

Read the following passage four times.

- The first reading, simple read the scripture and pause for a minute. Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- The second reading, look for a key word or phrase that draws your attention. Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "Where does the content of this reading touch my life today?"

Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.

The fourth reading, pause for 2-3 minutes reflecting on "*I believe that God wants me to today/this week.*"
Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

First Reading

Jonah 3:1-5

The word of the LORD came to Jonah, saying: "Set out for the great city of Nineveh, and announce to it the message that I will tell you." So Jonah made ready and went to Nineveh, according to the LORD'S bidding. Now Nineveh was an enormously large city; it took three days to go through it. Jonah began his journey through the city, and had gone but a single day's walk announcing, "Forty days more and Nineveh shall be destroyed," when the people of Nineveh believed God; they proclaimed a fast and all of them, great and small, put on sackcloth.

When God saw by their actions how they turned from their evil way, he repented of the evil that he had threatened to do to them; he did not carry it out.



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Responsorial Psalm R. (4a) Teach me your ways, O Lord.

Ps 25:4-5, 6-7, 8-9

Your ways, O LORD, make known to me; teach me your paths, Guide me in your truth and teach me, for you are God my savior.

R. Teach me your ways, O Lord.

Remember that your compassion, O LORD, and your love are from of old. In your kindness remember me, because of your goodness, O LORD.

R. Teach me your ways, O Lord.

Good and upright is the LORD; thus he shows sinners the way. He guides the humble to justice and teaches the humble his way.

R. Teach me your ways, O Lord.



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Second Reading

1 Corinthians 7:29-31

I tell you, brothers and sisters, the time is running out. From now on, let those having wives act as not having them, those weeping as not weeping, those rejoicing as not rejoicing, those buying as not owning, those using the world as not using it fully. For the world in its present form is passing away.



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Gospel

Mk 1:14-20

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

As he passed by the Sea of Galilee, he saw Simon and his brother Andrew casting their nets into the sea; they were fishermen. Jesus said to them, "Come after me, and I will make you fishers of men." Then they abandoned their nets and followed him. He walked along a little farther and saw James, the son of Zebedee, and his brother John. They too were in a boat mending their nets. Then he called them. So they left their father Zebedee in the boat along with the hired men and followed him.