

JANUARY 24, 2021
THIRD SUNDAY
AFTER EPIPHANY



There is peace in waiting for God.

DAILY BIBLE READINGS

These passages are related to the Lectionary texts for this Sunday.

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| Sunday | Mark 1:14-20 | Jesus calls the first disciples |
| Monday | Jonah 3:1-5, 10 | Jonah goes to Nineveh |
| Tuesday | 1 Corinthians 7:29-35 | Live without anxiety |
| Wednesday | Philippians 4:4-7 | Paul encourages his co-workers |
| Thursday | Isaiah 40:26-31 | The Lord gives strength |
| Friday | Joshua 1:1-9 | The Lord speaks to Joshua |
| Saturday | Psalms 62:5-12 | God is powerful and kind |
| Sunday | Mark 1:21-28 | Jesus teaches in the synagogue |

SCRIPTURE VERSE FOR THIS WEEK

For God alone my soul waits in silence, for my hope is from him. He alone is my rock and my salvation, my fortress; I shall not be shaken.

Psalms 62:5-6 (NRSV)

PRAYERS AND BLESSING

A Prayer for the Week:

Dear God, my soul waits for you in silence; let me wait for you with confidence, peace, and hope through Jesus Christ. Amen. (Psalm 62:5-6)

Mealtime Prayer:

In peace we eat this food before us; in faith we receive this food with thanksgiving. Amen.

A Blessing to Give:

May the steadfast love of God be yours as you place your trust in the good news of Jesus Christ. (Psalm 62:12 and Mark 1:14)



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HYMN OF THE WEEK

*He Comes to Us As
One Unknown*



WEEKLY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

CARING CONVERSATIONS

Discuss in your home, small group, or use for personal reflections:

- What are some things that distract you and lead you to worry?
- How might God want you to deal with your worries?
- Why do you think the psalmist encourages us to wait for God's presence in silence? (Psalm 62:5)

DEVOTIONS

Read: 1 Corinthians 7:29-35.

The lectionary text ends at verse 31, but without verses 32-35, the heart of Paul's thought can be missed. Paul originally anticipated that Christ's return would happen in his own lifetime. Attention to marital matters, grief over the death of a loved one, concern for possessions, and daily schedules and responsibilities detract from the higher attention to "devotion to the Lord" (v. 35). What is helpful for us today is to be reminded that routine tasks can dominate our thoughts and we can miss the greater joy and calm that is ours through Christ. Our lives are finally, not measured by the demands of the day but by the steadfast love and faithfulness of God that is shown to us in Christ Jesus our Lord. Yes, be responsible for the sake of the love of neighbor, but do not be defined by any accomplishments or failures. Be known, understood, and loved as a child of the risen Lord. Then we are able to hear the heart of Paul's message in verse 32: "I want you to be free from anxieties." Be free, be attentive, be faithful, and, of course, experience God's grace, mercy, and peace, not anxiety or fear. Indeed, isn't this part of what Simon and Andrew and James and John experienced when they walked away from the beach to follow Jesus in Mark 1:14-20? When have you been able to let go of anxiety because of the greater good that God has in store for you?

Pray: **God of yesterday, today, and tomorrow, give us peace to see you in the midst of all things, and let us be devoted to you through Christ our Lord. Amen.**

SERVICE

There is much anxiety in people's lives. Seek out someone you know who is experiencing frustrations or worries. Take time to listen to them and offer them a prayer of hope and comfort.

RITUALS AND TRADITIONS

Contemplative prayer is a form of prayer that does not ask for specific requests. It is simply an openness to God's presence and what God may want to say to the person praying. Cross your arms over your body and breathe in saying: **Bless me with peace, O Lord.** As you exhale say: **Thank you for your peace, O Lord.** Do this several times and then sit in silence until you feel ready to conclude with: **Amen.**



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