



February 7, 2021

Mark 1:29-39

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



Pray: Light a candle. Open your devotion with prayer.

O Lord, even when crowds were pressing upon you, you still sought time to pray. Bring us back to the silence of our hearts, so that we too may be refreshed by your spirit. Amen.



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

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. (Mark 1:35)



Reflect: Reflect on the scripture summary.

Jesus' ministry was fast and full. In the middle of his whirlwind tour, he took time to pray—to recharge and spend time with God.



Fifth Sunday
after Epiphany



Connect: Connect in conversation with others in your household or community.

What was a high point of your day? What was a low point?

What makes you tired? What deflates you? What do you do to recharge?

For the littles: Where is your favorite place to rest?



Bless: Close your devotion with a blessing.

May God bless your rest. Amen.



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

Take time to recharge this week. If you can spare it, give yourself an entire day. If not, give yourself an hour. Even 5 minutes of deep breathing and meditation can work wonders!



Go Deeper: Go to bit.ly/daily-devotions-rcl for the daily readings!

Monday, Psalm 102:12-28; 2 Kings 4:8-17, 32-37; Acts 14:1-7

Tuesday, Psalm 102:12-28; 2 Kings 8:1-6; Acts 15:36-41

Wednesday, Psalm 102:12-28; Job 6:1-13; Mark 3:7-12

Thursday, Psalm 50:1-6; 1 Kings 11:26-40; 2 Corinthians 2:12-17

Friday, Psalm 50:1-6; 1 Kings 14:1-18; 1 Timothy 1:12-20

Saturday, Psalm 50:1-6; 1 Kings 16:1-7; Luke 19:41-44