



Growing FAITH at home

PROPER 4

YEAR B



CONVERSATIONS

Share your highs and lows, or respond to the following:

1. What makes a particular day holy?
2. What does Sabbath mean to you?



BIBLE READINGS

Read the following Bible readings throughout this week. Talk about what words or phrases stand out for you.

1st reading

Deuteronomy 5:12-15

Observing the Sabbath

2nd reading

2 Corinthians 4:5-12

Slaves for Jesus' sake

Gospel reading

Mark 2:23 – 3:6

A question about the Sabbath

DISCUSS

For Christians, the whole of life is worship – what does this mean?



ACTION RESPONSE

The third commandment says, “Remember the Sabbath day and keep it holy.” God wants us to worship him. To worship God means to hear his word, pray to him, praise him and thank him. This requires us to intentionally set aside time to go to church, read scriptures, pray, have family time, read, listen to music or serve others. Spend some together as a family, planning how you will implement this.



PRAYER

Holy God, thank you for honouring times to rest as well as times to work. Help us to recall, in the busyness of life, the importance of listening to you and your word. Amen.



BLESSING

May the Lord your God bless you with Sabbath rest and strengthen you in body, mind, and spirit.



MEALTIME PRAYER

Lord, we thank you for the food before us, the friends beside us, the love between us, and your presence among us. Amen.

THE SABBATH WAS MADE FOR HUMAN KIND, AND NOT HUMAN KIND FOR THE SABBATH.

MARK 2:27

VERSE OF THE WEEK



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Sunday between May 29 and June 4 (if after Trinity Sunday)