

February 1, 2026

Fourth Sunday in Ordinary Time

Zeph 2:3; 3:12-13 | 1 Cor 1:26-31 | Mt 5:1-12a

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

There have been many times when I have experienced “imposter syndrome” in my work, where I doubt my own ability. In these times, I often looked to others to try to determine if I was doing enough. But instead of giving me the validation and encouragement I was seeking, this act of comparison frequently led to dissatisfaction. I began to wish I was more like others — more outgoing, more disciplined, more organized. But who I am and the gifts that I have to offer are exactly what I am being called to give in my vocation. Saint Paul reminds us in his First Letter to the Corinthians that we were not called because we possess a specific talent or personality; we have been called to bear witness to the work Christ is doing in us. And this witness comes from living our vocation authentically, with the gifts we naturally possess. When we not only accept but love and value our unique qualities, we give glory to the One who so lovingly and perfectly created us.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

In proclaiming the beatitudes, Christ reveals that those who will experience the rewards of heaven aren’t those we might consider “blessed” by human standards. What our culture values as markers of success and happiness are not always what is valued in the kingdom of God. Indeed, the joys of life in the kingdom are deeper than those here on earth; we were created for fulfillment greater than what this world can offer. Therefore, we must live confidently in the hope of Christ’s promises instead of comparing ourselves to others who might appear more successful. And as we live our vocation, we are called to live out the countercultural message of the beatitudes — a radical trust in the eternal promises of God in spite of earthly poverty, grief, or persecution. In doing so, we invite others to see and experience the joy of the abundant life that Christ proclaims.

REFLECT

As we go through life, there can be times when we feel unprepared for the vocation God has called us to. Consider how these feelings of inadequacy may be an invitation for us to rely more fully on Christ working within us. Bring this to prayer and ask the Lord to reveal how he may be using this particular circumstance to draw us closer to him.

