



ST. MARY CHURCH  
OF THE IMMACULATE CONCEPTION



stjv ST. JOHN VIANNEY  
CATHOLIC CHURCH

WEEK 1 - January 18-24, 2026

*Being “hooked on Jesus” begins not with action, but with recognition: seeing Jesus for who He truly is and trusting His identity as Savior. It is humbly recognizing our role in the “story” of Salvation History.*

## OPENING PRAYER

**Heavenly Father,** You call us into a relationship with Your Son, Jesus Christ. As we gather today, help us to become more deeply hooked on Jesus—not distracted by the noise of the world, but attentive to His voice and His presence among us. Open our hearts to recognize Jesus for who He truly is, the Lamb of God and our Savior. Send Your Holy Spirit upon our discussion, so that our words may strengthen faith, our listening may build unity, and our time together may draw us closer to You. We ask this through Christ our Lord. **Amen.**

## THIS WEEK'S SCRIPTURE READINGS

[CLICK HERE TO READ THIS WEEKEND'S READINGS](#)

**THEME:** To be "Hooked" on Jesus is to recognize who He truly is.

- **First Reading** (*Isaiah 49:3, 5-6*): God calls us not only to belong to Him, but to shine “His” light to the world.
- **Gospel Reading** (*John 1:29-34*): John the Baptist says: “Behold, the Lamb of God.”

## GOSPEL INSIGHTS

As many other saints do, (including the Blessed Virgin Mary) St. John the Baptist points away from himself and toward Jesus. He does not cling to followers or status—he directs attention to Christ. Being “hooked on Jesus” begins not with action, but with recognition: seeing Jesus for who He truly is and trusting His identity as Savior. It is humbly recognizing our role in the “story” of Salvation History.

We live in a world full of distractions competing for our attention. John’s witness challenges us to ask: Who or what am I pointing others toward with my life?

To be “hooked on Jesus” means letting Him—not success, comfort, culture, or the approval of others—be the true center of our lives.

## QUESTIONS FOR REFLECTION AND DIALOGUE

**Take some time to reflect on this week’s message and discuss with your group:**

1. John calls Jesus “the Lamb of God.” What does that title mean to you personally?
2. Jesus asks “Who do you say that I am?” What attribute/title of God speaks to you personally the most?
3. Who helped you first recognize Jesus in your life? What do you remember about that experience?
4. What distractions make it hard for you to truly “see” Jesus today? How can you rid yourself of one of these distractions?
5. John says, “I did not know him,” yet he comes to deep faith. How has your understanding of Jesus changed over time as you have grown?
6. Where might God be inviting you to point others toward Jesus rather than yourself?

## SCRIPTURE FOR MEDITATION

"He said to them, 'But what about you?' he asked. 'Who do you say I am?' Matthew 16:15

"He must increase, but I must decrease" John 3:30 (John the Baptist Speaking)

### PRAY

- Ask for the gift of humility.
- Ask God: "Do I point others to You?"
- Thank God for the gift of those who have pointed you to Him. Pray for them by name.

### ACT

- Take a note from Pope John XXIII: "Only for today, I will do one good deed and not tell anyone about it." Do a kind deed without telling anyone.
- This week, write a letter to the person who most inspired your faith as an adult, thanking them for having the courage and love to tell you about God.
- Sign up as a small group for the MLK Day of Service on 1/19

### INSPIRE

- Share encouragement, kindness, or gratitude with someone—quietly reflecting God's love through your actions.

## INTERCESSIONS FOR THE GROUP

Take some time to pray together for the persons or people on the Hearts of your small group members.

## CLOSING PRAYER

**Lord Jesus,**

You are the One who calls us, draws us in, and holds our hearts.

Thank You for allowing us to spend this time reflecting on who You are and how You invite us to be more deeply hooked on You.

As we leave this time together, help us to stay connected to You—to let go of distractions that pull us away and to live in a way that points others toward You.

Like John the Baptist, may our lives say, "He must increase, and I must decrease."

Keep us hooked on Your love,  
rooted in Your truth,  
and faithful in our daily witness.  
We ask this in Your holy name.

**Amen.**