



Fourth Sunday in Ordinary Time
January 28, 2024

Gathering Hymn:

“Praise to the Lord, the Almighty”



1. Praise to the Lord, the Al - might - y, the King of cre -
 2. Praise to the Lord, who o'er all things is won - drous - ly
 3. Praise to the Lord, who will pros - per your work and de -
 4. Praise to the Lord! O let all that is in me a -



a - tion! O my soul, praise him, for
 reign - ing And, as on wings of an
 fend you; Sure - ly his good - ness and
 dore him! All that has life and breath,



he is your health and sal - va - tion!
 ea - gle, up - lift - ing, sus - tain - ing.
 mer - cy shall dai - ly at - tend you.
 come now with prais - es be - fore him!



All you who hear, Now to his tem - ple draw near.
 Have you not seen All you have need - ed has been
 Pon - der a - new What the Al - might - y can do,
 Let the “A - men” Sound from his peo - ple a - gain!



Praise him in glad ad - o - ra - tion!
 Met by his gra - cious or - dain - ing?
 Who with his love does be - friend you.
 Glad - ly with praise we a - dore him!

Text: *Lobe den Herren, den mächtigen König*; Joachim Neander, 1650–1680; tr. by Catherine Winkworth, 1827–1878, alt.
 Tune: LOBE DEN HERREN, 14 14 47 8; *Stralsund Gesangbuch*, 1665

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+THE LITURGY OF THE WORD+

First Reading:

Deuteronomy 18:15-20

Moses spoke to all the people, saying:

“A prophet like me will the LORD, your God, raise up for you
from among your own kin;
to him you shall listen.

This is exactly what you requested of the LORD, your God, at Horeb
on the day of the assembly, when you said,

‘Let us not again hear the voice of the LORD, our God,
nor see this great fire any more, lest we die.’

And the LORD said to me, ‘This was well said.

I will raise up for them a prophet like you from among their kin,
and will put my words into his mouth;
he shall tell them all that I command him.

Whoever will not listen to my words which he speaks in my name,
I myself will make him answer for it.

But if a prophet presumes to speak in my name
an oracle that I have not commanded him to speak,
or speaks in the name of other gods, he shall die.’”

Responsorial Psalm:

Psalm 95:1-2, 6-7, 7-9



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Second Reading:

1 Corinthians 7:32-35

Brothers and sisters:

I should like you to be free of anxieties.

An unmarried man is anxious about the things of the Lord,
how he may please the Lord.

But a married man is anxious about the things of the world,
how he may please his wife, and he is divided.

An unmarried woman or a virgin is anxious about the things of the Lord,
so that she may be holy in both body and spirit.

A married woman, on the other hand,
is anxious about the things of the world,
how she may please her husband.

I am telling you this for your own benefit,
not to impose a restraint upon you,
but for the sake of propriety
and adherence to the Lord without distraction.

The Holy Gospel:

Mark 1:21-28

Then they came to Capernaum,
and on the Sabbath Jesus entered the synagogue and taught.
The people were astonished at his teaching,
for he taught them as one having authority and not as the scribes.
In their synagogue was a man with an unclean spirit;
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!"
Jesus rebuked him and said,
"Quiet! Come out of him!"
The unclean spirit convulsed him and with a loud cry came out of him.
All were amazed and asked one another,
"What is this?
A new teaching with authority.
He commands even the unclean spirits and they obey him."
His fame spread everywhere throughout the whole region of Galilee.



The 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,
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

Preparation of the Gifts:

“O Breathe on Me, O Breath of God”

ST. COLUMBA

1. O breathe on me, O Breath of God, Fill
2. O breathe on me, O Breath of God, Un -
3. O breathe on me, O Breath of God, My
4. O breathe on me, O Breath of God, So

1. me with life a - new, That I may love the
2. til my heart is pure; Un - til my will is
3. will to yours in - cline, Un - til this self - ish
4. I shall nev - er die, But live with you the

1. things you love, And do what you would do.
2. one with yours, To do and to en - dure.
3. part of me Glows with your fire di - vine.
4. per - fect life For all e - ter - ni - ty.

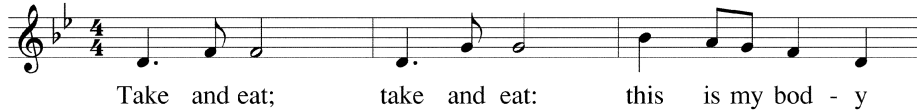
Text: CM; Edwin Hatch, 1835–1889, alt. Music: trad. Irish.



Communion Hymn:

"Take and Eat" (Joncas)

Refrain



Verses



1. I am the Word that spoke and light was made;
2. I am the way that leads the ex - ile home;
3. I am the Lamb that takes a - way your sin;
4. I am the cor - ner - stone that God has laid;
5. I am the light that came in - to the world;
6. I am the first and last, the Liv - ing One;



- I am the seed that died to be re - born;
- I am the truth that sets the cap - tive free;
- I am the gate that guards you night and day;
- A cho - sen stone and pre - cious in his eyes;
- I am the light that dark - ness can - not hide;
- I am the Lord who died that you might live;



- I am the bread that comes from heav'n a - bove;
- I am the life that rais - es up the dead;
- You are my flock: you know the shep-herd's voice;
- You are God's dwell - ing place, on me you rest;
- I am the morn - ing star that nev - er sets;
- I am the bride-groom, this my wed - ding song;



- I am the vine that fills your cup with joy.
- I am your peace, true peace my gift to you.
- You are my own: your ran - som is my blood.
- Like liv - ing stones, a tem - ple for God's praise.
- Lift up your face, in you my light will shine.
- You are my bride, come to the mar - riage feast.

D.C.

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love you above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally

Come at least spiritually into my heart.

I embrace You as if You were already there

And unite myself wholly to You.

Never permit me to be separated from You.

Amen.

PRAYER TO ST. MICHAEL THE ARCHANGEL

St. Michael the Archangel, defend us in battle.

Be our protection against the wickedness and snares of the devil.

May God rebuke him, we humbly pray;

And do thou, O Prince of the Heavenly Host,

By the power of God,

Cast into hell Satan and all the evil spirits

Who prowl about the world seeking the ruin of souls.

Amen.

Sending:

“The Spirit Sends Us Forth”

1. The Spirit sends us forth to serve;
 We go in Jesus’ name
 To bring glad tidings to the poor,
 God’s favor to proclaim.
2. We go to comfort those who mourn
 And set the burdened free;
Where hope is dim, to share a dream
 And help the blind to see.
3. We go to be the hands of Christ,
 To scatter joy like seed
And, all our days, to cherish life,
 To do the loving deed.
4. Then let us go to serve in peace,
 The gospel to proclaim.
God’s Spirit has empower’d us;
 We go in Jesus’ name.

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