

# 7th Sunday in Ordinary Time

Isaiah 43:18-19, 21-22, 24b-25

February 19, 2012

Psalm 41:2-3, 4-5, 13-14

2 Corinthians 1:18-22

## REFLECTION

Mark 2:1-12



The crowds continue to follow Jesus. In fact, they pack in like sardines around him in today's Gospel. Jesus is in Capernaum, surrounded by people who want to hear his teachings and be healed. Four people are determined to bring their friend, a paralyzed man, to Jesus for healing, so they dig a hole in the roof and lower him in. What boldness of faith they had to seek a creative way to come into contact with the Son of God! Jesus shares his omniscience, or infinite knowledge, of all who are present, by reading into the hearts of both the paralytic man ("You are forgiven") and the scribes ("Why do you raise such questions in your hearts?"). By presenting himself as a vulnerable believer, the paralytic man is healed and forgiven. The scribes challenge Jesus' divinity. Even with this skepticism from enemies, Jesus reads into their hearts and chooses to teach instead of condemn. Seek God with the purest of heart.

## ACTION

This week, meditate on today's Gospel, using the following steps:

1. Get in a comfortable position. You will want to find some time away from everyone else. You might want to light a candle or play soft music.
2. Read the Gospel through once, slowly. You might want to read it aloud to yourself softly.
3. Read the Gospel again, this time noticing which character you are drawn to. Are you putting yourself in the place of the paralytic or one of his friends? Are you putting yourself in the place of one of the scribes or a bystander in the crowd?
4. Reflect on the role of this person. What is happening, from your perspective? How does it make you feel? How do you think it might cause you to change your life?
5. Read the Gospel for a third time. This time, put yourself in the place of a different character. How is this character's perspective different? How does reading the Gospel from this point of view add to your reflection?
6. Take some time to write down any thoughts or feelings that resulted from your time of meditation.

## JOURNALING QUESTIONS

-  What did I experience in the meditation on the Gospel?
-  How do I think the Lord heals me in my life?

