

Thought for the Day – Monday 1st February 2021

By Rev John Marshall

Epiphany 4 Jesus teaches with authority

Bible Reading: [Mark 1:21-28](#)

Mark launches straight into the Gospel and our reading from the fourth Sunday in Epiphany appears halfway through the chapter.

They go to Capernaum on the Sabbath and in the Synagogue Jesus teaches and people are amazed, because he taught them as one who had authority.

A man cries out that he knows who Jesus of Nazareth is – the Holy One of God. He is concerned that Jesus will harm him. But Jesus acts decisively and heals him.

The people are once again amazed and Jesus authority is confirmed. And the news spreads quickly over the whole region of Galilee.

Jesus was concerned for people's health and their mental health.

At this time we give thanks for all health care practitioners.

And for all who are concerned to improve mental health.

How do we share the amazing news of Jesus Christ in our neighbourhood?