

Jesus' Sabbath Day
Mark 1:21-39: Lectio Divina Guide
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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: Jesus' Sabbath "day" (it's longer than a day) begins and ends with him resting. He's been walking beside the Sea of Galilee, where he called Simon, Andrew, James, and John to follow him. Then they walked into the town of Capernaum to Simon's home. On the Sabbath they participate in the synagogue service and receive hospitality from Simon's mother-in-law. Jesus teaches and heals people at both places. Before sunrise he spends hours with the Father in solitude.

Opening Prayer: In Jesus' easy yoke I rest... and work (Inspired by Matthew 11:28-30).

Read Scripture: Mark 1:21-39 (NIV 1984)

21 They went to Capernaum, and when the Sabbath came, Jesus went into the synagogue and began to teach. 22 The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law. 23 Just then a man in their synagogue who was possessed by an evil spirit cried out, 24 "What do you want with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!"

25 "Be quiet!" said Jesus sternly. "Come out of him!" 26 The evil spirit shook the man violently and came out of him with a shriek.

27 The people were all so amazed that they asked each other, "What is this? A new teaching—and with authority! He even gives orders to evil spirits and they obey him." 28 News about him spread quickly over the whole region of Galilee.

29 As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. 30 Simon's mother-in-law was in bed with a fever, and they told Jesus about her. 31 So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

32 That evening after sunset the people brought to Jesus all the sick and demon-possessed. 33 The whole town gathered at the door, 34 and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. 36 Simon and his companions went to look for him, 37 and when they found him, they exclaimed: "Everyone is looking for you!"

38 Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." 39 So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.