

SUNDAY, January 30, 2022
Fourth Sunday in Ordinary Time
Prayer for the Morning

Our Lord is a God of peace. Come, let us praise him!
Glory to the Father ... Alleluia!

Hymn **Meter: LM**

O God, Creator of mankind,
Ordaining all with single mind,
Who order that the dry land springs
With feral beasts and crawling things,
Whose ord'ring word invigorates
The animals with bodies great
As gifts, to serve in ordered deeds:
The servants of our human needs.
Then from Your servants drive away
The things impurity may say,
Such things as habit may propose,
Or we may by our acts dispose.
Give to Your servants palms of joy.
Give gifts of grace, Lord, and destroy
Our quarrels' chains, and when they cease,
Establish lasting bonds of peace.

Psalm **34: 1, 8-14**

*They name him Wonder-Counselor, God-Hero,
Father-Forever, Prince of Peace. (Is 9:5)*

As Christians, followers of the Prince of Peace, we are called to be peacemakers in the world. But how often do we find ourselves causing strife rather than peace by our careless words and actions? God does not ask us to be defenseless or "pushovers," but he does call us not to cause harm to others. Just as by helping the unfortunate we can show our love for Christ, by our negligence or ill-will toward our brothers and sisters, we show disregard for our Savior. Let us live joyfully in love and peace!

I will bless the Lord at all times,
his praise always on my lips.
Taste and see that the Lord is good.
He is happy who seeks refuge in him.
Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry
but those who seek the Lord lack no blessing.
Come, children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life

and many days, to enjoy his prosperity?
Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace.

Glory to the Father...

Word of God **Romans 12:14, 18-21**

Bless those who persecute [you], bless and do not curse them. If possible, on your part, live at peace with all. Beloved, do not look for revenge but leave room for the wrath; for it is written, "Vengeance is mine, I will repay, says the Lord." Rather, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will heap burning coals upon his head." Do not be conquered by evil but conquer evil with good.

So faith, hope, love remain, these three; but the greatest of these is love. (1 Cor 13:13)

Canticle of Zechariah

Your faith has saved you. Go in peace. (Mk 5:34)

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

