

**Sunday between 28 January and 3 February**  
*Fourth Sunday in Ordinary Time (Year B)*

**First Reading - Jonah 3.1-10**

A reading from the book of Jonah.

The word of the Lord  
came to Jonah a second time,  
saying, 'Go to the great city of Nineveh,  
and declare there  
the message that I have given you.'  
Jonah set out, and went to Nineveh,  
as the Lord had spoken.

Nineveh was a city  
so large  
that it would take three days  
to walk across it.

Jonah entered the city,  
going a day's walk,  
announcing, 'Forty days more,  
and Nineveh will be destroyed!'

The people  
believed the word of God,  
declared a fast,  
and put on sackcloth -  
all the people of Nineveh,  
from the greatest to the least.

When news reached  
the king of Nineveh,  
the king also  
put on sackcloth,

and ordered  
that all  
should join the fast,  
and cry out to God in prayer,  
and turn away  
from their evil and violent ways.

And when God saw all that they did,  
and how they turned  
from their evil ways,

God resolved  
not to bring about  
the calamity  
that had been declared  
against them.

This is the word of the Lord.

**Second Reading - 1 Corinthians 9.24-27**

A reading from the first letter of Paul to the Corinthians.

You know that, in a race,  
all the runners compete,  
but only one receives the prize.

So run this race as if to win!  
Athletes work with discipline  
for an earthly reward -  
but we work for an eternal reward!

So run, and work, with direction, and purpose,  
as I also continue to work  
with discipline, like an athlete,  
so that after teaching others,  
I myself should not fail  
to complete the race!

This is the word of the Lord.

**Gospel - Mark 1.14-28**

Hear the Gospel of our Lord Jesus Christ  
according to Mark.

After John the Baptist  
was arrested,  
Jesus came to Galilee,  
proclaiming the good news of God,  
saying, 'The time is fulfilled,  
and the kingdom of God has come near;  
repent, and believe the good news.'

As Jesus walked  
by the Sea of Galilee,  
he saw Simon, and his brother Andrew,  
casting  
a fishing net  
into the lake.

And Jesus said to them, 'Come, follow me,  
and I will send you out  
to fish for people.'

Immediately, they left their nets,  
and followed him.

As Jesus went a little further,  
he saw James and John, the sons of Zebedee,  
in their boat, mending the nets.

Immediately,  
Jesus called them.

And they left their father Zebedee  
in the boat  
with the hired workers,  
and followed Jesus.

They went to Capernaum,  
and when the sabbath came,  
Jesus went into the synagogue, and taught.

All were amazed  
at his teaching,  
for unlike their scribes,  
he taught with authority.

While they were there  
in the synagogue,  
a man with an unclean spirit came in,  
and cried out, 'What are you doing here,  
Jesus of Nazareth?

Have you come to destroy us?  
I know who you are - the Holy One of God!'

But Jesus rebuked  
the unclean spirit,  
saying, 'Be silent, and come out of him!'

The unclean spirit  
threw the man into convulsions,  
cried out in a loud voice,  
and came out of him.

They were all astounded,  
and asked one another,  
'What is this new teaching,  
with such authority?

Even the unclean spirits  
obey him!'

And his fame spread  
through the entire region  
of Galilee.

This is the Gospel of the Lord.