

Sunday, Feb 01, 2026

Who wants to inherit the Earth?

The simplest way to think of humility may be “knowing one’s limitations.” Don’t be more—or less—than you are. For Christians, though, humility means something deeper than practicing a virtue; it’s a matter of putting others first, and “others” include God, people, and all of creation. The monk Thomas Merton wrote, “. . . The right of another . . . is the expression of God’s love and God’s will.” Why follow this crazy-sounding advice? “Because Christ emptied himself. . . . he humbled himself” (Philippians 2:7). As he did, and does, so we are to do: give of ourselves for the good of others. The stories of the saints reveal such humility. Their first thought was of God and the needs of those around them, not themselves. It’s a tall order, but humble attitudes and actions can connect you to God in your everyday life.

FOURTH SUNDAY IN ORDINARY TIME

Zephaniah 2:3; 3:12-13; 1 Corinthians 1:26-31; Matthew 5:1-12a (70). *“Blessed are the meek, for they will inherit the land.”*

Monday, Feb 02, 2026

Open the gifts children bring

Like most parents, Mary and Joseph wanted the best for their child. They were faithful Jews and desired their son to be raised in the faith that had sustained them. They took Jesus to the Temple to be consecrated and presented to God, where they met Simeon and Anna, elders of the community. The elders immediately recognized Jesus as the Messiah, the fulfillment of God’s promise to Israel, a light to the whole world. What can you do this day to call forth the gifts of a child and encourage them to use those gifts to give light to the world?

FEAST OF THE PRESENTATION OF THE LORD

Malachi 3:1-4; Hebrews 2:14-18; Luke 2:22-40 or 2:22-32 (524). *“The child grew and became strong, filled with wisdom; and the favor of God was upon him.”*

Tuesday, Feb 03, 2026

God has a hand in healing

Many stories of healing in scripture are of the miraculous variety; they’re “supernatural”—“above” nature—and on God’s power over everything, including natural things like illness. While such miracles seem rarer today, one of the keys to healing remains trust: in God, whether the outcome is an actual cure or the acceptance of one’s situation. Either way, suffering eases. “Grace does not destroy nature but perfects it,” says Saint Thomas Aquinas. Let the grace of faith bring some healing to your life.

2 Samuel 18:9-10, 14b, 24-25a, 30-19:3; Mark 5:21-43 (324). *“Your faith has saved you. Go in peace and be cured of your affliction.”*

Wednesday, Feb 04, 2026

When familiarity breeds contempt

“Well, who do they think they *are*?” neighbors wonder as they gossip about the behavior of other neighbors and make decisions like “they’ve grown too big for their britches.” In traditional societies—today and in the time of Jesus—such criticism tells people that the priorities of the community to fit in and get along are valued over priorities of the individual. But judging the personal lives of others can create conflict and cause jealousy. Indeed, “Envy is the mother of murder,” says Saint John

Chrysostom. Do you indulge in character assassination? If so, why? Take time to think about your motivations.

2 Samuel 24:2, 9-17; Mark 6:1-6 (325). *“A prophet is not without honor except in his native place and among his own kin.”*

Thursday, Feb 05, 2026

In solidarity with saints

When facing challenges, we can turn to the saints for help. The church raises up women and men who are in solidarity with us, including saints who have experienced some of the same horrors that people today have. As we fight for human dignity and the protection of life, we can look to saints like Saint Agatha, who knew personally the terror of sexual assault and torture, or to Saint Josephine Bakhita, who was sold into slavery at the age of 7 and eventually won her freedom and became a Canossian sister, or to the saints among us, including many contemporary Catholic sisters, who are at the forefront of the struggle against human trafficking. Play your part in protecting the dignity and freedom of all people.

MEMORIAL OF AGATHA, MARTYR

1 Kings 2:1-4, 10-12; Mark 6:7-13 (326). *“They anointed with oil many who were sick.”*

Friday, Feb 06, 2026

A fruitful rain continues to nourish

Brother Paul Miki, a Jesuit and a native of Japan, is the best known among the 26 martyrs who died in Japan in 1597. As he died on a hill in Nagasaki he said, “After Christ’s example I forgive my persecutors. I do not hate them. I ask God to have pity on all, and I hope my blood will fall on my fellow men as a fruitful rain.” Indeed, it did. Centuries later, missionaries returned to Japan to find thousands of Christians who had quietly preserved the faith underground until it was legalized. Let your life’s work also be a fruitful rain, nourishing all with whom you come into contact.

MEMORIAL OF PAUL MIKI AND COMPANIONS, MARTYRS

Sirach 47:2-11; Mark 6:14-29 (327). *“I want you to give me at once on a platter the head of John the Baptist.”*

Saturday, Feb 07, 2026

Give it a rest

Is the weekend a time to relax for you? Saturday will find some of us on the job, for sure—someone’s got to keep those stores, restaurants, and theatres open. But even those of us who don’t go into work will still keep plenty busy over the weekend, driving the kids around, catching up on laundry, getting groceries, and doing everything else put on hold from Monday to Friday. Jesus invites his friends to step aside and “come away” from all that once in a while to rest our bodies and our spirits. Reserve a bit of Saturday for leisure.

1 Kings 3:4-13; Mark 6:30-34 (328). *“He said to them, ‘Come away by yourselves to a deserted place and rest a while.’”*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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