

1. Read — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage. **God what are you saying to me through this?**

3. Pray — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate — Be quiet before the Lord enjoying His presence.

~~~~~  
**How is God calling you to act in response to what he has shown you?**

**SIGN UP free for  
Link to Liturgy!**



# Quick Connect

**What is the Gospel saying? Mark 1:29-39** — Page 1

**What is the Church saying Past and Present?** Pages 1-3

**What is God saying to you through this passage?** Page 4

## **Gospel Reading – Mark 1:29-39 – Daily Roman Missal**

On leaving the synagogue Jesus entered the house of Simon and Andrew with James and John. Simon's mother-in-law lay sick with a fever. They immediately told him about her. He approached, grasped her hand, and helped her up. Then the fever left her and she waited on them. When it was evening, after sunset, they brought to him all who were ill or possessed by demons. The whole town was gathered at the door. He cured many who were sick with various diseases, and he drove out many demons, not permitting them to speak because they knew him. Rising very early before dawn, he left and went off to a deserted place, where he prayed. Simon and those who were with him pursued him and on finding him said, "Everyone is looking for you." He told them, "Let us go on to the nearby villages that I may preach there also. For this purpose have I come." So he went into their synagogues, preaching and driving out demons throughout the whole of Galilee.

## **Spiritual Reading**

*From an explanation of Paul's letter to the Galatians by Saint Augustine*  
Paul writes to the Galatians to make them understand that by God's grace they are no longer under the law. When the Gospel was preached to them, there were some among them of Jewish origin know as circumcisers – though they called themselves Christians – who did not grasp the gift they had received. They still wanted to be under the burden of the law. Now God has imposed that burden on those who were slaves to sin and not on servants of justice. That is to say, God had given a just law to unjust men in order to show them their sin, not to take it away. For sin is taken away only by the gift of faith that works through love. The Galatians had already received this gift, but the circumcisers claimed that the Gospel would not save them unless they underwent circumcision and were willing to observe also the other traditional Jewish rites.

## **Seeking God - Lesson and Discussion** *"Everyone is looking for you"*

In the Gospel reading, Jesus goes away to pray alone and the Apostles look for Him. Every person is looking for the truth in this world. When the Apostles tell Jesus, "Everyone is looking for you", they did not finish their thought, which was probably, "to help cure them." However, Jesus already showed Himself to the people of that town and had to move on to the next place.

**Is “everyone” really seeking God?** Yes. If someone searches for truth, meaning in life, or what their life is all about, it all stems from the Almighty. All of us are seeking a better understanding of who God is and what He wants in our lives. “Our friends and acquaintances, including those who are furthest away, also need and want God, although often they do not show this.”[1]

**POEM – The Pulley by George Herbert**

When God at first made man,  
Having a glass of blessing standing by,  
Let us (said he) pour on him all we can:  
Let the world’s riches, which dispersed lie,  
Contract into a span.  
So strength first made a way:  
Then beauty flow’d, then wisdom, honour, pleasure:  
When almost all was out, God made a stay,  
Perceiving that, alone of all his treasure,  
Rest in the bottom lay.  
For if I should (said he)  
Bestow this jewel also on my creature,  
He would adore my gifts instead of me,  
And rest in Nature, not the God of Nature:  
So both should losers be.  
Yet let him keep the rest,  
But keep them with repining restlessness:  
Let him be rich and weary, that at least,  
If goodness lead him not, yet weariness  
May toss him to my breast.

**MUSIC – Switchfoot Restless Lyrics – POP CULTURE CONNECTION**

In both George Herbert’s poem and the Switchfoot lyrics, there is the question of restlessness. Saint Augustine says, “O Lord we are restless until we rest in you.” It is the restlessness that causes us to seek God and even if we are rich and seem to have everything, God made us restless so that we could rest in Him alone. Even if we are not willing to go to God through virtue, we will go to Him out of weariness, for He is our rest. Jesus says, “Come to me, all you who labor and are burdened, and I will give you rest.”[2] The most important thing to realize is that God is searching for each of us. If we recall the Gospel reading, the people who sought Jesus knew Him, but Jesus wanted to move to a town where the people did not know of Him. Jesus said that this was His mission, to seek out everyone possible so that they may know that salvation is at hand. “More importantly still, God is searching for them.”[3] When looking for God in our own lives, do we search for Him, or stop to allow Him to seek us? Sometimes when something is missing, it is right in front of us but we still cannot see it. Once it is pointed out to us, it can be so obvious. When we look for God, it can feel as if He is nowhere to be found. However, He is right in front of us and when we realize this, it can seem obvious and we will not want to lose Him again.

We must realize that we are the ones, who run and hide from our sin, just like our first parents. It is only when we finally start to truly look for Jesus that we realize He has been right here all along, waiting for us to come home. The Sacrament of Reconciliation spiritually brings us back to life in the grace of God.

**Where do people look for God?** Many people look for God in all the wrong places. Some look for Him in music, computer/internet, cell phones, sex, friends, or family. God is not any of these things. While many of these things can help lead us to God or give us a better understanding of Him, we must remember that He is not in these things.

**What other things do people turn to when looking for God?**

Most children have played with a shape shorting game, which teaches us by trial and error. There is a great deal of frustration when we try to place a circle shape in a triangle whole. The frustration makes us move on to try another shape. We all have “God shaped hole” and try to fill it with all the items listed above, we hopefully discover very quickly that these things do not fit and we seek God. As Psalm 63 says our souls would desire God as the parched land desires water.

Saint John of the Cross describes our soul as having three caverns or holes. The three holes are our intellect (thoughts), our will (actions), and our feelings (emotions). There are three options in regard to what we do with these holes. One, we can fill them up with the things of this world, rather than God. If we choose this option the emptiness of the caverns will never be filled. We will continue to try to fill them but be left unhappy. If we continue to attempt to fill the void, we become easily addicted to the things of the world. Two, we can cover the caverns up, thus becoming hardened to life, not letting anything in, out of fear or complacency. Three, we can place God and His will in each of these caverns and thus be filled with the joy that only God can give.

**How can we help others find Jesus?** When we are asked to help transmit the faith, we must do it with cheerful boldness. We cannot be afraid to give others what they are truly asking for, which is the truth. We cannot be concerned with giving them only what they want to hear or leave parts out, because they deserve the full richness of the truth. “...it is useless to transmit mere half-truths for fear that the fullness of truth and the demands of an authentic Christian life may clash with ways of thinking currently in fashion, and with the easy-going attitude of so many people. There can be no half-measures where truth is concerned, and love which is prepared to make sacrifices cannot admit of settling for less or be the object of compromise. The condition for all apostolate is fidelity to doctrine...We cannot omit themes such as generosity when it comes to having a large family, or the demands of social justice, or a full dedication to God when He calls someone to follow him.”[4]

*See endnotes, pop culture connection and more go to [linktoliturgy.com](http://linktoliturgy.com)*