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### Introduction

Deuteronomy makes clear that sabbath-keeping is meant for the welfare of all. God delivered the Israelites out of slavery, so they should observe this freedom with a day of rest. No one should work seven days a week; even slaves and foreigners should be able to rest. Yet human beings can turn even the most liberating religious practice into a life-destroying rule. Jesus does not reject sabbath-keeping, but defends its original life-enhancing meaning. Our worship and our religious way of life are to lead to restoration: the hungry being fed and the sick being healed.

#### **Prayer of the Day**

Almighty and ever-living God, throughout time you free the oppressed, heal the sick, and make whole all that you have made. Look with compassion on the world wounded by sin, and by your power restore us to wholeness of life, through Jesus Christ, our Savior and Lord.

Amen.

# First Reading: 1 Samuel 3:1-10 [11-20]

<sup>1</sup>Now the boy Samuel was ministering to the LORD under Eli. The word of the LORD was rare in those days; visions were not widespread.

<sup>2</sup>At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; <sup>3</sup>the lamp of God had not yet gone out, and Samuel was lying down in the temple of the LORD, where the ark of God was. <sup>4</sup>Then the LORD called, "Samuel! Samuel!" and he said, "Here I am!" <sup>5</sup>and ran to Eli, and said, "Here I am, for you called me." But he said, "I did not call; lie down again." So he went and lay down. <sup>6</sup>The LORD called again, "Samuel!" Samuel got up and went to Eli, and said, "Here I am, for you called me." But he said, "I did not call, my son; lie down again." <sup>7</sup>Now Samuel did not yet know the LORD, and the word of the LORD had not yet been revealed to him. <sup>8</sup>The LORD called Samuel again, a third time. And he got up and went to Eli, and said, "Here I am, for you called me." Then Eli perceived that the LORD was calling the boy. <sup>9</sup>Therefore Eli said to Samuel, "Go, lie down; and if he calls you, you shall say, 'Speak, LORD, for your servant is listening.'" So Samuel went and lay down in his place.

<sup>10</sup>Now the LORD came and stood there, calling as before, "Samuel! Samuel!" And Samuel said, "Speak, for your servant is listening." [<sup>11</sup>Then the LORD said to Samuel, "See, I am about to do something in Israel that will make both ears of anyone who hears of it tingle. <sup>12</sup>On that day I will fulfill against Eli all that I have spoken concerning his house, from beginning to end. <sup>13</sup>For I have told him that I am about to punish his house forever, for the iniquity that he knew, because his sons were blaspheming God, and he did not restrain them. <sup>14</sup>Therefore I swear to the house of Eli that the iniquity of Eli's house shall not be expiated by sacrifice or offering forever."

<sup>15</sup>Samuel lay there until morning; then he opened the doors of the house of the LORD. Samuel was afraid to tell the vision to Eli. <sup>16</sup>But Eli called Samuel and said, "Samuel, my son." He said,

"Here I am." <sup>17</sup>Eli said, "What was it that he told you? Do not hide it from me. May God do so to you and more also, if you hide anything from me of all that he told you." <sup>18</sup>So Samuel told him everything and hid nothing from him. Then he said, "It is the LORD; let him do what seems good to him."

<sup>19</sup>As Samuel grew up, the LORD was with him and let none of his words fall to the ground. <sup>20</sup>And all Israel from Dan to Beer-sheba knew that Samuel was a trustworthy prophet of the LORD.]

#### Psalm 139:1-6, 13-18

<sup>1</sup>LORD, you have searched me out; O LORD, you have known me.

<sup>2</sup>You know my sitting down and my rising up; you discern my thoughts from afar.

<sup>3</sup>You trace my journeys and my resting-places and are acquainted with <sup>a</sup>ll my ways.

<sup>4</sup>Indeed, there is not a word on my lips, but you, O LORD, know it altogether.

<sup>5</sup>You encompass me, behind and before, and lay your hand upon me.

<sup>6</sup>Such knowledge is too wonderful for me; it is so high that I cannot attain to it.

<sup>13</sup>For you yourself created my inmost parts; you knit me together in my mother's womb.

<sup>14</sup>I will thank you because I am marvellously made; your works are wonderful, and I know it well.

<sup>15</sup>My body was not hidden from you, while I was being made in secret and woven in the depths of the earth.

<sup>16</sup>Your eyes beheld my limbs, yet unfinished in the womb; all of them were written in your book;

my days were fashioned before they came to be.

<sup>17</sup>How deep I find your thoughts, O God! How great is the sum of them!

<sup>18</sup>If I were to count them, they would be more in number than the sand; to count them all, my life span would need to be like yours.

# Second Reading: 2 Corinthians 4:5-12

<sup>5</sup>We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. <sup>6</sup>For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

<sup>7</sup>But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. <sup>8</sup>We are afflicted in every way, but not

crushed; perplexed, but not driven to despair; <sup>9</sup>persecuted, but not forsaken; struck down, but not destroyed; <sup>10</sup>always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. <sup>11</sup>For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. <sup>12</sup>So death is at work in us, but life in you.

## Gospel: Mark 2:23—3:6

<sup>23</sup>One sabbath [Jesus] was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. <sup>24</sup>The Pharisees said to him, "Look, why are they doing what is not lawful on the sabbath?" <sup>25</sup>And he said to them, "Have you never read what David did when he and his companions were hungry and in need of food? <sup>26</sup>He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions." <sup>27</sup>Then he said to them, "The sabbath was made for humankind, and not humankind for the sabbath; <sup>28</sup>so the Son of Man is lord even of the sabbath."

<sup>3:1</sup>Again he entered the synagogue, and a man was there who had a withered hand. <sup>2</sup>They watched him to see whether he would cure him on the sabbath, so that they might accuse him. <sup>3</sup>And he said to the man who had the withered hand, "Come forward." <sup>4</sup>Then he said to them, "Is it lawful to do good or to do harm on the sabbath, to save life or to kill?" But they were silent. <sup>5</sup>He looked around at them with anger; he was grieved at their hardness of heart and said to the man, "Stretch out your hand." He stretched it out, and his hand was restored. <sup>6</sup>The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

Prayers and introductions from SundaysAndSeasons.com

## **Prayers of Intercession**

We come before the triune God to pray for our communities, ourselves, and our world.

A brief silence.

Guide your church to expressions of faith that bring rest and release. Teach your faithful people to be attentive to the spiritual, physical, and societal weariness of our neighbors, that we proclaim your grace through tangible acts of mercy and justice. Merciful God, **receive our prayer.** 

Keep us mindful of the rhythms of nature as the days lengthen and the seasons shift toward summer. Grant relief to areas facing flooding or drought and bring favorable weather for the flourishing of crops, gardens, and orchards. Merciful God, **receive our prayer.** 

Where there is affliction in our world, bring healing. Where world leaders are perplexed, bring clarity of vision. Give a spirit of discernment to political advisors, institutional researchers, economic analysts, and all vocations that inform the work of governments and policymakers. Merciful God, **receive our prayer.** 

Provide wholeness and respite to all who are weary: those who struggle in any way and those who care for them. Strengthen first responders and health care workers in their times of exhaustion or frustration. Merciful God, **receive our prayer**.

Stir our hearts toward abundant generosity among neighbors who experience hunger and food insecurity. Bless feeding ministries and community food efforts, especially community gardens, farmers markets, food pantries and Little Free Pantries. Open both our hearts and our tables. Merciful God, receive our prayer.

We remember the communion of saints whose lives made visible the saving life of Jesus Christ. Guide us by their example to embody the treasure of your love for the sake of our world, until we come to our final rest in you. Merciful God, receive our prayer.

Receive our prayers, O God, and come quickly to our aid, through the power of the Spirit and the love of Jesus Christ.

Amen.

# A reflection for this 2<sup>nd</sup> Sunday after Pentecost

In today's gospel Jesus tells his critics, "The sabbath was made for humankind, and not humankind for the sabbath." We keep our weekly sabbath, gathering for prayer and Bible study, songs of praise and petition, and fellowship with others. Just as healing the man with the withered hand was work that could not wait, so is carrying the gospel into the whole world an activity that ought not be restricted to one day a week. Welcoming these elements of our weekly worship in our daily lives helps us to remember the sabbath and share the good news with others each and every day.

