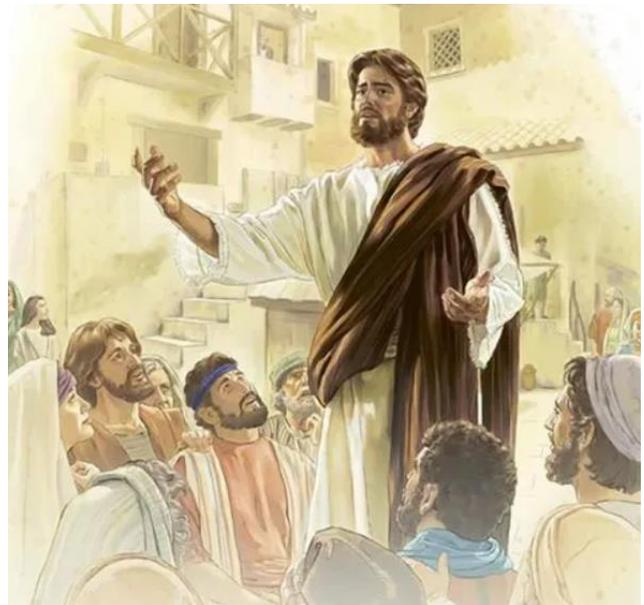




COLLECT

Grant us, 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.

Amen

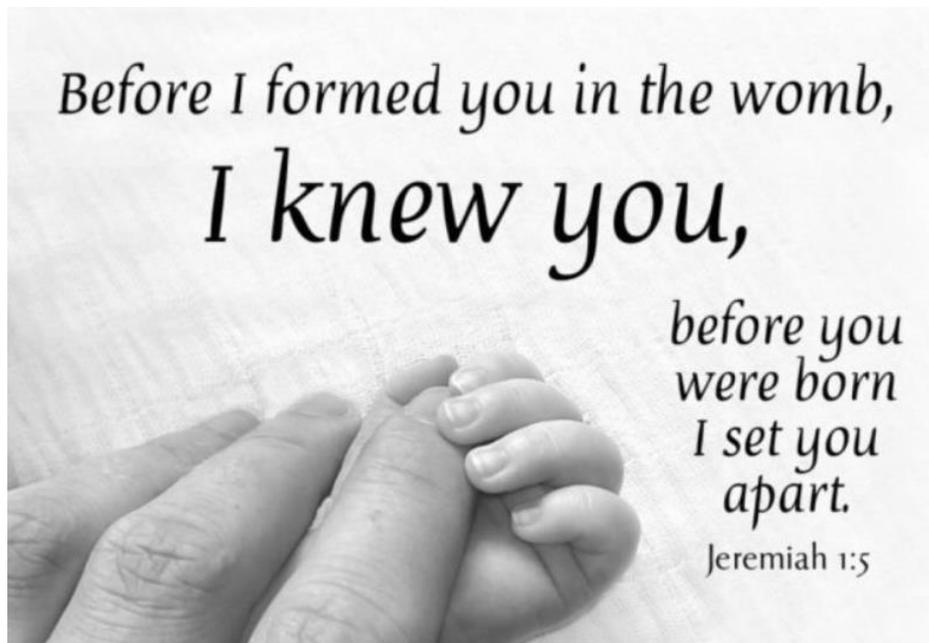


**READING 1 –
Jeremiah 1:4-5, 17-19**

***A reading from the Book
of the Prophet Jeremiah***

⁴The word of the Lord came to me, saying,

⁵“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.”



¹⁷“Get yourself ready! Stand up and say to them whatever I command you. Do not be terrified by them, or I will terrify you before them.

¹⁸Today I have made you a fortified city, an iron pillar and a bronze wall to stand against the whole land—against the kings of Judah, its officials, its priests and the people of the land.

¹⁹They will fight against you but will not overcome you, for I am with you and will rescue you,” declares the LORD.

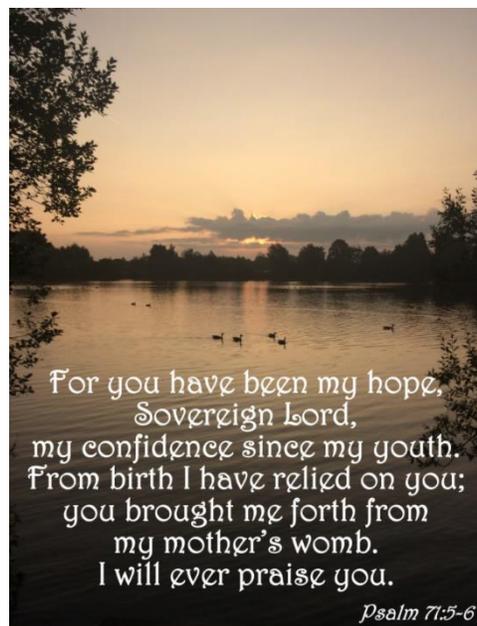
**RESPONSORIAL PSALM
Psalm 71:1-2, 3-4, 5-6, 15, 17**

R. I will sing of your salvation.

In you, O LORD, I take refuge;
let me never be put to shame.
In your justice rescue me, and deliver me;
incline your ear to me, and save me.

/R/ I will sing of your salvation.

Be my rock of refuge,
a stronghold to give me safety,
for you are my rock and my fortress.
O my God, rescue me from the hand of the wicked.



/R/ I will sing of your salvation.

For you are my hope, O Lord;
my trust, O God, from my youth.
On you I depend from birth;
from my mother's womb you are my strength.

/R/ I will sing of your salvation.

My mouth shall declare your justice,
day by day your salvation.
O God, you have taught me from my youth,
and till the present I proclaim your wondrous deeds.

/R/ I will sing of your salvation.

**READING 2 –
1 Corinthians 12:31-13:13**

*A reading from the first Letter
of Saint Paul to the Corinthians*

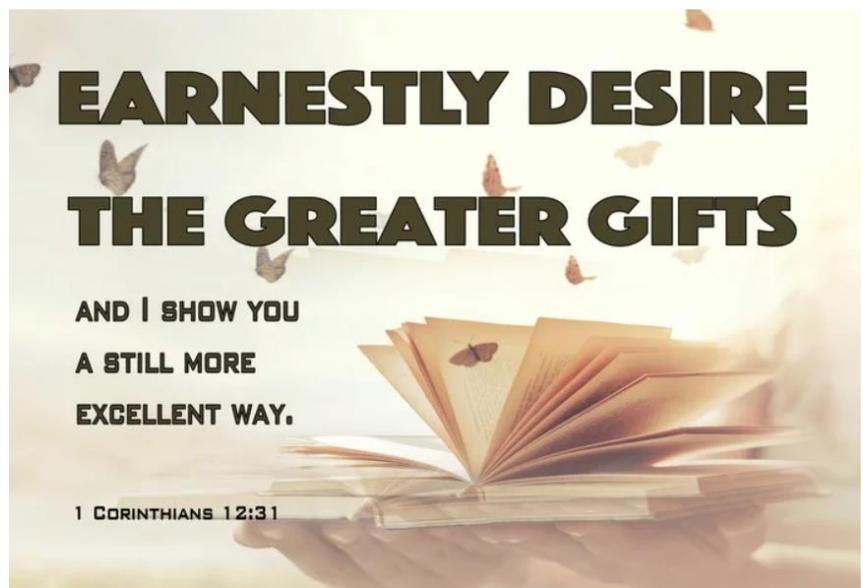
Brothers and sisters:

12 ³¹ Now eagerly desire the greater gifts. And yet I will show you the most excellent way.

13 ¹ If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. ² If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. ³ If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

⁸ Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. ⁹ For we know in



part and we prophesy in part, ¹⁰ but when completeness comes, what is in part disappears. ¹¹ When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me. ¹² For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

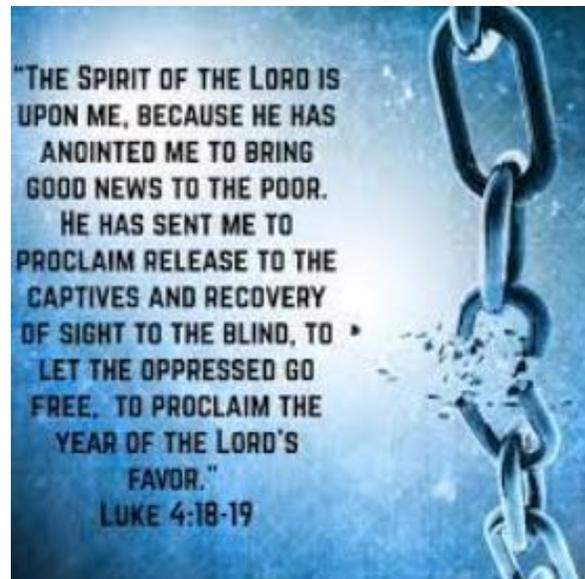
¹³ And now these three remain: faith, hope and love. But the greatest of these is love.

ALLELUIA, ALLELUIA.

The Lord sent me to bring glad tidings to the poor, to proclaim liberty to the captives.

ALLELUIA, ALLELUIA.

(Luke 4:18-19)

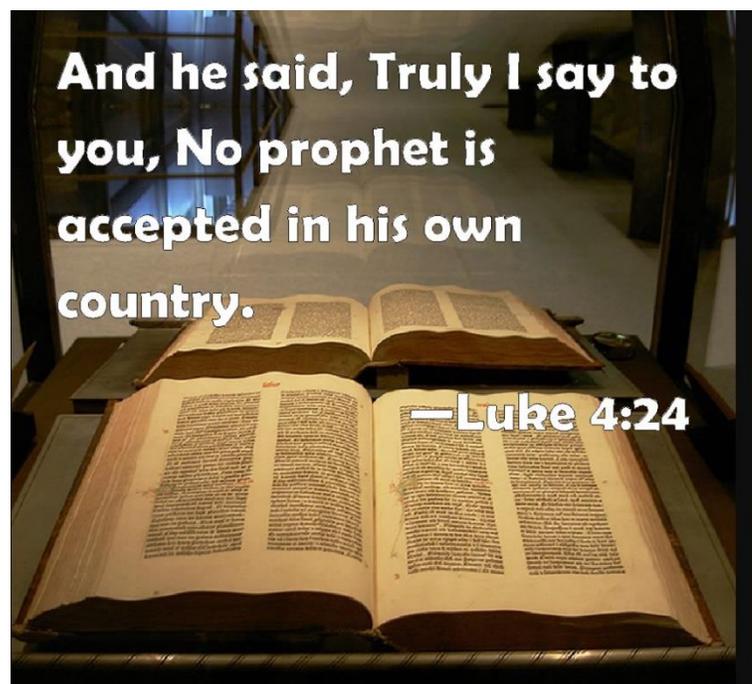


**GOSPEL –
Luke 4:21-30**

*A reading from the holy Gospel
according to Luke*

²¹ He began by saying to them, "Today this scripture is fulfilled in your hearing."

²² All spoke well of him and were amazed at the gracious words that came from his lips. "Isn't this Joseph's son?" they asked.



²³ Jesus said to them, “Surely you will quote this proverb to me: ‘Physician, heal yourself!’ And you will tell me, ‘Do here in your hometown what we have heard that you did in Capernaum.’”

²⁴ “Truly I tell you”, he continued, “no prophet is accepted in his hometown. ²⁵ I assure you that there were many widows in Israel in Elijah’s time, when the sky was shut for three and a half years and there was a severe famine throughout the land. ²⁶ Yet Elijah was not sent to any of them, but to a widow in Zarephath in the region of Sidon. ²⁷ And there were many in Israel with leprosy in the time of Elisha the prophet, yet not one of them was cleansed—only Naaman the Syrian.”

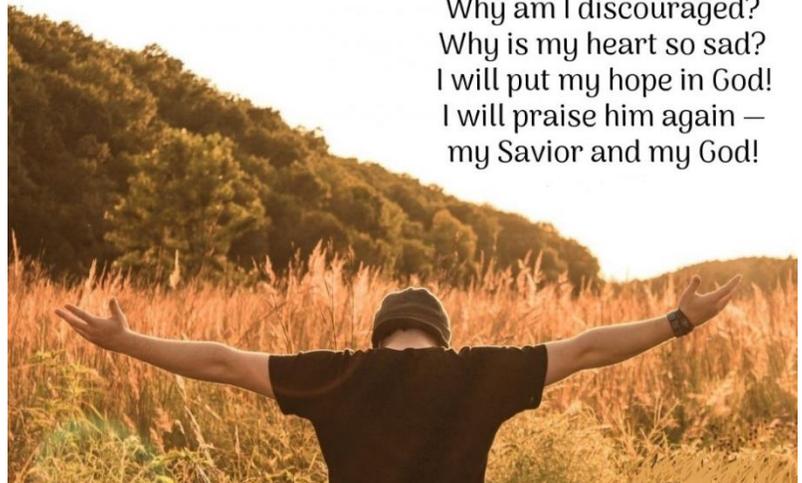
²⁸ All the people in the synagogue were furious when they heard this. ²⁹ They got up, drove him out of the town, and took him to the brow of the hill on which the town was built, in order to throw him off the cliff. ³⁰ But he walked right through the crowd and went on his way.

**A PRAYER CONCERNING
CONTINUING TO HOPE (Psalm 42:5)**

*⁵ Why, my soul, are you downcast?
Why so disturbed within me? Put
your hope in God, for I will yet
praise him, my Savior and my God.*

Dear God,
I have experienced another setback
in my life, and the problems that
have arisen make my situation seem
hopeless. Help me understand that
you allow disappointments to occur in my life so that I will learn to rely on you more fully – so
that I will walk by faith and not by sight. Give me the wisdom to always remember that
disappointments in this life are inevitable, but being disappointed is a choice. Remind me that,
when faced with adversity, I can choose to have hope and joy – I can make the choice to
embrace the abundant life you have for me. To make this happen, there is one simple rule that I
must follow – circumstances do not control me, but you do! Let me always choose to look to
you and trust you regardless of how bleak my situation might look. When I do, the scars of old
disappointments melt away through your reviving, restoring love. Teach me that you have
many blessings for me to enjoy- blessings that I cannot even begin to imagine. Help me let go of
my disappointments and fears, and let me focus on the fact that you hold my future in your
hands – and that I should always trust you with all of my heart.

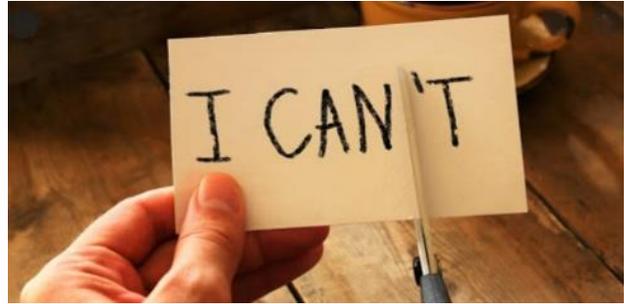
Amen



Why am I discouraged?
Why is my heart so sad?
I will put my hope in God!
I will praise him again –
my Savior and my God!

**A PRAYER CONCERNING INSPIRATION
(1 Timothy 4:12)**

12 Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.



Dear God,
You have given me the freedom to make my own choices, and it is my responsibility to make the right ones. I want the discipline to be fiercely committed to obeying your Word no matter what troubles I might face. I want the courage to live out the purpose you have for my life, even in the face of danger or ridicule. Give me the steadfastness to choose the right thing and never compromise. Help me always follow you fearlessly and serve you faithfully. Let my example inspire others to follow – not because they see me, but instead, because they see you shining through me. Thank you, God, for the incredible privilege of serving you.

Amen

A PRAYER CONCERNING “THE HELPER” (John 14:16)

16 And I will ask the Father, and he will give you another Helper, that he may be with you forever.



Dear God,
I realize that I need help – we all do! Teach me that this is not a sign of weakness, but instead, it is a spiritual reality. That is why you have given the Holy Spirit to indwell us. Help me understand that telling us about the Holy Spirit was Jesus’ way of informing us of one of the most profound truths concerning the Christian life – it’s impossible. The life that Jesus expects us to lead is unattainable without His intervention. Help me realize that while that might sound disappointing – it is actually good news! You do not expect me to face what is before me on my own. You know that it is unfeasible in my own strength, so you send the Holy Spirit to do your work in me – empowering me, conforming me to the image of Christ, and guiding me in my everyday life. Give me the wisdom to look at my life, and be aware of your presence and activity – how you convict me of sin, prompt me to act, and enable me to tap into strengths, energy, and talents that I do not have within me. Teach me that when I know what to look for, I will be amazed at how real the Holy Spirit becomes to me – and that I should always accept the help that is given to me and rejoice in the fact that your “Helper” can handle any problem that might arise in my life.

Amen