



Small Groups

Parish Community of Saint Helen

Sunday, February 4, 2024
5th Sunday in Ordinary Time
You Ain't Seen Nothing Yet Week 4

Opening Song: [Come as Your Are \(Crowder\)](#)

Opening Prayer

(Psalm 147)

*Leader: How good it is to sing praises to our God;
For God is gracious and a song of praise is fitting.*

**All: God heals the brokenhearted,
And binds up their wounds.**

*Leader: God determines the number of the stars;
God gives to all of them their names.*

**All: Great is our Lord, and abundant in power;
God's understanding is beyond measure.**

Gospel

Mk 1:29-39

On leaving the synagogue

Jesus entered the house of Simon and Andrew with James and John.

Simon's mother-in-law lay sick with a fever.

They immediately told him about her.

He approached, grasped her hand, and helped her up.

Then the fever left her and she waited on them.

When it was evening, after sunset,

they brought to him all who were ill or possessed by demons.

The whole town was gathered at the door.

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He cured many who were sick with various diseases,
and he drove out many demons,
not permitting them to speak because they knew him.

Rising very early before dawn, he left
and went off to a deserted place, where he prayed.
Simon and those who were with him pursued him
and on finding him said, "Everyone is looking for you."
He told them, "Let us go on to the nearby villages
that I may preach there also.
For this purpose have I come."
So he went into their synagogues,
preaching and driving out demons throughout the whole of Galilee.

Reflection Video: [Msgr. Tom's Weekly Message](#)

Discussion Questions

Numerous demands for healing create a problem for Jesus. He does not want people to be attracted to the miracles and worship him as a miracle worker, but rather he desires them to open their hearts to God's transforming love.

1. What is the difference between treating Jesus as a preacher or a miracle worker and being open to God's transforming love?
2. After a day like this, what pressures could Jesus feel as a new day dawns? How might this relate to his decision to move on?
3. How can we become a sign of God's transforming love in the world?
4. What is the most stressful or difficult thing in your life right now? What difference could getting alone to pray make in handling this idea?

Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each
May the ever-present **love** of family and friends sustain and support you, especially in those times when you feel alone and lonely.
May you accept your worthiness to receive **self-compassion**, to give yourself permission to care for your inner and outer self as best you can.

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May you be in touch with the **resilience** residing within you, a strength that never gives up on you and continually believes in you.

May you find **comfort** when you are hurting, and experience a tender presence of the Holy One when you feel most distressed.

May the **beauty** contained in gestures of kindness and in the loveliness of nature bring you quiet joy.

May you give yourself to **restfulness** when you are weary, and be content with inactivity when your body and spirit demand that you go slowly.

May you be **patient** when you want things to change, or when difficulties appear to be insurmountable and unmanageable.

May you be **released** from the burdens of fear and dread, and anything else that tries to drag your spirit into desolation.

May you discover **hope** in the most unexpected situations, and store this treasure in a special corner of your heart where you can easily find it.

May you find refuge in the **peaceful** shelter of the Great Healer, and may this peace permeate you with divine tenderness.

Amen ~ Sr. Joyce Rupp

Closing Song: [Petition ~ Sarah Hart \(sung by Saint Helen Band\)](#)