

The Eucharist

31 January 2021

◆ FOURTH SUNDAY IN ORDINARY TIME / B



In the Hebrew scriptures a prophet is not primarily a person who predicts the future. Rather, the heart of his role is that he speaks the word of God for today. Many of the great prophets took on their role with great reluctance. What drove them on was the power of the word of the Lord, which they had been urged to proclaim. In many cases it also meant adopting an unpopular stance, particularly at a time when things were going well. In times of crisis, however, it frequently involved giving the people a word of consolation.



Jesus said to the unclean spirit: 'Be quiet! Come out of him!' And the unclean spirit with a loud cry went out of the man possessed.

FIRST READING *(Deuteronomy 18:15-20)*

The Book of Deuteronomy pictures Moses giving final instructions before his death. In this reading Moses refers to a future prophet – a spokesman for God. Jewish and Christian thinkers have seen this as referring to the future Messiah.

SECOND READING *(1 Corinthians 7:32-35)*

St Paul devotes the whole of chapter seven of this epistle to answering questions he was asked concerning marriage and virginity, because the first Christian converts believed or strongly hoped that the end of this world and the second coming of Christ as Judge were imminent.

GOSPEL *(Mark 1:21-28)*

Mark writes in his own breathless, hurried style. One vivid idea follows another. He often describes Jesus as teaching – but quotes little of that teaching. And Mark repeatedly describes the onlookers as being amazed and mystified by Jesus.

THE INTRODUCTORY RITES

Entrance Antiphon

(Ps 105:47)

**Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.**

In the name of the Father, and of the Son,
and of the Holy Spirit.

Amen.

The grace of our Lord Jesus Christ,
and the love of God,
and the communion of the Holy Spirit
be with you all.

And with your spirit.

Penitential Act

Brethren (brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to celebrate
the sacred mysteries.

A brief pause for silence follows.

You were sent to heal the contrite of heart:

Lord, have mercy.

Lord, have mercy.

You came to call sinners:

Christ, have mercy.

Christ, have mercy.

You are seated at the right hand of the Father
to intercede for us:

Lord, have mercy.

Lord, have mercy.

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

Amen.

Gloria

**Glory to God in the highest,
and on earth peace to people of good will.**

We praise you,

we bless you,

we adore you,

we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

you take away the sins of the world,

have mercy on us;

you take away the sins of the world,

receive our prayer;

you are seated at the right hand of the Father,

have mercy on us.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father.

Amen.

Collect

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit,
one God, for ever and ever.

Amen.

THE LITURGY OF THE WORD

FIRST READING

(Deut 18:15-20)

A reading from the book of Deuteronomy.

Moses said to the people: 'Your God will raise up for you a prophet like myself, from among yourselves, from your own brothers; to him you must listen. This is what you yourselves asked of the Lord your God at Horeb on the day of the Assembly. "Do not let me hear again," you said, "the voice of the Lord my God, nor look any longer on this great fire, or I shall die"; and the Lord said to me, "All they have spoken is well said. I will raise up a prophet like yourself for them from their own brothers; I will put my words into his mouth and he shall tell them all I command him. The man who does not listen to my words that he speaks in my name, shall be held answerable to me for it. But the prophet who presumes to say in my name a thing I have not commanded him to say, or who speaks in the name of other gods, that prophet shall die."'

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

(Ps 94:1-2. 6-9)

℟ **O that today you would listen to his voice!
Harden not your hearts.**

1. Come, ring out our joy to the Lord;
hail the rock who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord. ℟
2. Come in; let us kneel and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand. ℟
3. O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.' ℟

SECOND READING

(1 Cor 7:32-35)

A reading from the first letter of St Paul to the Corinthians.

I would like to see you free from all worry. An unmarried man can devote himself to the Lord's affairs, all he need worry about is pleasing the Lord; but a married man has to bother about the world's affairs and devote himself to pleasing his wife: he is torn two ways. In the same way an unmarried woman, like a young girl, can devote herself to the Lord's affairs; all she need worry about is being holy in body and spirit. The married woman, on the other hand, has to worry about the world's affairs and devote herself to pleasing her husband. I say this only to help you, not to put a halter round your necks, but simply to make sure that everything is as it should be, and that you give your undivided attention to the Lord.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

(Cf. Mt 11:25)

Alleluia, alleluia!
Blessed are you, Father,
Lord of heaven and earth,
for revealing the mysteries of the kingdom
to mere children.
Alleluia!

GOSPEL

(Mk 1:21-28)



The Lord be with you.

And with your spirit.

A reading from the holy Gospel
according to Mark.

Glorify to you, O Lord.

Jesus and his followers went as far as Capernaum, and as soon as the sabbath came Jesus went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit, and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new,' they said, 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith

(Nicene Creed)

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,**

*At the words that follow, up to and including
and became man, all bow.*

**and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.**

**For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,**

who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

The priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

**May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.**

Prayer over the Offerings

O Lord, we bring to your altar
these offerings of our service:
be pleased to receive them, we pray,
and transform them
into the Sacrament of our redemption.
Through Christ our Lord.

Amen.

Eucharistic Prayer III

(Preface II of the Sundays in Ordinary Time)

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God,
through Christ our Lord.

For out of compassion for the waywardness that is ours,
he humbled himself and was born of the Virgin;
by the passion of the Cross he freed us from
unending death,

and by rising from the dead he gave us life eternal.

And so, with Angels and Archangels,
with Thrones and Dominions,
and with all the hosts and Powers of heaven,
we sing the hymn of your glory,
as without end we acclaim:

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

You are indeed Holy, O Lord,
and all you have created
rightly gives you praise,
for through your Son our Lord Jesus Christ,
by the power and working of the Holy Spirit,
you give life to all things and make them holy,
and you never cease to gather a people to yourself,
so that from the rising of the sun to its setting
a pure sacrifice may be offered to your name.

Therefore, O Lord, we humbly implore you:
by the same Spirit graciously make holy
these gifts we have brought to you for consecration,
that they may become the Body and \times Blood
of your Son our Lord Jesus Christ,
at whose command we celebrate these mysteries.

For on the night he was betrayed
he himself took bread,
and, giving you thanks, he said the blessing,
broke the bread and gave it to his disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

In a similar way, when supper was ended,
he took the chalice,
and, giving you thanks, he said the blessing,
and gave the chalice to his disciples, saying:

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.

DO THIS IN MEMORY OF ME.

The mystery of faith.

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

Therefore, O Lord, as we celebrate the memorial
of the saving Passion of your Son,
his wondrous Resurrection
and Ascension into heaven,
and as we look forward to his second coming,
we offer you in thanksgiving
this holy and living sacrifice.

Look, we pray, upon the oblation of your Church
and, recognising the sacrificial Victim by whose death
you willed to reconcile us to yourself,
grant that we, who are nourished
by the Body and Blood of your Son
and filled with his Holy Spirit,
may become one body, one spirit in Christ.

May he make of us
an eternal offering to you,
so that we may obtain an inheritance with your elect,
especially with the most Blessed Virgin Mary,

Mother of God,
with blessed Joseph, her Spouse,
with your blessed Apostles and glorious Martyrs
(with Saint N.: the Saint of the day or Patron Saint)
and with all the Saints,
on whose constant intercession in your presence
we rely for unailing help.

May this Sacrifice of our reconciliation,
we pray, O Lord,
advance the peace and salvation of all the world.
Be pleased to confirm in faith and charity
your pilgrim Church on earth,
with your servant N. our Pope and N. our Bishop,
the Order of Bishops, all the clergy,
and the entire people you have gained for your own.
Listen graciously to the prayers of this family,

whom you have summoned before you:
in your compassion, O merciful Father,
gather to yourself all your children
scattered throughout the world.

To our departed brothers and sisters
and to all who were pleasing to you
at their passing from this life,
give kind admittance to your kingdom.
There we hope to enjoy for ever the fullness of your glory
through Christ our Lord,
through whom you bestow on the world all that is good.
Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.
Amen.

THE COMMUNION RITE

At the Saviour's command
and formed by divine teaching,
we dare to say:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

**For the kingdom,
the power and the glory are yours
now and for ever.**

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever.
Amen.

The peace of the Lord be with you always.
And with your spirit.

*The priest may invite the people to exchange a sign of peace
and Christian fellowship. As the priest breaks the consecrated
Host the following is sung or said:*

**Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.**

Showing the Eucharist to the people, the priest says:

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.
**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

Communion Antiphon (Cf. Ps 30:17-18)

**Let your face shine on your servant.
Save me in your merciful love.
O Lord, let me never be put to shame, for I call on you.**

Prayer after Communion

Nourished by these redeeming gifts,
we pray, O Lord,
that through this help to eternal salvation
true faith may ever increase.
Through Christ our Lord.
Amen.

THE CONCLUDING RITES

The Lord be with you.
And with your spirit.

May almighty God bless you,
the Father, and the Son, ✠ and the Holy Spirit.
Amen.

Go in peace, glorifying the Lord by your life.
Thanks be to God.

Personal Prayer

You have the words of eternal life, Lord. You have come to me in the sacrament of life to fill my soul with love of you. You had the power to cast out devils and overcome evil spirits. You can still remove my evil ways and habits, but you want to do it with my cooperation.

So help me, Lord, to become a better person, a real Christian. In my day-to-day living I find myself drawn away from you, yet I know that I should be infused with your love.

Lord, teach me to pray to you properly. Help me to avoid just uttering words endlessly, with little meaning. Give me grace to start talking to you in my own words as a real friend, and as I talk to you, let me get to know you better. Amen.