

Sunday, July 1

First Reading

[Lamentations 3:22-33](#)

Psalm

[Psalm 30](#)

Second Reading

[2 Corinthians 8:7-15](#)

Gospel

[Mark 5:21-43](#)

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

By your power, great
God, our Lord Jesus
healed the sick and
gave new hope to the
hopeless. Though we
cannot command or
possess your power,
we pray for those who
want to be healed.
Mend their wounds,
soothe fevered brows
and make broken
people whole again.
Help us to welcome
every healing as a
sign that, though
death is against us,
you are for us, and
have promised
renewed and risen life
in Jesus Christ the
Lord. Amen.

Theme reading

A Synagogue leader asked Jesus to heal his daughter. As he is on the way...

²⁴Jesus went with him, and all the people followed, crowding around him. ²⁵A woman in the crowd had suffered for twelve years with constant bleeding. ²⁶She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse. ²⁷She had heard about Jesus, so she came up behind him through the crowd and touched his robe. ²⁸For she thought to herself, "If I can just touch his robe, I will be healed." ²⁹Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition.

³⁰Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?" ³¹His disciples said to him, "Look at this crowd pressing around you. How can you ask, 'Who touched me?'" ³²But he kept on looking around to see who had done it. ³³Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. ³⁴And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over."

³⁵While he was still speaking to her, messengers arrived from the home of Jairus, the leader of the synagogue. They told him, "Your daughter is dead. There's no use troubling the Teacher now."

³⁶But Jesus overheard them and said to Jairus, "Don't be afraid. Just have faith."

³⁷Then Jesus stopped the crowd and wouldn't let anyone go with him except Peter, James, and John (the brother of James). ³⁸When they came to the home of the synagogue leader, Jesus saw much commotion and weeping and wailing. ³⁹He went inside and asked, "Why all this commotion and weeping? The child isn't dead; she's only asleep."

⁴⁰The crowd laughed at him. But he made them all leave, and he took the girl's father and mother and his three disciples into the room where the girl was lying.

⁴¹Holding her hand, he said to her, "*Talitha koum*," which means "Little girl, get up!" ⁴²And the girl, who was twelve years old, immediately stood up and walked around! They were overwhelmed and totally amazed. ⁴³Jesus gave them strict orders not to tell anyone what had happened, and then he told them to give her something to eat.

I WONDER

- I wonder how Jairus' daughter feels when she is dying. I wonder how she feels to be well again.
- I wonder how Jairus feels when Jesus said, "Don't be afraid, just believe."
- I wonder how the woman felt for twelve years when she was sick and no one could make her well.
- I wonder what it felt like to be called, "daughter."
- I wonder what both daughters will do now that they are healed.

SLOW DEVOTIONS

Find the band-aid in your bag. As you hold it complete this sentence:

If I touch him, I shall be _____.

Repeat the sentence for two minutes giving a different statement of your need for healing each time.

Write a memory verse on the band-aid (like "Daughter (Son), your faith has made you well; go in peace" or "Don't be afraid; just have faith." Put the band-aid where you will see it this week.

ACTIVE DEVOTIONS

Play a variant of band-aid tag:

Everyone is "it," except 1 person, who is the healer. When tagged, each person puts their hand on the spot and keeps it there as they move to tag others. If tagged again, the player moves their hand to the new spot. The healer touches players' hands to release them. Play until everyone is tired!
→ What did it feel like to play with a "wound"? Did you try to get near the healer?

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.

Contemplative Prayer

“*Don’t be afraid, just keep trusting,*” said Jesus to Jairus. As we learn to trust Jesus, a move toward contemplative prayer or centering prayer is helpful. Contemplative prayer is taking time to just listen for God. -- you may be surprised at how hard it is to quiet your mind and listen! Try these steps.

Allow twenty minutes for the prayer. If you can only last 5 for the first session, that’s fine, but ideally, 20-30 minutes is a good amount of time for the prayer.

- Find a quiet spot and sit comfortably with your back straight, and your feet on the ground.
- Choose a word or phrase to guide you. It can be any word or phrase - you’ll know what you need to pray. (If you can’t think of something at first, try the phrase from today’s reading, ““Don’t be afraid, just keep trusting,””)
- Say your word(s) gently to yourself, over and over again, as you quiet your mind and move into a time of listening.
- If your mind wanders, (“I need to remember to send that email.”) Let those ideas go and return to your word(s).

This is an exercise of faith and trust. Be patient. There’s nothing to achieve or to do. You can’t get it wrong. Let yourself go and just listen for God.

ANYTIME ACTIVITIES

- ★ [Create a mandala](#)
- ★ [Make a Zen garden](#)
- ★ [Gratitude photo hunt](#)
- ★ [Finger labyrinth](#)
- ★ [Praying in Doodles](#)

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