

Service for Week May 27th-2nd June

2024 by Chaplain Andy

Our Opening Prayer.

Amen

Living God, help us to remember that you are a God who never sleeps, a God on whom we can depend in any and every situation. When we feel lost and alone, teach us that you are there.

When we feel overwhelmed by trouble, help us to remember that you are close by. Help us to understand that, whatever we may face, you will guide and guard us.

Amen

Prayer inspired by Prayerfully Yours by Nick Fawcett

The Lord's Prayer

*Our Father who art in heaven,
hallowed be Thy name, Thy kingdom
come, Thy will be done, on earth, as it
is in heaven.*

*Give us this day our daily bread;
and forgive us our trespasses
as we forgive them who trespass
against us.*

*And lead us not into temptation,
But deliver us from evil.*

*For Thine is the kingdom, the power
and the glory for ever and ever.*

Amen

Bible Reading Mark 2 :23-3:6

One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" He answered, "Have you never read what

David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." Then he said to them, "The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath."

Another time he went into the synagogue, and a man with a shriveled hand was there. Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. Jesus said to the man with the shriveled hand, "Stand up in front of everyone." Then Jesus asked them, "Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?" But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

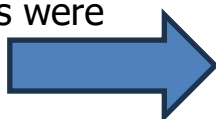
Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

Holy words, Holy wisdom,

Thanks be to God

Reflection.

I know that when you were young and when I was a boy that Sundays were



totally different to how they are today. As a family when I was growing up, we went to church twice on Sundays. In the morning to church and Sunday School and later on to church and Young Peoples Fellowship in the evening. Almost all the shops were closed where I lived, I think it was only off-licenses that were allowed to open. Working or buying anything that involved others working on a Sunday was discouraged. Some people had a best room or 'parlour' in their house which was only used on Sundays. You wore your best clothes, your 'Sunday best' on a Sunday, and yes for children it was very quiet and boring because you were not allowed to play and make a noise as on other days! But then things changed, some small shops were allowed to open and then the supermarkets were able to open on restricted hours.

In Jesus' time in Judea the Sabbath was more like how Sundays used to be. They were following the story of creation in Genesis- 'By the seventh day God had finished the work he had been doing; so, on the seventh day he rested from all his work' (Gen 2:1-3) The Sabbath was very much a day of rest and you were not allowed to work. So, when Jesus' disciples started to pick grains of corn and Jesus healed a man the religious leaders, the Pharisees, saw this as working on the Sabbath.

Today people's work patterns have changed with many more working shifts and working at weekends. Also different ethnic groups celebrate their 'Sabbath' or Holy Day on a different day of the week so Sunday in most places has become similar to any other day of the week.

But the practice of setting aside one day a week, whatever day that may be, to rest, as 'God rested from all his work' is a good one. Our bodies and especially our minds need a break from working or constantly being engaged. Time perhaps to think about and enjoy our families, time to appreciate the wonder of nature around us especially at this time of year, time to listen to music or to read if we are able to – also time in our own way to feel closer to our eternal creator God.

Not necessarily praying but just spending time in our thoughts with God who is eternal and unchanging helps us to put our week, however it has been, and our lives into its proper perspective. I find that talking to God, and listening to God in my thoughts in these quiet times gives me encouragement, hope and strength for the future – I trust it also brings that to you. **Amen**

Closing prayer

Loving God, may I meet each day with quiet trust and glad thanksgiving. As I have come to you, so come to me, through Jesus Christ my Lord. **Amen**