



‘Worship at home’ Sunday July 21st 2024



We come to worship today knowing
that when we dwell in Christ,
the Spirit of God dwells in us.

Opening Prayer: God we thank you that in the vast reaches of the wide universe we are gathered together in one human community. We thank you that you gather all people from all places and cultures. We thank you that you take no account of rank or money. We thank you that you know each person on earth to be unique but that you love and cherish all of us equally. We thank you that you lead us beside quiet waters in green pastures and that you restore our souls. Amen.



- adapted from *Together in Worship and Praise* year B
Mediacom 2017

<http://seedstuff.blogspot.com/2018/07/proper-11-ordinary-16-july-22-building.html>

How do you relax?

**Reflect on the ways in which you take time out
for nourishment and renewal.**

Mark 6:30-34

The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” So they went away by themselves in a

boat to a solitary place. But many who saw them leaving recognized them and ran on foot from all the towns and got there ahead of them. When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

New International Version 1

Mark 6:53-56.

When they had crossed over, they landed at Gennesaret and anchored there. As soon as they got out of the boat, people recognized Jesus. They ran throughout that whole region and carried the sick on mats to wherever they



heard he was. And wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched it were healed.

New International Version

We see the compassion of Jesus in these two brief passages which bookend the stories of the feeding of the 5000 and Jesus walking on water. Jesus and his disciples had experienced a busy and emotionally draining time. In the previous passage Jesus had just found out that his cousin John had been beheaded. We might imagine Jesus was craving some alone time to process this. Jesus did appear to be looking for a place to rest, some time to chat alone with his disciples – yet the people were demanding of him. However, we see the compassion of Jesus in how he responds to the crowd. Rest is incredibly important – we cannot serve God if we are worn out – however we are also called to show compassion, and it's important to find this balance.

How do you balance time for sabbath and spiritual retreat alongside the needs of your family, friends and community?

The boat landed in Gennesaret, even though the story says that they were headed for Bethsaida. In the meantime, there is a storm (which Jesus calms). After the storm, they end up in a different town about 5 miles away on the north shore of Galilee. The storm still blew them off course. They landed in a city they were not trying to reach, and yet when they get there they simply drop anchor and start doing ministry.

adapted from <https://www.pulpitfiction.com/notes/proper11b/#Mark6%3A30-56=>

How do you respond when things appear to blow you off course? Can you re-adjust and make the most of your new situation?

Jesus had a practice of spending time with God on a regular basis (Mark 1:35, 6:46, Luke 4:42).

How do you make time to spend with God?

How do you put aside your other priorities and demands in order to do so?

Jesus cares about me and invites me too to come away and rest a while. I will be helped if I can go to a 'deserted place' occasionally to allow my soul to catch up. Otherwise, as T. S. Eliot says, I have the experience of God's action in my life, but miss its meaning because I don't give time to reflection.

<https://www.sacredspace.ie/>

Jesus showed compassion for those around him, balancing his own needs with the demands of the world. This was done in God's strength, as he found himself empowered by the Holy Spirit to respond in love at all times.

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience."

COLOSSIANS 3:12



In Jesus' time, in Greek philosophy the bowels were thought to be the seat of love and pity, and the Greek word for compassion means 'to be moved as to one's bowels'. We might use the term 'feel it in our guts'. Compassion comes from deep within us... however, it is not simply a feeling, but an action. Jesus showed his followers that compassion is part of discipleship.

Feeling compassion then prompts us to act. It impels us to go beyond ourselves, to see and experience what is happening for another. Compassion reorients and reshapes us, as we go outside of our own thoughts and feelings and respond as we feel called to, and as we are able.

What are some ways that Jesus calls us to live a life of compassion?

Reflect on how you might show compassion this week.

Prayer

Compassionate God, you have compassion
enough for all.

Lord in your mercy, have compassion for us.

Jesus, out of your compassion for us, you invite us
to come away with you to a place of rest and quiet.

Help us to say yes and then to be able to come away with you.

Lord in your mercy, have compassion for us.

Lord, out of your compassion you care for those who are
harassed, helpless, and lost.

Sometimes we feel that way ourselves.

Lord in your mercy, have compassion for us.

Lord in your compassion teach us to follow you, to trust you,
to love you and to love as you love.

Lord in your compassion feed us who are hungry;
physically, emotionally, and spiritually.

Lord in your compassion heal us in the places we need healed.

Lord in your mercy, have compassion for us.

Lord in your having compassion for us teach us to have
compassion for others as you do.

Help us to show compassion in action the way you did.

And remind us when it is time to come away with you
for quiet and rest.

Lord in your mercy, have compassion for us.

— written by Rev. Abi <http://vicarofwadley.blogspot.ca/>



Closing

May God embrace you in tenderness and lay you down in safety.
May Christ write his words of love on your heart. And may the
Spirit fill your life with richness and give you the strength of an
eagle. We go in peace to love and serve the Lord, in the name of
Christ. Amen.