

My Sunday Mass Page

Sunday, 7 February 2027 · Mark 1:29-39



1 Today's Gospel

A Busy Day in Capernaum: Jesus Heals and Prays

Leaving the synagogue, Jesus went to the house of Simon and Andrew. Simon's mother-in-law was in bed with a **fever**. Jesus took her by the hand and helped her up. The fever left her, and she began to **serve** them.

That evening the whole town gathered at the door, and Jesus **healed** many who were sick. Very early the next morning, while it was still dark, He went off to a quiet place and **prayed**. Simon and the others found Him and said, "Everyone is looking for You." Jesus answered, "Let us go on to the nearby villages, that I may preach there also. For this purpose have I come."

Jesus cares for our bodies and our hearts, and His healing shows that God has come close to His people. The woman He healed used her new strength to help others. And even on His busiest day, Jesus made time to be alone with His **Father**.

Big idea! Jesus **lifts us up** so that we can serve others, and He shows us that **prayer comes first**.

Listen at Mass: In the Psalm we sing "Praise the Lord, who heals the broken-hearted."

Go deeper: Read Luke 5:16. The Catechism says Jesus' healings are a sign that "God has visited his people" (CCC 1503).

2 Think It Through

Answer in a sentence or two.

1. What did Simon's mother-in-law do once she was healed?

2. Why do you think Jesus got up before dawn to pray?

3. Who do you know who is sick or tired, and how could you help?

3 My Prayer

Pray for someone who is sick, sad or tired.

Dear Lord Jesus,

4 Draw or Write

Draw two scenes from Jesus' day: the crowd at the door, and Jesus praying before dawn.

Ideas: the busy doorway · lamps at sunset · a dark sky with stars · a quiet hillside · Simon coming to find Jesus

In the evening...

Before dawn...

"Let us go on to the nearby villages, that I may preach there also." **Mark 1:38**