

The 4th Sunday in Ordinary Time Sunday, January 30, 2022

First Reading: Jeremiah 1.4-5, 17-19

Psalm: #71 Refrain: My mouth will tell, O Lord, of your deeds of salvation

Second Reading: 1Corinthians 12.31 - 13.13

Gospel Acclamation: The Lord sent me to bring good news to the poor, to proclaim release to the captives.

Gospel: Luke 4.21-30

Theme: When have I ignored or rejected God's word offered by someone close to me?

Commentary: Life was not easy for biblical prophets. People did not want to listen to them and often hurt them. A prophet clearly announces the way or will of God and invites people to walk with God.

In today's gospel, Luke portrays Jesus in a prophetic role. Jesus is in his home town of Nazareth, and announces that he has come to fulfill the promises God made to Israel in ages past. The people get so angry with him that they want to throw him off a cliff, but he escapes.

So we ask ourselves, are we able to hear and receive words of wisdom, caution and consolation from those around us? Are we open to people who it's hardest for us to hear from? When we truly listen to what others are telling us, we can be tender to them, and can see the image of God who dwells within them. This stops division, misunderstanding and disagreement. It is how we prepare our hearts to receive the "words of the prophet", the word of truth and life in our hearts, for us to grow and flourish.

Do you ever feel like you're just too young or too small to do something? Can you think of a time when you might have said, "I just can't do it!". We have all said that at one time or another. Maybe you said it when the coach asked you to play a new position for the first time, or while you were trying to do your homework. God called Jeremiah to a monumental task before he was even born. But He wasn't going to leave Jeremiah to do it all on his own. God also promised to give Jeremiah all the words he would need to speak.

God also has some pretty big plans for you too. He knows your name. He knew you before you were even born and He has a plan for your life. There will be times in your life when God will come to you, as He did to Jeremiah, and ask you to do something important for Him. Maybe it will feel too difficult, or even impossible. You may feel like you're too young, and you might even want to say, "I just can't do it." But when that happens, remember what God said to Jeremiah, "Don't say, 'I can't!' " If God calls you to do something, He will give you what you need to be successful at it.

Discussion starters:

1. Read Jeremiah 1.4-19. It includes verses not read this Sunday. Jeremiah was chosen by God to speak His words to all the nations of the world. He answered, "I can't! I'm not a good speaker, and besides, I'm too young." "Don't say 'I can't,' " the LORD answered Jeremiah. Has there ever been a time when you have said "I can't" but when someone helped you it was possible and you succeeded? Was there a time when God asked you to do something?
2. Has there ever been a time when God spoke to you through someone else? Did you listen? Share what happened with your family.
3. Enjoy at least one of the family activities on page 2 together.

Prayer for Families:

God of the prophets, there may be some things in this life that we cannot do on our own. But we know that if you ask us to do something, you will give us the ability to do it if we just trust in you. Help us to listen to your word. Infuse in our families, friendships and communities deep bonds of trust, honesty and tenderness as we learn to live as brothers and sisters. Amen.

Colouring Page, Word Search and CrossWord Puzzle: Pages 2-5

Resources used in this post:

Canadian Conference of Catholic Bishops, Holy Heroes, Sermons4Kids, Living With Christ, Word on Fire, Dynamic Catholic.

Family Activities: Yes You Can!

Scripture Reading: Jeremiah 1:4-19 and Luke 4:14-21

"I CAN" SNOWFLAKE: Have the children cut out snowflakes and write I CAN in as many places as they can fit the words. Explain that just as every snowflake is different, each of God's children is different. No two of us are exactly the same, but God has a special plan for each of us and, with his help, we can be anything he wants us to be! Snowflakes could be made into a "mobile" or children could cut out several snowflakes with I CAN written on them and hang them from a hanger as the child's own "mobile". If you don't know how to create snowflakes, you will find simple instruction on the Enchanted Learning web site.

"I CAN" GAME: This game is played like "*Simon Says*." Children line up facing the leader who will tell them to do something (such as hop on one foot, hold hands behind my back, scratch nose and toes at the same time; close eyes and walk backwards, etc) and children MUST say "with God's help, I CAN". If child does the action stated before saying "with God's help, I CAN", he/she is out until a new game begins -- (leader decides the length of the game).

BIBLE BOOKMARK: Parent prints off the phrase: IF GOD LEADS YOU TO IT, HE'LL TAKE YOU THROUGH IT. Decorate the book mark with stickers or colours. Add a ribbon if desired. (see below)





Jesus came to Nazareth, where He had been brought up; and He went to the synagogue, as His custom was, on the sabbath day. And He stood up to read; and there was given to Him the book of the prophet Isaiah. And He began to say to them:
"Today this Scripture has been fulfilled in your hearing." (Luke 4:16-17, 21)

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The Call of Jeremiah



"Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations." Jeremiah 1:5 (NIV)

Each line of the puzzle has one word hidden in a list of random letters. The blank space is a missing letter that belongs to that word. Fill in the missing letter.

1.	N	N	J	M	P	R	O		H	E	T	T	Q	C	O
2.	N	G	C	L	J	P	C		I	L	D	C	J	A	O
3.	X	N	G	N	K	B	O		N	L	T	N	I	C	R
4.	Z	V	U	Y	S	P	E		K	P	Q	E	Q	L	N
5.	E	Y	C	R	B	Y	M		U	T	H	B	H	X	K
6.	E	X	C	K	W	O	R		K	D	E	F	L	T	B
7.	D	M	R	U	F	R	E		C	U	E	I	Y	B	K
8.	Y	O	A	F	R	A	I		F	N	V	Z	R	W	T

born	child	afraid	word
speak	prophet	mouth	rescue

The puzzle is based on Jeremiah 1:4-10 (NIV).



N N P D U G G J G B S W O M B
 A H R P E R G L V D O P X L G
 S A O L O S P A E Z L R E A V
 E N P A M H T T U Y G X N A P
 N D H N A Y N R P R J A A I K
 D Q E T K I T N O W E C H L T
 F R T Y O U D M P Y Q S A M G
 O L W P Y D S Y Z Q L G C M V
 R F P O B U I L D V B X S U E
 M A M J R O D N S D I V B A E
 E O E O G D A C I L O R D N Y
 D C E R U M R A C H I L D S G
 Z F B P M T R U G P I Z D V E
 C X H O W F H E M S K G F P R
 W R C W A N A T I O N S I Y P

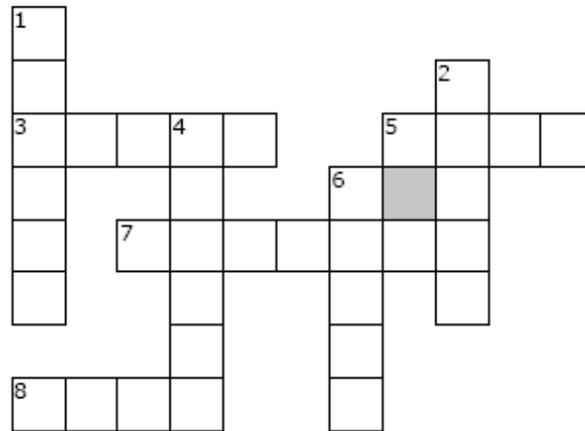
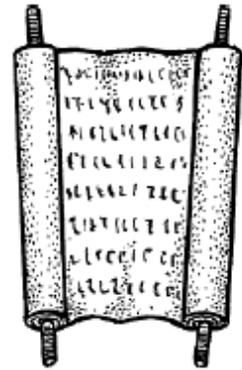
rescue	child	came	womb	send
formed	nations	hand	plant	speak
appointed	destroy	word	Lord	build
command	mouth	born	prophet	afraid

Crossword

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ACROSS

- 3. To utter words with the mouth; to talk
- 5. To be brought into life by birth
- 7. A person who speaks for God
- 8. Something said; a remark, or comment

DOWN

- 1. To save or set free
- 2. The body opening through which we take in food
- 4. To be filled with fear
- 6. A very young person

born	child	afraid	word
speak	prophet	mouth	rescue