

JUNE 3, 2018
SECOND SUNDAY
AFTER PENTECOST

taking+ faith home

Sabbath rest is a gift from God.

DAILY BIBLE READINGS

These passages are related to the Lectionary texts for this Sunday.

Sunday	Mark 2:23–3:6	A question about the sabbath
Monday	Deuteronomy 5:12-15	Observing the sabbath
Tuesday	2 Corinthians 4:5-12	Slaves for Jesus' sake
Wednesday	Exodus 20:8-11	Remember the sabbath day
Thursday	Ezekiel 20:10-13	God brings the people out of Egypt
Friday	Colossians 2:16-19	Signs of false religious practice
Saturday	Psalms 81:1-10	God makes us strong
Sunday	Mark 3:20-35	Doing the work of God

SCRIPTURE VERSE FOR THIS WEEK

Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.” **Mark 2:27-28 (NRSV)**

PRAYERS AND BLESSING

A Prayer for the Week:

Holy God, thank you for honoring times to rest as well as times to work. Help us to recall in the busyness of life the importance of listening to you and your word. Amen.

Mealtimes Prayer:

Lord, we thank you for the food before us, the friends beside us, the love between us, and your presence among us. Amen.

A Blessing to Give:

May the Lord your God bless you with sabbath rest and strengthen you in body, mind, and spirit.



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HYMN OF THE WEEK

O Lord, Hear My Prayer



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CARING CONVERSATIONS



Discuss in your home or small group:

- Talk about a law or rule you think is unfair.
- God made the sabbath a day to worship God and to simply rest from work. How is this a good thing for us?
- Sometimes religious ideas get in the way of the heart of Christianity. Some people say you can't dance, play cards, or drink alcohol and be a Christian. Would you agree? Why or why not?

DEVOTIONS



Read: Deuteronomy 5:12-15.

Observing the sabbath is one of the Ten Commandments. Although Jesus challenged how it was interpreted to prevent people from doing good, the commandment is intended to protect life (including animal life). In today's fast-paced and hard-working modern societies, sabbath rest is especially needed and often overlooked. What gets in the way of worshipping and resting on Sundays (the new sabbath for the New Testament)? How could it be a reason to care for others? Sabbath time is time to rest from work, something all humans (and animals) need. When do you take time to rest and give thanks to God who cares for your daily life? Commit to observing the sabbath in your weekly routine.

Pray: God of peace, thank you for the gift of sabbath rest to honor you and to restore us in health to love and serve others. In Jesus' name. Amen.

SERVICE



In Mark 2:23–3:6, Jesus was not afraid to care for others on the sabbath, including providing food and healing. Eating with others is an important act of wellness. Take time this week to enjoy a leisurely meal with others. Include the *Mealtimes Prayer* and other practices in this *Taking Faith Home* bulletin, activities that honor God and celebrate life in the name of Jesus Christ.

RITUALS AND TRADITIONS



Consistent rituals and traditions that bless people foster healthy communities of faith. Observing the sabbath is one of those commandments that has developed a rich variety of rituals and traditions around it, some helpful to our faith and community and others, not so much (Mark 2:23-28). Taking time not to work and instead rest the mind and body and enjoy God's presence promotes health and wellbeing. In addition to Sunday rest and worship, try mini-sabbath rests by taking five to fifteen minutes during the day to remain quiet and prayerful. It is good for your mind, your body, and your relationship to God and neighbor. Begin the time of sabbath rest by singing or praying the hymn, *O Lord, Hear My Prayer*.



In addition to *Taking Faith Home*, celebrate milestones in your daily life as an effective faith formation tool. Go to: www.milestonesministry.org