

My Sunday Mass Page

Sunday, 31 January 2027 · Mark 1:21-28



1 Today's Gospel

A New Teaching with Authority

On the Sabbath, Jesus and His first disciples came to the town of Capernaum. Jesus went into the **synagogue** and began to teach. The people were astonished, because He taught them **as one having authority**, and not like the scribes, the teachers of the Law.

Suddenly a man with an **unclean spirit** cried out, "What have You to do with us, Jesus of Nazareth? I know who You are, the Holy One of God!" Jesus told it firmly, "**Quiet! Come out of him!**" With a loud cry the spirit left, and the man was **free**. Everyone was amazed. "What is this?" they asked. "A new teaching with authority! He commands even the unclean spirits, and they obey Him." Soon people all over Galilee were talking about Jesus.

Jesus is more than a prophet: He is God's own Son, so His words carry God's **power**. When He speaks, evil must obey and people are set free. He still speaks to us today, in the Gospel at Mass and in prayer, so we can listen and trust Him.

Big idea! Jesus speaks with **God's own authority**, so His words are worth **listening to**.

Listen at Mass: In the Psalm we sing "*O that today you would listen to His voice! Harden not your hearts.*" In the first reading, God tells Moses, "*I will put My words into his mouth.*"

Go deeper: Read God's promise of a prophet like Moses in Deuteronomy 18:15-18. The Catechism says Jesus driving out evil spirits shows God's Kingdom defeating Satan's power (CCC 550).

2 Think It Through

Answer in a sentence or two.

1. Why were the people in the synagogue so astonished?

2. What does it show that the unclean spirit obeyed Jesus?

3. Where and when could you listen to Jesus this week?

3 My Prayer

Ask Jesus to help you listen to Him, or to free you from a worry.

Dear Lord Jesus,

4 Draw or Write

Make a poster for a quiet "listening corner": draw it and write some words of Jesus on it.

Ideas: an open Bible · a candle and a cross · "Follow Me" · you praying

"He taught them as one having authority." **Mark 1:22**