

Where's Your Chair?

Mark 2:23-3:6



People go forth to their work and to their labour until the evening.
Psalm 104:25

Praising:

O Sabbath rest by Galilee,
O calm of hills above,
where Jesus knelt to share with
thee
the silence of eternity,
interpreted by love, interpreted by
love.

Reading:

Mark 2:23-3:6
Jesus and Sabbath laws

The Pharisees attack Jesus by attacking his disciples, and the fussiness of the sin they home in on tells us how determined they were to find fault. But there is no denying that they took the idea of the Sabbath as a day of rest seriously. For us, taking a few minutes each day to sit in our chair is the Sabbath in miniature. Rather than let it be a burden, one more thing to squeeze in to

an already hectic schedule, Jesus makes the point to the Pharisees that this time is actually a gift from God. Even if it's just for a little while, the Lord wants us to turn away from all that's bearing down on us. Basically, it's about shaking off our responsibilities and being strengthened by God for when we have to take them up again.

Listening:

Praying:

We pray Lord for those who feel burdened by life:

- those with young families, especially those with heavy and responsible jobs
- those struggling to bring in enough money to pay the bills week by week
- those hoping to catch a break in terms of getting started in a career

Father: in these moments I let go of so many of the concerns and complications of my life. When I have to pick them up again, I ask for your help to find them lighter. Amen

Doing: