

# 4th Sunday in Ordinary Time

## 1st February 2026



The water that I will give him will become a spring of water within him welling up to eternal life.  
JOHN 4:14

For the last World Youth Day, Pope Francis gave a homily which began: "In proclaiming the Beatitudes, Jesus asks us to follow him and to travel with him along the path of love, the path that alone leads to eternal life. It is not an easy journey, yet the Lord promises us his grace and he never abandons us." Jesus showed others how to follow the Beatitudes, which are the core of this week's Gospel, through his own life. He gives up power and prestige to follow the way of powerlessness. He is gentle with the kind of people that others write off as hopeless cases. He mourns when he sees how so many choose to be blind when God visits them. He experiences hunger – not just the hunger that is satisfied by bread but the hunger that can be satisfied only by doing what is right. But in all this Jesus is blessed: God raises him on the third day.

We face so many challenges in life: poverty, distress, humiliation but if we open the door to Jesus and allow him to be part of our lives, if we share our joys and sorrows with him, then we will experience the peace and joy that only God, who is infinite love, can give.

*Eternal Father,  
The world believes that the rich are blessed,  
but Jesus reminds us that it is the poor who are blessed,  
the poor in spirit  
and the materially poor as well.  
We pray for a more just world  
in which all have enough and none are left behind.  
While people covet power,  
Jesus blesses the meek;  
instruct us, O God, in the ways of humility;  
help us to stand in solidarity with the oppressed and marginalized;  
show us your presence in the faces of those the world forgets.  
Amen.*

In addition, this week let us pray for:

- ♦ all those connected to our community who are unwell, upset or mourning;
- ♦ all those around the world who need to share in the light of Christ to live in peace and harmony;
- ♦ all those affected by the ongoing war in Ukraine;



**How happy are the poor in spirit.**

**Matthew 5**