



Fifth Sunday Of The Year

A Lonely Place

Introduction

Most of us live busy lives. We devote very little time to prayer and reflection on our lives. The result is that many of us live very restless and spiritually impoverished lives. Today's gospel shows us how in the midst of his most pressing work Jesus took time out to pray and to restore his energies. We need to do the same.

First Reading (Job 7:1-4, 6-7)

Job is wrestling with the problem of why the innocent should suffer. As a result of his own sufferings he takes a rather pessimistic view of life.

Second Reading (1 Cor 9: 16-19, 22-23)

St Paul tells how he has made himself all things to all people in order to bring them Good News of salvation.

Gospel (Mark 1: 29-39)

In the midst of all his activities of teaching and healing Christ finds it necessary to escape to a lonely place to pray.

Prayer Of The Faithful

Let us pray that we may be able to find a lonely, quiet place in our lives, where we can meet our Heavenly Father-there to lay our lives before him and to feel loved and renewed.

R: Lord, hear us in your love.

For all followers of Christ: that they may realize that without a lonely place to pray and reflect, their lives are in danger, like a candle in the wind.

R: Lord, hear us in your love.

For those in a position of trust and responsibility: that they may realize their need of God, and seek his guidance in all their decisions.

R: Lord, hear us in your love.



Liturgy Cycle B

For all those who are immersed in activity: that they may realize that no work is more important than prayer; for without prayer work will sap their energy and leave them spiritually empty.

R: Lord, hear us in your love.

That we may realize that we can meet God anywhere and everywhere- all we have to do is turn inwards and he is with us.

R: Lord, hear us in your love.

Communion Reflection

The same Christ who prayed in lonely places said:
"When you pray, go into your room,
and pray to your Father in secret".

We should not imagine then that the lonely place is necessarily a place far away,
or that by room he means four walls
that separate us physically from others.

The room is the room within ourselves.
It is the room of our innermost heart,
where our plans are hatched,
where our hopes reside,
where our true self is to be found.

This room is with us at all times.
We carry it around wherever we go.
We should make it a place where we can retreat,
a home where we find rest and spiritual recovery
when 'the world is too much with us'.

Then we will make an exciting discovery
that the inner room is not empty after all,
but is occupied by the God of love
who dwells in us all.