can give. Let us listen to his call today.

I read the Gospel once or twice and envisage myself there on the shore watching the arrival of this Jesus who is winning the hearts of everyone by his teaching and his wonderful works.

I hear his invitation to Simon and Andrew - is he inviting me to 'follow' him in some way? I see how they follow him trustfully and promptly.

I ask Jesus to call me to a deeper following of him in my daily life and to give me ears to hear.

I watch as he calls James and John and how they put him before everything else. Do I put Jesus first in my daily-life choices?

I ask to grow in love of Jesus and to put him first always.