

4th Sunday in Ordinary Time

Zephaniah 2:3;3:12-13
Ps 146:6-10
1 Corinthians 1:26-31
Matthew 5:1-12a

Monday January 30

Hebrews 11:32-40
Ps 31:20-24
Mark 5:1-20

Tuesday January 31

St. John Bosco

Hebrews 12:1-4
Ps 22:26b-28,30-32
Mark 5:21-43

Wednesday February 1

Hebrews 12:4-7,11-15
Ps 103:1-2,13-14,17-18a
Mark 6:1-6

Thursday February 2 Presentation of the Lord

Malachi 3:1-4
Ps 24:1-10
Hebrews 2:14-18
Luke 2:22-40

Friday February 3

St. Blaise

Hebrews 13:1-8
Ps 27:1,3,5,8b-9
Mark 6:14-29

Saturday February 4

Hebrews 13:15-17,20-21
Ps 23:1-6
Mark 6:30-34

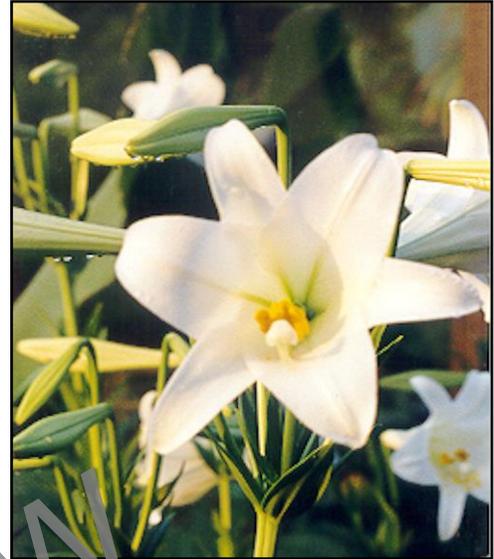
In the Gospel reading this Sunday, we get a glimpse of our own sainthood. The eight Beatitudes in Matthew 5:1-12 describe the holiness of those who imitate Jesus. The first four deal with our relationship with God; the last four deal with our relationships with others.

How can we call ourselves saints? Remember that you are a saint, as imperfect as you are at this time on your journey, because God has sanctified you through your baptism, thanks to what Jesus did for you on the cross. This means that he has blessed you. And blessed are you because you love as Jesus loves.

Everything that God blesses is made holy! Therefore, any person who lives the lifestyle of the Beatitudes (which is the lifestyle of Jesus) is blessed by God and can rightfully be called a saint: the poor in spirit who recognize that they need God's love, those who mourn and turn to the Holy Spirit for comfort, those who meekly

(i.e., without arrogance) stand up for what is right because they love God, and so on down the list of beatitudes. Meditate on each blessing and notice your sainthood AND the challenge to become more saintly by improving how well you imitate Jesus.

The Church canonizes Saints (which we signify with a capital "S") so that we have role models. Even though we've not reached their level of holiness, we belong to



the same communion of saints. A saint is anyone who is following Christ toward heaven, with or without a lay-over in purgatory. As we strive to improve, we can ask the Saints for help and receive their spiritual guidance.

Reflect & Discuss:

† Looking over the list of the Beatitudes, which do you implement best?

† Which do you need to improve?

† Which one do you find least desirable? Why? Discuss this with a Christian friend, priest, counselor or spiritual director to figure out how this weakness is really based on a misunderstanding of God's love for you. Then you will be set free to grow in this area of holiness!

† How do you avail yourself of help from the Saints?

† How does this enable you to grow in holiness? Give an example.