

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

Praise the Lord for he is good;
Our Lord is great and almighty; his wisdom can never be
measured. [Psalm 146]

Though I am not the slave of any man, I have made myself the
slave of everyone. [2nd Reading]

He took our sicknesses away, and carried our diseases for us.
[Gospel Acclamation]

Long before dawn, he got up and left the house and went off to a
lonely place and prayed there. [The Gospel]

What does this image say to me?



He binds up all their wounds

Prego Partner

Do you have a Prego partner? If you do, you may wish to share
some of your reflections with your partner. If you don't you
may wish to find someone with whom you can share your re-
flections.

**FIFTH SUNDAY
ORDINARY TIME
YEAR B
5 FEBRUARY 2012**



Praise the Lord who heals the broken-hearted.

I come to my place of prayer and become as still as I can in mind
and body.

I come into God's presence not as an isolated individual but as a
beloved member of His family.

How am I feeling right now, what is foremost on my mind and in
my heart?

I consider the unique setting of my life, especially my immediate
family, and I gather them into my prayer.

In my heart, I move out to my family all over the world and
gather them also into my prayer.

In faith and love I present them to our heavenly Father. I entrust
them to his love and protection. In his mercy and loving
kindness he knows their every joy and sorrow.

*Father, watch over your family and keep us safe in your care,
for all our hope is in you.*

Today's Collect

Keep your family safe, O Lord, with unfailing care, that,
relying solely on the hope of heavenly grace, they may be
defended always by your protection. Through our Lord
Jesus Christ, your Son...

Psalm 146

Praise the Lord who heals the broken-hearted. R.

Praise the Lord for he is good;
sing to our God for he is loving;
to him our praise is due. R

The Lord builds up Jerusalem
and brings back Israel's exiles,
he heals the broken-hearted,
he binds up all their wounds'.
He fixes the number of stars;
he calls each one by name. R

Our Lord is great and almighty;
his wisdom can never be measured.

The Lord raises the lowly;
he humbles the wicked to the dust. R.

This psalm invites us to praise God for all he has done, both in the historical and personal life of the people of Israel and in nature. Many centuries later, Jesus would also heal, bind up wounds, raise the lowly and confront the wicked.

I read this text prayerfully, quietly reflecting on its meaning for me. Where does it touch me?
I ponder the psalm's invitation: *Praise the Lord.*
Do I find it easy to do that?
It may help to spend some time bringing back to mind the instances where I have good reason to praise the Lord for events in my life, for little incidents as much as for major ones.

Who are the exiles, the broken-hearted, the wounded in our society? In what ways can I try to support them?

I may now want to turn my attention to the Lord's power over the universe, the stars, the planets.
In awe, I spend time in silent praise for the immensity and complexity of creation.
When I am ready, I slowly conclude my prayer with words of thanks for the time spent with the Lord. I make a sign of the cross.

Part of the Gospel—Mark 1: 32-39

That evening after sunset, they brought to him all who were sick and possessed by devils. the whole crowd came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

We enter the above scene on a day when Jesus was seen carrying out an exorcism in the synagogue and healing Peter's Mother-in-Law, in her home. The crowds, 'knew who he was.'

I take time to become familiar with what took place later that evening and early the following morning. I notice the sharp contrast between the two occasions.

It may help my prayer and reflection to imagine being with Jesus in these differing situations.

Firstly I see him surrounded by crowds of people, all desperately needing something from him. I see him minister to many of them.

Even if on a much smaller scale, can I identify with this scene in any way. Do people sometimes make demands on me, seeing me as the one who can solve their problems? I consider how I react to such times?

I then imagine Jesus having risen early to find a suitable place to be alone with his Father in prayer; taking much needed time for rest and renewal, guidance and strength. I sit quietly with him for a while.

I ponder...Do I go into each day, under my own steam, perhaps trying to be 'all things to all people'. I speak to Jesus the one who shows me how to find the 'balance' I need to effectively carry out my ministry, to be able to say, like him, *'That is why I came.'*