



# 13B EPIPHANY 5B - ONLINE LITURGY

Discipleship, the first 100 days

## Abstract

He cured many who were sick with various diseases and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him.  
Mark 1:34-36 (NRSV)

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# 13B Epiphany 5B - online Liturgy

Discipleship, the first 100 days

**SUNDAY, FEBRUARY 7, 2021 | EPIPHANY | FIFTH SUNDAY AFTER THE EPIPHANY | YEAR B**

Old Testament     Isaiah 40:21–31  
 Psalm                Psalm 147:1–11, 20c  
 New Testament 1    Corinthians 9:16–23  
 Gospel                Mark 1:29–39

## Mark 1.29-39

Jesus shows us his priorities – he knows what he must do and demonstrates this by healing and proclaiming the good news. However, Jesus also takes time out to get away from the crowds and be alone in prayer – he knows what he must do to care for himself and stay true to his mission.

Do we find or make enough time to rest with God? What difference does it make?

**This week we explore:** demonstrating priorities through action.

	<b>Pre-Service</b>
	<b>Introit</b>
	<b>Greeting</b>  May the grace of our Lord Jesus Christ The Love of God and the fellowship of the Holy Spirit be with us all
	<b>We Gather</b>  Lift your eyes to gaze on God. Hear God's Word and receive God's peace. With all that you have been, all that you are, and all that you hope to be, offer yourself now to God in worship and praise.  <i>Let us Pray</i> O God, we come to you out of the week just gone – with its successes and disappointments, its joys and its struggles. By your Holy Spirit, help us to focus on you now, to listen as you speak to our hearts, so that we may be better prepared to serve you in the week to come. Amen.

	<b>Hymn/song</b> P&W 114      Be still and know      anon
	<b>Welcome</b>  <i>Let us Pray</i> We gather to sing praises to our God. How pleasant and fitting to praise him. Let us sing to the Lord with thanksgiving and make music to our God. Let our worship rise high on the wings of praise. Amen.
	<b>Readings</b> Mark 1:29–39  <i>respond</i> For the word of the Lord <b>Thanks be to God</b>
	<b>Hymn/song/video</b>
	<b>We say Sorry</b>  People. People. Everywhere! Day in. Day out. Seeking you, Lord. Hunting you. Following you. Hungry for your presence. Wanting your attention. Yet not once did you complain.  We're sorry, Lord, that the weight of life's demands causes us to stumble, to lose our temper and at times to buckle under the pressure. Help us to be more like you, Lord.  We're sorry for not getting our priorities right. Help us to know, as you did, the importance of spending time with and drawing refreshment from the Father. We're sorry for allowing other people and things to take over and squeeze out our time with you. Help us to draw daily on your refreshing strength in order to cope with whatever our day holds. Lord, hear our prayer. Amen.
	<b>Words of Assurance</b>  The Son of God loves us. And because of his love, healing us and setting us free from sin's guilt and power, we are forgiven. Amen.
	<b>Hymn/Song</b> P&W 657/SCE/SOF 475 Refiner's fire      Doerksen

## Response

### The apostle Jesus designed you to be.

Mark 1:29–39

In this time of COVID-19,  
     we all hope and pray that we will avoid the virus  
         that has killed to date more than 2.2 million people.  
 We feel an urgency to protect ourselves  
     and from even mildly infecting ourselves and others  
 with an illness that seems to have no bounds as to wreak havoc  
     upon our bodies, minds, and community both now and in years to come.

Still, despite our desire for change,  
     for us, relief can't come fast enough.  
 Hospitals around the world remain filled to the brim with patients, both ill and dying.  
 Testing Centres continue to try to keep up with cases.  
     We continue to wear masks and to socially distance,  
         but we are growing weary.  
 We are in urgent need of a reprieve.  
     Vaccines are being delivered in record time,  
         hoping to slow the spread and put a stop to the pandemic.

Like a ghost, the pandemic continues to haunt us,  
     threatening to derail our lives.  
 We are, as an entire world, locked in a perpetual level of stress  
     that we in our generation have never before experienced.  
 And it's taking its toll on our psyches and our bodies.

We watch the news. We are tired. We are burnt out. We want a break.  
     How many of us try to escape the realities of the virus  
         in the solace of tv or Netflix?  
     How many of you are missing your children, grandchildren and family?

The urgency scares us, it challenges us, and depletes us.  
     But urgency can also be a good thing.

In our scriptures for today,  
     we see Jesus near the beginning of his ministry  
         on a "feverish" mission to spread the news  
     of God's future plan for humanity throughout the entire region.

With his newly called disciples by his side,  
     he has embarked on a relentless journey through all of Galilee,  
         "proclaiming the message in their synagogues and casting out demons."  
 He would pause briefly in one place,  
     and then while still in the early morning hours,  
         he would again set out for the next destination.

This must have felt overwhelming for his disciples.  
     They were used to a different kind of lifestyle,

a more consistent lifestyle  
in which they would root their identity and existence in one place,  
creating families and a livelihood,  
social connections, and in some cases prestige.

This itinerary of their rabbi Jesus to move from place to place every couple of days  
felt exhausting and pointless.

Why wouldn't he just take the time to minister to the people already at hand?

This was the question they posed to him that morning as we read today.

Jesus had gone off by himself to pray

and refuel his spirit for the next part of the journey.

His disciples however hunted him down, and said to him,

"Everyone is looking for you!"

They didn't understand why he couldn't just stay

where he was with the people who already wanted to be with him and learn from him.

Jesus however replied:

"Let's go on to the neighbouring towns,

so that I can proclaim the message there too,

for that is what I came out to do."

And so, the scripture tells us,

he went throughout Galilee, proclaiming the message

in their synagogues and casting out demons."

Jesus disciples wanted him to do what was expected,

what was usual, what the people wanted, what they preferred.

They wanted a break from the relentless traveling.

They hoped Jesus would put down roots at least for a while

and build up some momentum in the people he had already touched.

But Jesus was determined to keep on walking.

Jesus' urgency comes from the same kind of passion, drive, and initiative

that drives us onward in the face of a pandemic,

even though we desperately want to stop and take a breath.

Deep in his heart,

Jesus must have been aware of the scant time he had to fulfil his mission,

the vast numbers of people he would need to reach,

the urgency of his message,

and the vital importance of his salvation potential as messiah and Son.

In a sense, Jesus was the "vaccine" for his society's sin,

and his mission had to proceed

with an urgency his disciples had never before seen.

For God,

the state of humankind had reached a "feverish state."

Corruption was rampant.

The faith had been corrupted.

Thousands were cast out, had become lost, or were displaced.

People were scared, oppressed, depressed, and hopeless.  
They needed hope.  
A Jesus kind of hope.

And yet despite the hope Jesus offered,  
the human penchant for familiarity, sameness,  
resistance of change became a constant challenge even for him.  
His own disciples failed again and again to understand the urgency of Jesus' message.

They didn't truly believe,  
he only had three years to complete  
the ministry of a lifetime that would change the world.  
They couldn't imagine that his salvation message to the world would end in death.  
They didn't really believe that resurrection was real.  
They remained grounded in what they could see and hear,  
what they knew and understood,  
what made sense to them from within the framework that they knew.

Recognition, familiarity, is a powerful aphrodisiac.

But Jesus did go on.  
His disciples,  
loyal as they were, resistant as they sometimes could be,  
continued to follow him,  
as he urgently preached, taught, and healed throughout every region he could.  
And he did change the world.

His disciples learned from Jesus not just how to navigate life,  
but how to inaugurate a future.  
That despite feeling tired and longing for reprieve,  
they would need to push through and keep on walking.

Today, Jesus calls the church to do the same.  
He continues to offer us hope no matter how much sorrow we experience,  
and he continues to push us forward into mission and ministry  
when we would rather curl up with our tv and Netflix.  
Because Jesus knows that now more than ever,  
there is an urgency to the gospel.

People need to hear it.  
People everywhere need to see Him.  
He needs to heal not just one community,  
but an entire world.

When we feel weary,  
we all would rather default to the familiar or as Jonah did,  
sit under a tree and wait for things to pass.  
But Jesus instead tells us, now more than ever,  
this is the time for mission.  
This is your chance to proclaim a hope and a different future.

Don't let the doldrums  
     keep you from being the apostle Jesus designed you to be.  
 Don't let the familiar  
     keep you from doing the spectacular.  
 Amen

	<b>Hymn/song</b> <b>TIS/P&amp;W 477 Spirit Song (O let the Son of God enfold you) Wimber</b>
	<b>Offering</b>
	<b>Notices</b>
	<b>Prayers for all people</b>
	<b>Lord's Prayer</b>
	<b>Hymn/song</b> <b>ATO 411/AOV[1] 153 On Eagle's wings Joncas</b>
	<b>We are sent out</b> Lord Jesus, go with us into the world this week. Help us to remain focused upon you and to make your priorities our priorities in all the places you are sending us. Amen.  May the Lord bless us and keep us May His face shine upon us and be gracious to us May he lift up His countenance upon us and give us peace Amen
	<b>Benediction</b> <b>TIS 717/P&amp;W 478/SCE 118/AOV[2] 17/SOF 124 Give thanks Smith</b>
	<b>Thank you</b>

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## Mark 1.29-39

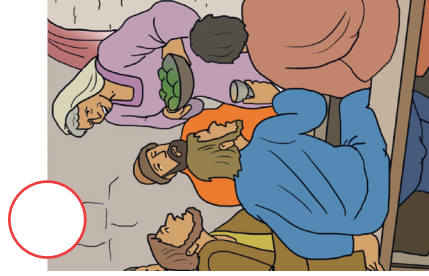
Jesus spends an ordinary day doing extraordinary things: healing, praying, and telling others the good news.



Jesus showed his friends what was important to him.



Can you put the pictures of Jesus' day in the right order? Write the numbers 1-3 to show in which order these scenes happened.



Write a word or phrase using each letter of 'Good news', to show what Jesus' priorities were. One has been done for you.

G  
o  
o  
d  
n  
e  
w  
s

opening his heart to everyone



Simon couldn't find Jesus. Join the dots to find out to find out what Jesus was doing.





## The first 100 days

### Mark 1.29-39

In which, in her own house, Jesus raises up Simon's mother-in-law, and she begins to serve. At sunset, everyone in Capernaum comes to be healed by Jesus. Very early in the morning, Jesus prays alone before moving with his disciples to neighbouring towns.

Now read **Mark 1.29-39** see p.2 for text.

### A note on the passage

Good news spreads fast. Many people crowded to Jesus to find hope and healing, and they experienced his light shining in their darkness. But Jesus revealed that there is a big difference between developing a fan base and pursuing a mission.



In what circumstances do you feel the need to press the snooze button?



- Identify one small, achievable yet significant action that you can repeat each day this week – e.g. to sit quietly (no phones, etc) for five minutes per day; do one chore that you often neglect; do something kind for another person.
- Note how you feel as you make this a priority this week. How did you stick to the action? Was it easy or hard? Did it have any unexpected outcomes?

## DISCOVER

- The Lindisfarne Gospels are so highly prized that they are still kept in the British Library over 1,300 years after they were created! They were a mission project combining the best of the culture of their time with the words of the four Gospels in Latin. Follow the links <https://artwritingandgeekingout.wordpress.com/tag/lindisfarne-gospels/> (see top of this page) to find out more.
- Eadfrith, the bishop who did most of the work, 'wrote this book for God', but other people made the book's covers and someone else added a translation in Old English for those who found Latin difficult.
- If you like meditative colouring, you could reflect on Eadfrith's skill and dedication while colouring in these designs.
- Could you help to do something eye-catching to share the Gospel in today's culture?

## PRAYER WALK

Set aside some time to go for a walk and experience prayer outside. If possible, go early in the morning. You could go into your garden if you have one, or to any natural spot near to your home.

- How does this compare to praying indoors? Think about why Jesus did this. Pray about your own priorities.

## IMAGINE

**You will need:** eight 1cm x 5cm strips of paper, and a small object to represent yourself (e.g. a pebble, a shell, a cup).

- Imagine that the strips are the total time and energy that you have available in any week of your life at the moment. Place the strips radiating out from your object, like sun rays. Each radiating line represents the time/energy you spend on different activities.
- So, what are you doing with your time/energy? Maybe you invest more heavily in a particular activity; if so, move some of the strips to make one line, representing that activity, proportionately longer (e.g. if it is half of your time, it will be four strips long). Notice that you now have fewer strips left for other activities, but a further 'reach' for that one pursuit. Write or draw on the strips to indicate what they represent. Continue to adjust the pattern until it reflects your life.

Is this how you would like it to be? Is your energy split between many activities or a few? Does this reflect your priorities? Do you feel any need to press the snooze button on any part of your life?



- Work at making different designs of paper kites or paper aeroplanes. Give them each a test flight (indoors or out, depending on the weather). Which design flew the greatest distance or
- stayed up for the longest? In a group, makes sure everyone starts with the same materials, compare and test together – and learn from each other.
- Which factors are crucial for a good flight? Which are less important? Think about how Jesus made choices in planning and shaping of his ministry.

Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

**I**t all began with a visit to Simon and Andrew's house. Simon took James, John and Jesus with him. They had been in the synagogue as it was the sabbath, and now they were ready for a rest. But when they arrived, Simon's mother-in-law was ill in bed with a fever. Jesus didn't hesitate. He walked over to her, took her by the hand, and lifted her up. At once the fever was gone. So she got up, and began to serve her guests. For a little while, Jesus and his friends were able to rest. But not for long.



At sunset, when the sabbath was over, a crowd of people appeared outside Simon and Andrew's house.

Word had got out that Jesus was in town. So everyone who was sick in the whole city came to the door! Jesus came out to meet them. He spoke with all of them and cured many people. Eventually, when everyone had left, Jesus and his disciples rested.

It was still dark the next morning when Jesus got up. He needed to be alone, so he went out to a deserted place to pray. But when Simon woke up he was worried. Where could Jesus be? He woke some of the others and they set out to search for Jesus. They soon found him, alone, and praying. 'Everyone's searching for you!' they said.

Jesus stood up, turned to them and said, 'Let us go to the next town.' So off they went; no time to rest.

In the next town, Jesus and his friends told people the good news about God. And then they went to the next town, and the next; telling people the good news about God, and healing people. As they were walking along, Jesus turned to Simon and said, 'This is what I came to do.'

**Mark 1.29-39**

## Did you know?

- The people only came to see Jesus at the end of the sabbath (a weekly day of rest and prayer for Jews from Friday night to Saturday night) because meeting during the sabbath was not allowed.

## Mark 1.29-39 (NRSV)

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sunset, they brought to him all who were sick or possessed

with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted

for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.