

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

O sing a new song to the Lord; sing to the Lord all the earth.

*Entrance Antiphon*

In your love remember me, because of your goodness, O Lord.

*Psalm*

The kingdom of God is close at hand: repent,  
and believe the Good News. Alleluia!

*Gospel Acclamation*

All-powerful and ever-living God,  
direct your love that is within us,  
that our efforts in the name of your Son  
may bring humankind to unity and peace.

*Old Opening Prayer*

This week's texts if you'd like to reflect further:

Jonah 3: 1-5,10; Psalm 24 (25); 1 Corinthians 7: 29-31; Mark 1: 14-20

### Prayer of Generosity

Lord Jesus, teach me to be generous.  
Teach me to serve you as you deserve,  
to give without counting the cost,  
to fight and not to heed the wounds,  
to toil and not to seek for rest,  
to labour and not to ask for reward,  
except to know that I am doing your will.

Amen.

St Ignatius Loyola

If you'd like to receive Prego by email each week, sign up at  
[www.stbeunosoutreach.wordpress.com](http://www.stbeunosoutreach.wordpress.com)

**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



Third Sunday of Ordinary Time  
(The Sunday of the Word of God)  
Year B, 21st January 2024

**'Lord, teach me your paths'**

Today, as the Roman Catholic Church celebrates this 'Sunday of the Word of God', Pope Francis reminds us:

*Christ Jesus is knocking at our door in the words of sacred scripture.  
If we hear his voice and open the doors of our mind and hearts,  
then he will enter our lives and remain ever with us.*

In the **First Reading**, Jonah takes the word of God to the people in Nineveh. They hear it, are inspired to change their evil ways, and God shows them his mercy.

God's love and forgiveness are at the heart of the **Psalm**, as we pray for better understanding of the ways in which the Lord invites us to live our lives.

St Paul issues a challenge to the Christian community in Corinth in this week's **Second Reading**. At the centre of this, though, is an encouragement to us to free our minds and hearts from reliance on the things of this world, and to place our hope in the reign of God.

The **Gospel** speaks of the opening of the hearts and minds of the first apostles as they leave behind everything they know in order to follow Jesus.

This week, perhaps I can give myself the gift of a little extra time with scripture. I pray that the Lord will open my mind and heart, so I can see more clearly where my path with him lies.



### Opening Prayer

Almighty ever-living God,  
direct our actions according to your good pleasure,  
that in the name of your beloved Son  
we may abound in good works.

## Psalm 24 (25)

**R./ Lord, make me know your ways.**

**L**ord, make me know your ways.  
Lord, teach me your paths.  
Make me walk in your truth, and teach me:  
for you are God my saviour.

Remember your mercy, Lord,  
and the love you have shown from of old.  
In your love remember me,  
because of your goodness, O Lord.

The Lord is good and upright.  
He shows the path to those who stray,  
he guides the humble in the right path;  
he teaches his way to the poor.

I settle myself, comfortable but alert, in the place I have chosen to pray, and become still in whatever way works best for me today.

With open hands and an open heart, I invite the Lord to come and sit beside me as I slowly read the words of the psalm a number of times, perhaps aloud if I can. I notice where my attention is drawn, and listen for what the Lord wants to teach me.

Perhaps there is a particular area of my life where there is uncertainty. Am I struggling to find the right path? Or maybe there is a path that, for some reason, I am reluctant to follow?

Might that reluctance be my unwillingness to trust ... or fear of failure... or fear of success, even? Or is it something else?

I share my feelings openly with the Lord, as I would with a treasured friend.

Returning to the text, my thoughts may turn to those times when I know I've strayed from the right path. I recall how that was.

Perhaps I can envisage how it feels to acknowledge my failings and know the loving mercy and forgiveness of God.

If this is difficult, I might want to ponder God's love for me – love given freely, not because I have earned or deserve it – but simply because of God's goodness.

When ready, I end my prayer with words of thanksgiving. *Glory be ...*

## Gospel Mark 1: 14–20

**A**fter John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come', he said, 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

As he was walking along by the Sea of Galilee, Jesus saw Simon and his brother Andrew casting a net in the lake – for they were fishermen. And Jesus said to them, 'Follow me and I will make you into fishers of people'. And at once they left their nets and followed him.

Going on a little further, he saw James son of Zebedee and his brother John; they too were in their boat, mending their nets. He called them at once and, leaving their father Zebedee in the boat with the men he employed, they went after him.

As I come to prayer today, I notice how I am feeling, and take as much time as I need to set aside the cares of the day.

Turning to the text, I may like to read this familiar story a few times, and then set it aside to re-live what happens. Perhaps I can feel the sun on my face and the gentle breeze coming from the water, as I notice the sand and pebbles beneath my feet. I hear the lapping of the waves and the banter of the fishermen. I watch as Jesus walks towards the boats. What is he like? What do I notice as he speaks to Simon and Andrew? What is it about him that persuades them to follow?

I stay a little way behind as Jesus walks on. What do I see on the faces of Zebedee and the other fishermen as James and John leave too? Perhaps I share their fear... their disbelief...their confusion?

Suddenly aware of my presence, Jesus turns to me and holds out his hand. What do I feel as he invites me to follow him too? Do I run to him, or am I hesitant? Do I turn away? What do I want to say to him?

Leaving the scene at the lakeside, I ponder. What might it be that stops me from simply following?

Or perhaps I feel I am already following Jesus? What might people see and hear in me that lets them know I follow him? I ask the Lord to teach me ways in which I can use my life and my voice to draw others to him.

I may want to end my prayer using the words of St Ignatius, overleaf.