

JUNE 2, 2024
SECOND SUNDAY
AFTER PENTECOST



The sabbath is good news for our lives.

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	Respect the sabbath
Tuesday	2 Corinthians 4:5-12	Treasure in clay jars
Wednesday	Isaiah 58:13-14	Honor the sabbath
Thursday	Exodus 20:8-11	Remember the sabbath day
Friday	Hebrews 4:1-11	The rest that God promised
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 [Jesus] 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:

Merciful and loving God, we thank you for the gift of sabbath rest that our lives may be renewed in body, mind, and spirit through Christ our Savior and Lord. Amen.

Mealttime Prayer:

Dear God, you who provide the grain of the fields for us to eat, we thank you for your love and kindness that renews our lives daily through Jesus Christ, the Son of Man. Amen.

A Blessing to Give:

May God's love renew you each day through Christ our Lord.



© 2023 Milestones Ministry, LLC. All rights reserved.

JUNE 2, 2024

HYMN OF THE WEEK

*I Heard the Voice of
Jesus Say*



**taking
faith
home**

WEEKLY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

CARING CONVERSATIONS



Discuss in your home, small group, or use for personal reflections:

- What exhausts you? What refreshes you?
- When do you take a day of rest (sabbath) and what do you like to do on that day?

DEVOTIONS



Read: Mark 2:23–3:6.

This amazing text from the Gospel of Mark says much about the story of Jesus. Jesus draws criticism from those wanting to protect God's teachings. He ends up gaining the deadly opposition of religious and cultural leaders (Pharisees and Herodians), even though these two groups also oppose one another in other contexts. Jesus and the Pharisees engage in biblical debate about the intent of God's word. Jesus argues, "*The sabbath was made for humankind*" (Mark 2:27). Deuteronomy 5:12-15 clearly supports that. Honoring the sabbath was much more than worshipping on the sabbath day (Sunday for most Christians). This commandment was the first recorded labor law, protecting workers from being abused and allowing for a day of rest. It protected life. Whether its gathering grain to eat or healing a withered hand on the sabbath, the real offense is challenging the wisdom and authority of established leaders. It is an age-old example of how institutional powers can become ends in themselves and miss their own stated aim, in this case, to love God and neighbor.

Discuss: How could resting on the sabbath day help renew you?

Pray: Life-giving God, we thank you for your word that challenges the misuse of power and authority as it protects and renews life through Jesus Christ, the Son of Man and Lord of the sabbath. Amen.

SERVICE



Jesus calls us to serve our neighbor in love. Based on the Daily Bible Readings and theme for this week, how can you help someone you know experience rest and renewal?

RITUALS AND TRADITIONS



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, consider 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 with a prayer: *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.*



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