



St. Paul the First Hermit (229-342) was an Egyptian hermit and friend of St. Jerome. He was left an orphan at about the age of fifteen and hid during the persecution of the Church under Emperor Decius. He is the patron saint of the Diocese of San Pablo (Philippines)

First Reading: (Heb 4:1-11) While the promise of entering his rest remains, let us fear lest any of you be judged to have failed to reach it. For good news came to us just as to them; but the message which they heard did not benefit them, because it did not meet with faith in the hearers. For we who have believed enter that rest, as he has said, "As I swore in my wrath, "They shall never enter my rest," although his works were finished from the foundation of the world. For he has somewhere spoken of the seventh day in this way, "And God rested on the seventh day from all his works." And again in this place he said, "They shall never enter my rest." Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, again he sets a certain day, "Today," saying through David so long afterward, in the words already quoted, "Today, when you hear his voice, do not harden your hearts." For if Joshua had given them rest, God would not speak later of another day. So then, there remains a sabbath rest for the people of God; for whoever enters God's rest also ceases from his labours as God did from his. Let us therefore strive to enter that rest, that no one fall by the same sort of disobedience.

Ps 77:3-4, 6-8

R./ Never forget God's deeds.

REFLECTION

Some friends bring their paralyzed friend to Jesus and seeing that the crowd was too much for them to enter, they take the route from the roof. Jesus is of course impressed by their faith. **The faith of his friends helps the paralyzed man to be healed.** There are three things that we can learn from this passage: 1. The intercession of friends; they did not abandon their paralyzed friend and they took him to Jesus. Do I take my friends to Jesus, especially if I know that they need his help? 2. The crowd prevents the cripple from entering the home. Are we hindering people to come to Jesus because they are paralyzed in some way? 3. The paralyzed man himself; he received the forgiveness and healing from Jesus.

Gospel: (Mk 2:1-12) When Jesus returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk'? But that you may know that the Son of man has authority on earth to forgive sins" -- he said to the paralytic -- "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"