

My Sunday Mass Page

Sunday, 31 January 2027 • Mark 1:21–28



1 Today's Gospel



Jesus Teaches with Power

On the Sabbath, the day of rest, Jesus went into the **synagogue** in a town called Capernaum. A synagogue is a place where people gathered to pray and learn about God. Jesus began to **teach**, and everyone was amazed! He did not teach like the other teachers. He taught with **authority** — like Someone who truly knows God.

A man was there who had a bad spirit troubling him. The spirit cried out, "I know who You are — the Holy One of God!" Jesus said, "**Be quiet! Come out of him!**" And the bad spirit left. The man was **free**!

The people said, "What is this? He even gives orders to bad spirits, and they **obey** Him!" Soon everyone in Galilee was talking about Jesus. Jesus is stronger than anything bad, and His words are true, so we can always trust Him.



Big idea: Jesus' words have **God's power** in them — so when Jesus speaks, we can **listen and trust Him!**



Listen at Mass: In the Psalm we sing "*Harden not your hearts.*" That means keeping our hearts soft and open to God's voice. In the first reading, God promises to send a prophet who will speak His words.

2 One Little Question



When Jesus taught in the synagogue, how did the people feel? Circle the answer! Then write one thing Jesus teaches us.

bored

amazed

grumpy

3 My Prayer



Something I want to ask Jesus to help me with this week:

Dear Jesus,

4 Draw It!



Draw Jesus teaching in the synagogue, with the people listening and amazed.

Ideas: Jesus holding a scroll • amazed faces • the man who was set free • you listening at Mass

