DID YOU KNOW…

In the Sacrament of Anointing of the Sick, Jesus, in the person of the priest, touches the sick to heal them from sin and from physical illness. The person receives peace and courage through the Holy Spirit, and the strength to deal with serious illness or the pains of old age. The priest reads from Scripture and give Communion. He touches the sick person and prays some prayers, and then anoints the forehead and hands of the person with holy oil.

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Gospel: Mark: 1:29-39

As soon as Jesus left the meeting place with James and John, they went home with Simon and Andrew. When they got there, Jesus was told that Simon’s mother-in-law was sick in bed with fever. Jesus went to her. He took hold of her hand and helped her up. The fever left her, and she served them a meal.

That evening after sunset, all who were sick or had demons in them were brought to Jesus. In fact, the whole town gathered around the door of the house. Jesus healed all kinds of terrible diseases and forced out a lot of demons. But the demons knew who he was, and he did not let them speak.

Very early the next morning Jesus got up and went to a place where he could be alone and pray. Simon and the others started looking for him.

And when they found him, they said, “Everyone is looking for you!”

Jesus replied, “We must go to the nearby towns, so that I can tell the good news to those people. This is why I have come.”

Then Jesus went to the Jewish meeting places everywhere in Galilee, where he preached and forced out demons.

Gospel Reflection

Did you notice what Simon’s mother in law did when Jesus healed her?

________________________________________________________________________

I wonder how it feels to be healed by Jesus.

________________________________________________________________________

I wonder why Jesus had to go to other towns to preach the Good News.

________________________________________________________________________

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A Quiet Spot to Pray: Making a Prayer Space

In Today’s Gospel story, we hear that Jesus got up early in the morning and went to pray by himself.

It’s important to find a special place and time that you can pray, just like Jesus did.

Find a place in your home that is quiet. Keep some special objects there to remind you of Jesus and to help you to pray.

This might be a little table or bucket with things like a bible, rosary, picture of Jesus, prayer card, picture of a favourite Saint, or anything that reminds you of God!

Next decide on a time that you will pray there everyday.
This might be when you first wake up, before you go to bed, or any time during the day that works best.
Sing a Psalm

“Sing Praises to the Lord who heals the broken-hearted”

One way to pray the psalms is to write them out.

Copy this psalm as many times as you’d like in the box and pray about what it means.