

# Sunday, June 3

First Reading

[Deuteronomy 5:12-15](#)

Psalm

[Psalm 81:1-10](#)

Second Reading

[2 Corinthians 4:5-12](#)

Gospel

[Mark 2:23-3:6](#)

## OPENING PRAYER

O Lord, open my lips,  
and my mouth shall  
proclaim your praise.  
Glory to the Father,  
and to the Son and to  
the Holy Spirit: as it  
was in the beginning,  
is now, and will be  
forever. Amen.

## CLOSING PRAYER

Dearest Jesus,

Help me to delight in  
the Sabbath. Today I  
rejoice about ...

Reveal to me ways I  
can serve you. Today  
I am concerned about  
...

Restore me and my  
loved ones. Today I  
seek comfort for ...

Lord, you  
commanded a day of  
rest, just as you  
rested after creating  
the world. Thank you  
for this gift. Amen.

Additional prayer ideas  
on Page 2.

## Mark 2:27-3:6 (NLT)

*On one Sabbath day, the disciples had broken off grains of wheat to eat, drawing ire from the Pharisees. Jesus responded that when David was hungry, he broke into a church and ate bread that was meant only for the priest.*

<sup>27</sup> Then Jesus said to them, "The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. <sup>28</sup> So the Son of Man is Lord, even over the Sabbath!"

<sup>3:1</sup> Jesus went into the synagogue again and noticed a man with a deformed hand. <sup>2</sup> Since it was the Sabbath, Jesus' enemies watched him closely. If he healed the man's hand, they planned to accuse him of working on

the Sabbath.

<sup>3</sup> Jesus said to the man with the deformed hand, "Come and stand in front of everyone." <sup>4</sup> Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him. <sup>5</sup> He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored! <sup>6</sup> At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus.

## I WONDER

- Take a look at your hands. Think of all the things your hands do.
- I wonder how the man with the deformed hand felt before he was healed. I wonder how he felt afterward. I wonder what he did.
- I wonder why God wants us to rest one day a week. I wonder what rest looks like. I wonder what would happen if the whole world rested.

## SLOW DEVOTIONS

The Sabbath was born out of the creation of the earth. Take a silent walk outside in creation. Don't set a goal or destination, just wander. If you are drawn to a leaf, a stone, a color, the smell of the grass, simply stop and linger and allow the moment to be. Be attentive. Let the Holy Spirit speak or just rest with you in that moment. When you are ready, move on. Do not hurry. There is no place to go. Follow your own timing and curiosity.

At the end of your walk, notice what has happened to your body, your mind, your sense of time. What did you see? What did you learn? Have a conversation with God about your walk.

## ACTIVE DEVOTIONS

→ **Play Last Letter Chain.** Decide on a category, such as "hobbies." The oldest in the group goes first, naming a hobby/activity (eg. draw). The next person names an activity that starts with the last letter or sound of that word (eg. write, then exercise, then Zumba). End by praising God for our many ways to rest and relax.

→ **Hand Play: 10 Fingers**

I have 10 fingers (wiggle them)  
And they all belong to me. (point in)  
I can make them do things -  
Would you like to see?

I can shut them up tight. (make fist)  
I can open them wide.  
I can put them all together. (palm to palm)  
I can make them all hide. (behind back)

I can make them jump high. (over head)  
I can make them jump low. (touch floor)  
I can fold them in my lap  
And hold them just so.

# Going Deeper

## **PRAY A NEW WAY**

**Beach ball prayer:** Select someone to start the prayer. Holding the ball, the leader says, “**Dear Lord, You give us so many reasons to praise you. We thank you for this time together. We thank you for sending us your Son to guide and walk with us. And we thank you for ...**” The leader tosses the ball to someone in the group, who shouts out the first thing that pops into their head and then tosses the ball to another. Keep tossing the ball until everyone has shared — keep going if the group wants!

**Leader-led prayer:** Select a leader. Each member of the group shares their prayer request with the group. This can be done at the start of the devotion time or the end. The leader takes notes and includes the requests in the closing prayer. (This is a great way to teach kids to be comfortable with making up their own prayers.)

**Praying with posture:** Follow your heart’s lead to pray with mind and body. You can use the prayer below or say your own.

- Kneeling
- Sitting
- Standing
- Bowing
- Lying prostrate (face-down and flat)
- Hands up

**O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. Amen.**

## **Delight in the Sabbath**

**If you want to try the spiritual practice of Sabbath, set aside a few hours or a day once a week for rest and delight. Plan to try it for several weeks.**

**Be intentional about beginning Sabbath for you or the whole family.** Light a candle or say a prayer.

**Don’t work on the Sabbath.** (Do nothing out of obligation.)

- Don’t do things for which you earn a salary.
- Don’t clean the house, pay bills or do laundry.
- Don’t do the projects or errands on your list.
- Don’t do homework.

**Do delight in the Sabbath.**

- Catch up on your sleep.
- Read that good book you have wanted to start.
- Play (kids can teach us how!)
- Spend time with family or friends.
- Leave guilt and worry for tomorrow.

**Embrace rest and delight:** There will always be housework, homework or job work to do. Let it go. This is a no-guilt zone.

**Be easy on yourself. This is not about rules and guilt, but about resting in the love of God and each other. It is a day to remember that you and this world are held and supported by God. Make it up as you go.**

## **ANYTIME ACTIVITIES**

- ★ [Pray and color](#)
- ★ [Gratitude photo hunt](#)
- ★ [“I Spy” game](#)
- ★ [Finger labyrinth](#)

Join the conversation on Facebook at [ILC Mobile Church](#).