



July 21, 2024, Ninth Sunday after Pentecost

Mark 6:30-34, 53-56

Use this resource at home to guide your household's daily devotions.



Pray: Light a candle and open your devotion time with a prayer.

Loving God, too often we push ourselves to exhaustion in the mistaken belief that everything is riding on our shoulders, or that rest is the way of weakness. Remind us that Jesus rested and called his disciples to rest, and that we, too, can and should allow ourselves time to recharge so that we might be renewed in our work on behalf of our neighbors. In Jesus' name we pray. Amen.



Read: Read the key verse from Sunday's reading.

He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. (Mark 6:31)



Reflect: Reflect on the scripture summary.

Jesus pulled the disciples away after hearing all they had done. They found a place where they could be away from others, but it didn't last long: Soon the crowd surrounded them wanting more.



Connect: Connect in conversation with others in your household.

- What was a high point of your day? What was a low point?
- When, where, and how do you rest? Could you use more rest than you're getting now? What could you do to recharge?
- For the littles: Do you like to take naps? Why or why not?



Bless: Close your devotion with a blessing.

May God grant you rest to relax and recharge. Amen.



Do: By acting on what we learn, we make God's word come alive. Do the following activity this week.

Research what happens to the human body when it lacks rest. Discover the right amount of nutrition, sleep, and self-care that is right for you. Then practice those.



Go Deeper: Read and reflect on the readings for each day of the week.

Monday, Psalm 61; 2 Samuel 7:18-29; Hebrews 13:17-25

Tuesday, Psalm 61; 2 Samuel 8:1-18; Acts 20:17-38

Wednesday, Psalm 61; 2 Samuel 9:1-13; Luke 15:1-7

Thursday, Psalm 14; 2 Samuel 10:1-5; Colossians 1:9-14

Friday, Psalm 14; 2 Samuel 10:6-12; Colossians 3:12-17

Saturday, Psalm 14; 2 Samuel 10:13-19; John 4:31-38