



Resolved with and for Jesus Christ

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Most people nowadays no longer find making New Year's resolution effective. Some find themselves overwhelmed by their goal while others get discouraged along the way. While it is important to set realistic and specific goals, it is necessary to seek the One who gifted us with our being and desires nothing but the best for us. Each of us is invited to start anew with the One who loves us and has the power to transform us.

In the first reading, Saint John affirms the power given to the faithful who believes that "Jesus is the Son of God." For Saint John, to believe is to do something rather than to have something. Having faith in Christ is entrusting oneself to the Son of God. To believe in Christ is to act with and for Christ. Similarly, to claim that

one has the capacity to make one's self healthy is different from actually eating properly and exercising regularly. Moreover, someone who declares that he can change the lives of the poor but does not exert any effort to feed the hungry and the needy is fooling himself.

In the Gospel narrative of Saint Mark, we see the image of Jesus as the eagerly anticipated Messiah. John the Baptist readily recognized the greatness of Jesus Christ and so admitted his unworthiness to "stoop and loosen the throng of his sandals." Moreover, Jesus as the long awaited Messiah was affirmed when the clouds moved apart and the Spirit as a dove, set upon Jesus, while the voice from above, tender and comforting, "You are my beloved Son; with You I am well pleased." Such beautiful

event demonstrates the loving communion of the three divine Persons—the Father, the Son, and the Holy Spirit and shows beyond doubt that Jesus Christ is the Son of God. He is the eagerly anticipated Messiah—the Savior of mankind.

As the Son of God, Christ came so that we can have the fullness of life which He alone can give. He is the One who is capable of transforming us if we will only allow him. Our new year's resolution is not attainable in our efforts alone. We need to believe in Jesus Christ and allow that faith to influence us to accomplish our new year's resolutions. It is never too late to begin again. Let us start anew with Christ and allow him to translate our resolutions into concrete acts of love.

THE INTRODUCTORY RITES

Entrance Antiphon

(Ps 112 [111]: 4)

(Recited when there is no opening song)

A light has risen in the darkness for the upright of heart; the Lord is generous, merciful and just.

Greeting

(The sign of the cross is made here)

P—Grace to you and peace from God our Father and the Lord Jesus Christ.

All—And with your spirit.

Introduction

(The priest may address the assembly with these or other similar words)

P—John the Baptist points to Jesus as the “One mightier than I.” And yet, Jesus let John the Baptist baptize him in the river Jordan. Our readings today teaches us today that the way to the Father is the way of humility and faithfulness to his divine life and love as was perfectly manifested by the very person of Jesus. Let us then live and love like the Father’s Son.

Penitential Act

P—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.
(Pause)

All—**I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *(strike your breast)* through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.**

P—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All—Amen.

P—Lord, have mercy.

All—**Lord, have mercy.**

P—Christ, have mercy.

All—**Christ, have mercy.**

P—Lord, have mercy.

All—**Lord, have mercy.**

Collect

P—Let us pray. *(Pause)*

Cast your kindly light upon your faithful, Lord, we pray, and with the splendor of your glory set their hearts ever aflame, that they may never cease to acknowledge their Savior and may truly hold fast to him.

Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

All—Amen.

LITURGY OF THE WORD



First Reading (1 John 5:5–13) *(Sit)*

We prove that we are children of God through the holiness of our lives. On the other hand, those who persist in their evil ways deliberately chooses the side of the Devil.

A reading from the First Letter of Saint John

BELOVED: Who indeed is the victor over the world but the one who believes that Jesus is the Son of God?

This is the one who came through water and Blood, Jesus Christ, not by water alone, but by water and Blood. The Spirit is the one who testifies, and the Spirit is truth. So there are three who testify, the Spirit, the water, and the Blood, and the three are of one accord. If we accept human testimony, the testimony of God is surely greater. Now the testimony of God is this, that he has testified on behalf of his Son. Whoever believes in the Son of God has this testimony within himself. Whoever does not believe God has made him a liar by not believing the testimony God has given about his Son. And this is the testimony: God gave us eternal life, and this life is in his Son. Whoever possesses the Son has life; whoever does not possess the Son of God does not have life.

I write these things to you so that you may know that you have eternal life, you who believe in the name of the Son of God.

—The Word of the Lord.

All—**Thanks be to God.**

Responsorial Psalm (Ps 147)

R—**Praise the Lord, Jerusalem.**

1. Glorify the LORD, O Jerusalem; praise your God, O Zion. For he has strengthened the bars of your gates; he has blessed your children within you. **(R)**

2. He has granted peace in your borders; with the best of wheat he fills you. He sends forth his command to the earth; swiftly runs his word! **(R)**

3. He has proclaimed his word to Jacob, his statutes and his ordinances to Israel. He has not done thus for any other nation; his ordinances he has not made known to them. Alleluia. **(R)**

Alleluia (Cf. Mk 9:6) *(Stand)*

All—**Alleluia, alleluia. The heavens were opened and the voice of the Father thundered: This is my beloved Son. Listen to him. Alleluia, alleluia.**

Gospel (Mk 1:7–11)

P—A reading from the holy Gospel according to Mark

All—**Glory to you, O Lord.**

THIS is what John the Baptist proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit.”

It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him. And a voice came from the heavens, “You are my beloved Son; with you I am well pleased.”

—The Gospel of the Lord.

All—**Praise to you, Lord Jesus Christ.**

Homily *(Sit)*

Prayer of the Faithful *(Stand)*

P—Let us pray that we may truly deserve to be called God’s children and trust in his protection as we say:

R—**Lord, help us remain faithful to you.**

C—That the baptized may live up our dignity as your children and be faithful to our promise to renounce Satan and his works, and to serve you, O God, and the Catholic Church. We pray: **(R)**

C—That when assailed by weakness, doubt, and oppression, we may hold on to Jesus who has conquered the world by his love. We pray: **(R)**

C—In time of war and civil disturbance, Lord, restore peace and tranquility in our minds and hearts and in our society. We pray: **(R)**

C—That through the wisdom of its leaders and the integrity of its citizens, our country may achieve prosperity and enjoy harmony and justice. We pray: **(R)**

C—That through the work of new evangelization, men and women may come to the knowledge of truth and advance in the path of salvation and love. We pray: **(R)**

C—Let us pray for the urgent concerns of our community and our personal intentions *(pause)*. We pray: **(R)**

P—Father, we pray that, nourished by your Word and the Bread of Life, we may successfully overcome life's trials and effectively nurture among all people the reign of peace that your Son begun.

We ask this through Christ our Lord.

All—Amen.

LITURGY OF THE EUCHARIST



Presentation of the Gifts *(Stand)*

P—Pray, brethren...

All—May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings

P—Receive with favor, O Lord, we pray, the offerings of your people, that what they profess with devotion and faith may be

theirs through these heavenly mysteries.

Through Christ our Lord.

All—Amen.

Preface of II of Nativity

P—The Lord be with you.

All—And with your spirit.

P—Lift up your hearts.

All—We lift them up to the Lord.

P—Let us give thanks to the Lord our God.

All—It is right and just.

P—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

For on the feast of this awe-filled mystery, though invisible in his own divine nature, he has appeared visibly in ours; and begotten before all ages, he has begun to exist in time; so that, raising up in himself all that was cast down, he might restore unity to all creation and call straying humanity back to the heavenly Kingdom.

And so, with all the Angels, we praise you, as in joyful celebration we acclaim:

All—Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.

(Kneel)

Acclamation

All—When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

THE COMMUNION RITE

The Lord's Prayer *(Stand)*

All—Our Father...

P—Deliver us...

All—For the kingdom, the power, and the glory are yours, now and for ever.

Invitation to Peace

Invitation to Communion

(Kneel)

P—Behold the Lamb of God, behold him who takes away the sins of the world. Blessed

are those called to the supper of the Lamb.

All—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Communion Antiphon

(Cf. 1 Jn 4:9)

By this the love of God was revealed to us: God sent his Only Begotten Son into the world, so that we might have life through him.

Prayer to the Sacred Heart of Jesus

(The prayer at the back of the missalette may be said immediately after communion.)

Prayer after Communion

(Stand)

P—Let us pray. *(Pause)*

O God, who touch us through our partaking of your Sacrament, work, we pray, the effects of its power in our hearts, that we may be made fit to receive your gift through this very gift itself.

Through Christ our Lord.

All—Amen.

THE CONCLUDING RITES

P—The Lord be with you.

All—And with your spirit.

Prayer over the People

P—Bow down for the blessing. *(Pause)*

Keep your family, we pray, O Lord, in your constant care, so that, under your protection, they may be free from all troubles and by good works show dedication to your name.

Through Christ our Lord.

All—Amen.

P—And may the blessing of almighty God, the Father, and the Son, (+) and the Holy Spirit, come down on you and remain with you for ever.

All—Amen.

Dismissal

P—The Mass has been offered. Go in peace glorifying the Lord by your life.

All—Thanks be to God.



PRAYER TO THE

SACRED HEART

of Jesus

Divine Jesus, you have said, "Ask, and you shall receive; seek, and you shall find; knock, and it shall be opened unto you." Behold me kneeling at your feet, filled with a lively faith and confidence in the promises dictated by your Sacred Heart and pronounced by Your adorable lips. I come to ask these favors: (*Here, silently mention your petitions*).

To whom can I turn if not to you whose Heart is the source of all graces and merits? Where should I seek if not in the treasure which contains all the riches of your kindness and mercy? Where should I knock if not at the door through which God gives himself to us and through which we go to God? I have recourse to you, Heart of Jesus. In you I find consolation when afflicted,

protection when persecuted, strength when burdened with trials, and light in doubt and darkness.

Dear Jesus, I firmly believe that you can grant me the grace I implore, even though it should require a miracle. You have only to will it, and my prayer will be granted. I admit that I am most unworthy of your favors, but this is not a reason for me to be discouraged. You are the God of mercy and you will not refuse a contrite heart. Cast upon me a look of mercy, I beg of you, and your kind Heart will find in my miseries and weaknesses a reason for granting my prayers.

O Sacred Heart, whatever may be your decision with regard to my request, I will never stop adoring, loving, praising, and serving you. My Jesus, be pleased to accept this my act of perfect resignation to the decrees of your adorable Heart which I sincerely desire may be fulfilled in and by me and all your creatures forever.

Sacred Heart of Jesus, I know that there is but one thing impossible to you: to be without pity to those who are suffering or in distress. Look upon me, I beg of you, dear Jesus, and grant me the grace for which I humbly implore you through the Immaculate Heart of your most sorrowful Mother. You have entrusted me to her as her child, and her prayers are all-powerful with you. Amen.

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