**Jonah 3:1-5, 10**

The word of the LORD came to Jonah, saying: "Set out for the great city of Nineveh, and announce to it the message that I will tell you." So Jonah made ready and went to Nineveh,  
according to the LORD'S bidding.

Now Nineveh was an enormously large city; it took three days to go through it. Jonah began his journey through the city, and had gone but a single day's walk announcing, "Forty days more and Nineveh shall be destroyed, " when the people of Nineveh believed God; they proclaimed a fast  
and all of them, great and small, put on sackcloth.  
  
When God saw by their actions how they turned from their evil way, he repented of the evil that he had threatened to do to them; he did not carry it out.

**Psalm 25:4-9**

Teach me your ways, O Lord; make them known to me.  
Teach me to live according to your truth, for you are my God, who saves me.   
I always trust in you.  
  
Remember, O Lord, your kindness and constant love which you have shown from long ago.  
Forgive the sins and errors of my youth. In your constant love and goodness, remember me, Lord!  
  
 Because the Lord is righteous and good, he teaches sinners the path they should follow.  
 He leads the humble in the right way and teaches them his will.

**1 Corinthians 7:29-31**

I tell you, brothers and sisters, the time is running out.

From now on, let those having wives act as not having them,

those weeping as not weeping,

those rejoicing as not rejoicing,

those buying as not owning,

those using the world as not using it fully.

For the present form of this world is passing away.

**Mark 1:14-20**

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."  
  
As he passed by the Sea of Galilee, he saw Simon and his brother Andrew casting their nets into the sea; they were fishermen. Jesus said to them, "Come after me, and I will make you fishers of men." Then they abandoned their nets and followed him.

He walked along a little farther and saw James, the son of Zebedee, and his brother John.  
They too were in a boat mending their nets.

Then he called them. So they left their father Zebedee in the boat along with the hired men and followed him.

The Holy Spirit is called the Giver of Gifts, but the Spirit's cherishing action is only really felt by those who acknowledge their own deep poverty--who realize that we have literally nothing of our own but are totally dependent on God and on that natural world in which God has placed us and which is the sacramental vehicle of God's action. When we grasp this, we are ready to receive God's gifts.

Some souls are so full of pious furniture and ornaments that there is no room for the Holy Spirit. All the correct things have been crammed into the poor little villa, but none of the best quality. They need to pull down the curtains, get rid of the knick-knacks, and throw their premises open to the great simplicity of God.

Source: *The Fruits of the Spirit,* Evelyn Underhill