

Fr. Romeo Evangelista Homily  
Sunday, February 4, 2024  
Fifth Sunday in Ordinary Time  
Cycle B

In our busy lives, it is not unusual to find ourselves drowned in the ocean of tasks to accomplish. Our fast-paced and result-oriented society demands a lot from us. At times, we even feel that one lifetime is not enough to finish all the chores at hand. Thus, our energies become easily depleted. And if we are not careful, pretty soon we find ourselves spiraling down to desolation.

Today's Gospel recounting the first day of Jesus' public ministry helps us find an anchor amidst the tsunami of daily concerns. Jesus' inaugural proclamation of the reign of God was filled with many activities. He had to move from one task to another: healing, Simon's mother-in-law, expelling demons, and curing others even as the sun was setting. It must have been exhausting!

Yet our reading doesn't even give a hint that Jesus was tired. This was so because He always gave importance to praying. When He healed Simon's mother-in-law, He just came from the synagogue: a place of prayer. And early the next morning, before plunging into His day's mission. He went to a solitary place to pray. No matter how busy He was, He always found time to pray. His entire life was a prayer, a constant communication with the Father in heaven. Even as He hung on the cross, He continued His conversation with the Father. That constant communication with the Father sustained Jesus in His life and ministry. He never ran out of divine energy because He never unplugged Himself from the Source.

Prayer is our most important lifeline. It is our connection to the wellspring of our being. If we stay connected to the Source of our life, no matter how overwhelming our undertakings,

we will always have fuel to succeed and have joy in our endeavors. Our constant communion and communication with God, gives us the energy that we need in our Christian mission. Thus, let us always remember to pray, recharge, reboot, and refresh.

If we start our day and every day with prayer as Jesus did, we will be surprised at the great transformation that will take place in ourselves as well as in our relationships with others. We will be pleasantly surprised that what proceeds from us – our thoughts, words and acts – are reflections of the goodness and love of God. So how about making use of Jesus' secret weapon – Prayer – and allow it to transform us into what God wants us to be.