

## Theme 3: The Master Who Sets You Free

1 – Welcome–Hymn

2 – Presentation of the theme

Being a disciple of the Master means experiencing the joy of interior freedom. Each of us is invited to have confidence, even amid doubt, bitterness and life's trials are pushing us in other directions. Looking at the Master's actions and words, we too can freely sing out and praise the Lord for his wondrous deeds.

3 – Hymn



LT Lau - da - te o - mnes gen - tes, lau - da - te Do - mi - num. Lau  
 EN Sing prai - ses, all you peo - ples, sing prai - ses to the Lord. Sing  
 ES A - la - be to - do el mun - do, a - la - be al Se - ñor. A -  
 PT Can - tai, to - dos os po - vos, lou - vai Nos - so Se - nhor. Can



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4. Invocation to the Holy Spirit for listening to the Word

T – Lord Jesus, send us your Spirit so that we may be helped to read the Scriptures with the same insight you shared with your disciples on the road to Emmaus. With the light of your Word revealed in the Bible, you helped your disciples discover God's presence in the disturbing events of your condemnation and death. Thus the cross, which seemed to mark the death of hope, became for them a source of life and resurrection.

Create in us a stillness so we can hear your voice in creation and in Scripture, in events and in people, especially in the poor and suffering. May your word guide us so that we too, like the two disciples on the way to Emmaus, may know the power of your resurrection and witness to others that you live now among us, the true source of fraternity, justice and peace. This we ask you, Jesus, Son of Mary, you who revealed the Father to us and sent us your Spirit. Amen.

5 – A reading from the Gospel according to Mark (Mk 5,21-43)

**Reader 1** - When Jesus had crossed again (in the boat) to the other side, a large crowd gathered around him, and he stayed close to the sea. One of the synagogue officials, named Jairus, came forward. Seeing him he fell at his feet and pleaded earnestly with him, saying, "My daughter is at the point of death. Please, come lay your hands on her that she may get well and live." He went off with him, and a large crowd followed him and pressed upon him. There was a woman afflicted with hemorrhages for twelve years. She had suffered greatly at the hands of many doctors and had spent all that she had. Yet she was not helped but only grew worse. She had heard about Jesus and came up behind him in the crowd and touched his cloak. She said, "If I but touch his clothes, I shall be cured." Immediately her flow of blood dried up. She felt in her body that she was healed of her affliction. Jesus, aware at once that power had gone out from him, turned around in the crowd and asked, "Who has touched my clothes?" But his disciples said to him, "You see how the crowd is pressing upon you, and yet you ask, 'Who touched me?'" And he looked around to see who had done it. The woman, realizing what had happened to her, approached in fear and trembling. She fell down before Jesus and told him the whole truth. He said to her, "Daughter, your faith has saved you. Go in peace and be cured of your affliction." While he was still speaking, people from the synagogue official's house arrived and said, "Your daughter has died; why trouble the teacher any longer?" Disregarding the message that was reported, Jesus said to the synagogue official, "Do not be afraid; just have faith." He did not allow anyone to accompany him inside except Peter, James, and John, the brother of James. When they arrived at the house of the synagogue official, he caught sight of a commotion, people weeping and wailing loudly. So he went in and said to them, "Why this commotion and weeping? The child is not dead but asleep." And they ridiculed him. Then he put them all out. He took along the child's father and mother and those who were with him and entered the room where the child was. He took the child by the hand and said to her, "Talitha koum," which means, "Little girl, I say to you, arise!" The girl, a child of twelve, arose immediately and walked around. (At that) they were utterly astounded. He gave strict orders that no one should know this and said that she should be given something to eat.

6–Silence (3')

7–Short commentary on the text

**Reader 2** – The main female characters in this account are two women: a girl who is growing and opening up to the future, and a mature woman, who carries the burden of a painful existence and who cannot express her faith publicly because of an illness which renders her "ritually unclean". They have a number, twelve, in common. The girl is twelve years old and the woman has been suffering from a hemorrhage for twelve years.



**Reader 3** – Both are dead: Jairus' daughter, physically; the woman affected by the hemorrhage, spiritually. In front of the young girl, Jesus breaks down all social and religious conventions dictated by the law of purity and all his action is concentrated in that one command: "Little girl, I say to you, arise!" Thus, Jesus allows the girl to blossom into life as a woman, as a mother integrated into her world and in her family bonds. The woman affected by the hemorrhage touches Jesus, a daring action, for she is unclean. Jesus allows himself to be touched and is himself deeply touched by the woman's strong faith. The Master lifts up the lowly from the dust and does not allow people to remain prostrate in the dust and the shadow of death, spiritual or physical.

8 – Silence (2')

9 – Hymn

♩ = 69

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10 – Read or listen to the Word again – **Reader 1** – Gospel according to Mark (Mk 5,21-43)

11 – Sharing (with questions and intercessory prayers)

Some questions for us

1. Am I in situations that hold me prisoner or prevent me from looking to the future with hope and confidence?
2. "I say to you, arise!" Have there been moments when I've heard liberating and healing words which lifted me up? Can I recognize in myself, in my friends, in my Christian community, the voice of Jesus which brings me freedom and healing, saying to me "Arise"?

12 – The Song of Hannah (1 Sam 2,1-10)

"My heart exults in the LORD,  
my horn is exalted in my God.  
I have swallowed up my enemies;  
I rejoice in my victory.

*There is no Holy One like the LORD;  
there is no Rock like our God.*

"Speak boastfully no longer,  
nor let arrogance issue from your mouths.  
For an all-knowing God is the LORD,  
a God who judges deeds.

*The bows of the mighty are broken,  
while the tottering gird on strength.*

*the well-fed hire themselves out for bread,  
while the hungry batten on spoil.  
The barren wife bears seven sons,  
while the mother of many languishes.*

*"The LORD puts to death and gives life;  
he casts down to the nether world; he raises up again.*

*The LORD makes poor and makes rich,  
he humbles, he also exalts.*

*He raises the needy from the dust;  
from the ash heap he lifts up the poor,  
To seat them with nobles  
and make a glorious throne their heritage.*

*He gives to the vower his vow,  
and blesses the sleep of the just.  
"For the pillars of the earth are the LORD'S,  
and he has set the world upon them.*

*He will guard the footsteps of his faithful ones,  
but the wicked shall perish in the darkness.  
For not by strength does man prevail;*

*the LORD'S foes shall be shattered.  
The Most High in heaven thunders;  
The LORD judges the ends of the earth,  
Now may he give strength to his king,  
and exalt the horn of his anointed!"*

**13 – Mandate (personal commitment to practice until the next meeting)**

**14- Final hymn and sign of peace.**