



# Small Groups

Parish Community of Saint Helen

**Sunday, January 28, 2024**  
**4th Sunday in Ordinary Time**  
**You Ain't Seen Nothing Yet Week 3**

**Opening Song:** [Open my Eyes ~ Jesse Manibusan](#)

## Opening Prayer

(Psalm 95)

*Leader: O that today you would listen to the voice of the Lord.  
Do not harden your hearts.*

**All: O, come let us sing to the rock of our salvation!  
Let us come into God's presence with thanksgiving;  
let us make a joyful noise to God with songs of praise!**

*Leader: O come, let us worship and bow down  
let us kneel before the Lord, our Maker!*

**All: O that today you would listen to God's voice!  
Do not harden your hearts as at Meribah, as on the day at Massah  
in the wilderness, when your ancestors tested me  
and put me to the proof, though they had seen my work. Amen.**

## Gospel

Mk 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!"

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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.

**Reflection Video:** [Weekend Message ~ Msgr. Tom](#)

## Discussion Questions

The gospel tells of a typical day of Jesus. He first teaches in the synagogue and then performs the miracle of exorcism. Jesus is presented to us as a prophet described by Moses, who teaches with the authority of God and whose words are obeyed even by unclean spirits. There is no power on earth greater than the power of God at work in Jesus.

1. Does the image of Jesus as one who casts out unclean spirits still speak to our age? Do we trust that He can do this?
2. In what way do you think Jesus' teaching differed from the teaching of the scribes such that people concluded Jesus' teaching came with "authority?"
3. Take a few minutes and re-read the gospel passage. Is there a word or phrase that stands out to you. Share how this word or phrase can be applied to your own life.

## Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each

St. Michael the Archangel,

defend us in battle,

be our protection against

the wickedness and snares of the devil.

May God rebuke him we humbly pray;

and do thou, O Prince of the Heavenly host,

by the power of God,

cast into hell Satan and all the evil spirits

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who prowl about the world  
seeking the ruin of souls. Amen.

**Closing Song:** [Come as You Are ~ Crowder](#)

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