

Sunday, February 8, 2015

Epiphany 5

The Bible: Mark 1:29-39 (below)

Conversation Starter:

- **Adult/Couple:** Jesus' healing ministry was exhausting. In this passage, he takes time to go off by himself and pray. Outside of church, what do you do to re-create yourself when you're worn out? Is this holy time for you? Can you make it so?
- **Teen Family:** Discuss: on a scale of 1 to 10, how tired are you right now? What wears you out? Can you think of professions where exhaustion is life-threatening (pilots, EMT's, etc.)? Practice a silent meditation together: choose a simple mantra, such as, "Come, Lord Jesus," and pray it to help keep your focus during five minutes of silence. Then discuss what you heard and how you felt while doing it.
- **Young Family:** Tell the story of Jesus' healing Peter's mother-in-law, and then taking the time to go pray. Use either the Gospel Story "Jesus and God's People" on the FISH site, or the Sunday Paper you received at church. Then, practice silence together. Set a timer for 1 minute. Then discuss what you heard and how you felt while doing it. How is what you did similar to what Jesus did when he went off by himself to pray?

Mark 1:29-39 The Message (MSG)

29-31 Directly on leaving the meeting place, they came to Simon and Andrew's house, accompanied by James and John. Simon's mother-in-law was sick in bed, burning up with fever. They told Jesus. He went to her, took her hand, and raised her up. No sooner had the fever left than she was up fixing dinner for them.

32-34 That evening, after the sun was down, they brought sick and evil-afflicted people to him, the whole city lined up at his door! He cured their sick bodies and tormented spirits. Because the demons knew his true identity, he didn't let them say a word.

35-37 While it was still night, way before dawn, he got up and went out to a

secluded spot and prayed. Simon and those with him went looking for him. They found him and said, "Everybody's looking for you."

38-39 Jesus said, "Let's go to the rest of the villages so I can preach there also. This is why I've come." He went to their meeting places all through Galilee, preaching and throwing out the demons.