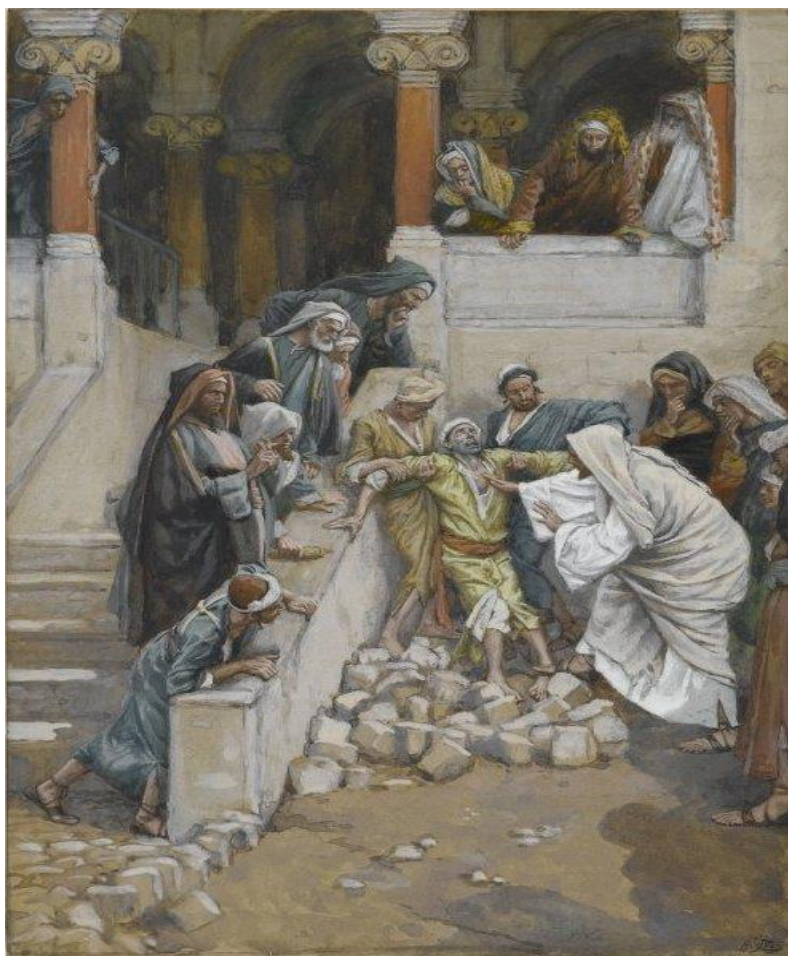


Sunday Gospel Reflection

Fourth Sunday of Ordinary Time Year B

1. Sign of the Cross

2. Gospel: Mark 1:21-28 *“Be silent and come out of him.”*



The Man with an Unclean Spirit

²¹ They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²² They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³ Just then there was in their synagogue a man with an unclean spirit, ²⁴ 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.” ²⁵ But Jesus rebuked him, saying, “Be silent, and come out of him!” ²⁶ And the unclean spirit, convulsing him and crying with a loud voice, came out of him. ²⁷ They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” ²⁸ At once his fame began to spread throughout the surrounding region of Galilee.

3. Reflection: (reflect on your own or share together if with others)

1. What “unclean spirits”, negative forces do you need Jesus to call out from you?
2. Have you ever been amazed by some experience of faith in your life?
3. How do we experience the teaching of Jesus in our lives?

4. Share petitions that you would like to pray for: Finish with the Special Petition.

Special Petition: For peace in the middle east.

5. Lord's Prayer

6. Sign of the Cross.