

OUR LADY STAR OF THE SEA, MUMBLES

HOME PRAYER SERVICE FOR SUNDAYS

4th Sunday of Ordinary Time (B), 31 January 2021

This home prayer service can be used by a single person (sole participant) or by family members at home. Where there are two or more persons, a family member leads the prayer service (including reading the reflection). Where possible, the participant(s) should have the prayer service around a table with a lighted candle, a crucifix and a Bible (or missal).

ENTRANCE SONG (OR ANTIPHON)

An opening song may be sung or the following antiphon is recited. All stand.

**Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.**

We begin with the sign of the Cross:

**In the name of the Father, and of the Son, and of
the Holy Spirit. Amen.**

A leader or the sole participant says:

**Blessed be the God of all consolation,
who has shown us his great mercy.
Bless the Father and the Son and the Holy Spirit.**

Response: Blessed be God for ever.

INTRODUCTION

Where there are two or more persons in the house, the leader introduces the celebration in these or similar words:

**Today we celebrate him who speaks with
authority and to whom we must give our
undivided attention.**

PENITENTIAL ACT

The sole participant or leader introduces the penitential act saying:

**Let us acknowledge our sins, and so prepare
ourselves for this celebration.**

A brief pause for silence follows.

**I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,**

to pray for me to the Lord our God.

The sole participant or the leader says:

**May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.**

Response: Amen.

COLLECT

The sole participant or leader says the Collect Prayer:

**Grant us, O Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit, God, for ever and ever.**

Response: Amen.

READINGS

After each reading a brief silence is observed. It is desirable to take all the readings with the responsorial psalm, all of which are available in the Sunday Missal. Where all readings of the Sunday cannot be taken, the Gospel (printed below) is read. The one who reads the Gospel, if not a priest or deacon, does not say "The Lord be with you" but begins with "A reading from the holy Gospel according to...".

First Reading:	Deuteronomy 18:15-20
Responsorial Psalm:	Psalm 94(95):1-2,6-9
Second Reading:	1 Corinthians 7:32-35
Gospel Acclamation:	Mt11:25
Gospel:	Mark 1:21-28

A reading from the Holy Gospel according to Mark

Jesus and his disciples went as far as Capernaum, and as soon as the sabbath came he went to the synagogue and began to teach. And his teaching made a deep impression on them because, unlike the scribes, he taught them with authority.

In their synagogue just then there was a man possessed by an unclean spirit and it shouted, 'What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are: the Holy One of God.' But Jesus said sharply, 'Be quiet! Come out of him!' And the unclean spirit threw the man into

convulsions and with a loud cry went out of him. The people were so astonished that they started asking each other what it all meant. 'Here is a teaching that is new' they said 'and with authority behind it: he gives orders even to unclean spirits and they obey him.' And his reputation rapidly spread everywhere, through all the surrounding Galilean countryside.

The Gospel of the Lord

REFLECTION

The sole participant or leader reads a homily prepared by the priest; or may give a short reflection on the scripture readings of the day. The reflection is followed by a period of silence.

PROFESSION OF FAITH

The creed is said:

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

GENERAL INTERCESSIONS

The General Intercessions are said:

Leader: Through the Gospel, Christ speaks to us with words of eternal authority and deeds of healing power Through him, let us pray with confidence.

Reader: Let us pray that the Church may continue to teach Christ's truth with authority. Lord, in your mercy

Response: Hear our prayer

Reader: Let us pray that the hearts of world leaders may not be hardened as they hear Christ's voice today. Lord, in your mercy

Response: Hear our prayer

Reader: Let us pray that those who are sick with the coronavirus may regain their health through quality medical care and may those who have died from the virus find eternal rest with God. Lord, in your mercy

Response: Hear our prayer.

Reader: Let us pray for our sick and housebound parishioners, that they may be strengthened through the power of the Holy Spirit. Lord, in your mercy

Response: Hear our prayer.

Reader: In thanksgiving to the Lord, we pray for parishioners who mark their birthdays this week: Breda Tennant, Becky Webb, Janice Jones. May the Lord bless and keep them. Lord, in your mercy

Response: Hear our prayer.

Reader: Let us pray to our Father in the words Our Saviour taught us: **Our Father, who art in heaven...**

ACT OF SPIRITUAL COMMUNION

After a brief period of silence, the Prayer of Spiritual Communion is said by all.

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.

A song of thanksgiving may be sung after the prayer of spiritual communion.

CONCLUDING PRAYER

The sole participant or leader says the concluding prayer:

May your healing work, O Lord, free us, we pray, from doing evil and lead us to what is right. Through Christ our Lord. Amen.

The sole participant or leader concludes the rite by signing himself or herself with the Sign of the Cross while saying the following:

May almighty God bless us, the Father, and the Son, and the Holy Spirit. Amen.