

Fourth Sunday in Ordinary Time

31st January 2021



OPENING HYMN

Praise to the Lord, the Almighty, the King of creation!
O my soul, praise Him, for He is your health and salvation.
All you who hear, now to His altar draw near,
Join in profound adoration.

Praise to the Lord, who will prosper our work and defend us;
Surely His goodness and mercy here daily defend us;
Ponder anew all the Almighty can do,
He who with love will befriend us.

Praise to the Lord, oh let all that is in us adore Him!
All that has life and breath come now in praises before Him.
Let the 'Amen' sound from His people again,
Now as we worship before Him.

FIRST READING: Deuteronomy 18:15-20

I will raise up a prophet and I will put my words into his mouth.

PSALM RESPONSE:

O that today you would listen to His voice! Harden not your hearts.

SECOND READING: 1 Corinthians 7:32-35

An unmarried woman can devote herself to the Lord's affairs; all she need worry about is being holy.

GOSPEL ACCLAMATION:

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

GOSPEL: Mark 1:21-28

He taught them with authority.

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, (*as we say the words in italics, we 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.

ACT OF SPIRITUAL COMMUNION

For those who are unable to attend Mass, and for those physically present who are not receiving Holy Communion, we pray a prayer 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.

RECESSIONAL HYMN

The King of love my shepherd is,
Whose goodness faileth never.
I nothing lack if I am His,
And He is mine forever.

In death's dark vale I fear no ill,
With Thee, dear Lord, beside me;
Thy rod and staff my comfort still,
Thy cross before to guide me.

Thou spreadst a table in my sight;
Thy unction grace bestoweth;
And oh, what transport of delight
From Thy pure chalice floweth!

And so through all the length of days,
Thy goodness faileth never;
Good Shepherd, may I sing Thy praise
Within Thy house forever.