

FEBRUARY 4, 2018



# FIFTH SUNDAY IN ORDINARY TIME



JOB 7:1-4, 6-7

PSALM 147:1-2, 3-4, 5-6

1 CORINTHIANS 9:16-19, 22-23

MARK 1:29-39

## REFLECTION

This week we hear about Jesus performing works of healing. On its own, this might not seem unremarkable—Jesus does a lot of healing in the Gospel accounts, doesn't he? But there is a message related to this healing that goes far beyond the account in today's Gospel reading. The First Reading is a lament from Job, who experienced so much misery and suffering. It's not the happiest of readings. However, the psalm for the day offers hope. The message that all these readings offer is not just one of healing, but of God's compassion for those who are suffering. Even if it isn't always immediate, we believe that God cares for those who are afflicted. Jesus heals more than physical ailments—he works to give spiritual and emotional care to those who are brokenhearted.

## ACTION

God heals the brokenhearted. How often do we only see the physical needs of others? How often do we ignore or miss the emotional or spiritual sufferings of those around us? Though we are not likely to be able to perform miracles of healing like Christ did, we are able to be present with compassion to others. Through this compassionate presence, we may be surprised to learn that Christ's healing is present. Here's a simple challenge: try to pay extra attention to any emotional suffering in the people around you this week.

## JOURNALING QUESTIONS

- How often do you try to do something to help when you see someone in need? How much do you pay attention to the spiritual and emotional ailments of those around you?
- Are you willing to go out beyond your own routine to find those whom you can serve like Christ did? Why or why not?