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ORDINARY 13B

30th June 2024

A short act of worship and daily devotions

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Opening Prayers

Use the following words to help centre yourself in the moment. Say them out loud, or speak them in your mind

Jesus, open my heart

Prepare yourself to hear God's word in a new way

Jesus, open my heart

Listen for God's voice, calling you to serve others and love radically

Jesus, open my heart

Hold the joys, regrets and frustrations from the week, and look ahead to the opportunities next week will bring

Jesus, open my heart

Hold the people you share your life with, and the challenges that come with relationships and friendships

Jesus, open my heart

Rest a moment in the quiet

Jesus, open my heart

Amen.

You may now wish to say the Lord's Prayer in a version or translation with which you are familiar

Readings: Mark 5:21-43 – [Click for reading](#)

Responding to the reading

Today's gospel reading from the Gospel of Mark beautifully intertwines two stories of healing—a woman suffering from chronic bleeding and a young girl on the brink of death.

Here we see a glimpse of the messianic Jesus at work: Jesus' power over sickness and death is made clear. But these two stories also provide important lessons and questions about faith, persistence, and God's love for each and every human being. For you, on your journey of discipleship, you might like to reflect or make some notes on how this passage might offer you deep insights into compassion, inclusivity, and the call to advocate for those who are left on the margins.

The woman with the issue of blood, who had suffered greatly under many physicians and spent all she had without improvement, shows incredible determination and faith. Her belief that just touching Jesus' clothes would heal her speaks volumes about her understanding of His power and compassion.

Reflect on the nature of your faith: Is it passive, or does it compel you to take bold actions? Consider how your faith can move you to seek healing – whether physical, emotional, or social – not just for yourself but for others who feel they have exhausted all options.

In these stories, Jesus does not hesitate to break down social and religious barriers. He publicly acknowledges the woman, despite her impurity according to Jewish law, and He

enters the home of Jairus, whose daughter was considered dead, another source of ritual impurity.

Reflect on how Jesus' actions challenge the exclusions and stigmas in your community. How can you follow in Christ's footsteps to reach out to those who are marginalised or stigmatised? How can your community become a more inclusive space that affirms the dignity of every person?

Jesus was on his way to heal Jairus' daughter when he was interrupted by the woman. Instead of seeing this interruption as a nuisance, he welcomed it as an opportunity to minister and teach about faith. This week, consider the interruptions in your life as potential divine appointments. How can you embrace interruptions more openly? How might God be using these moments to invite you to participate in acts of healing and compassion?

Finally, the healing of Jairus' daughter is a powerful sign of hope and resurrection. It reminds us that God's power extends even to those situations that seem utterly hopeless. Reflect on the areas of your life or in the world around you that seem devoid of hope. How can the story of Jairus' daughter inspire you to trust in God's ability to bring new life where there is despair and death?

As you ponder these questions, you might like to find someone you trust to talk them through with, or ask similar questions of someone else in your church, community or family.

May these stories remind you that God often works through our faith to heal and restore, inviting each of us to be active participants in his kingdom work, touching lives and bringing hope to the hopeless.

Responding in music:

You might like to listen to one or both of these songs.

713 STF – Show me how to stand for justice – [YouTube](#)

67 STF – This, this is the God we adore - [YouTube](#)

Responding in prayer

Think of a situation where you feel helpless.

Take a series of deep breaths. As you breath in, say a name for God (out loud or in silence).

This might be simply 'God' or 'Jesus' or something like 'Comforter', 'Lord', or 'Creator'.

As you breath out, pray a simple one-phrase prayer, such as 'Help me to trust' or 'inspire me to act'.

Finish by saying out loud, "Thank you God for loving me no matter what".

Amen.

Blessing

Jesus the Christ is restoring the whole of creation,
Holding all things together.

Today, as I go from this place, I choose to play my part in that restoration.
And may the peace of God go with me, every single step of the way.

Amen.

Prayers and Prayer Pointers

Monday 1st July

- Here at the start of this new month, spend some time in stillness and quiet, thinking about what new things you would like to start or get involved in this month. What would a new, healthy habit look like for you, what could you let go of?
- God who makes all things new, show me the new thing you are doing in my life, show me how to get involved.

Tuesday 2nd July

- What does the good news of the Gospel feel like to you?
- Can you express it as a prayer of thanks in just a sentence or two?
- Once you have chosen or written your sentences, why not find someone to share that prayer with – as a text, or over the phone, or via email, or by chatting to someone today.

Wednesday 3rd July

- Think about how God is at work in the lives of everyone.
- You can see God shining out from all people.
- Remember this with the next person you speak to, and give thanks for the glimpses of God you see in them.

Thursday 4th July

- Do you have a favourite poem or song?
- It doesn't have to be explicitly Christian. Consider the ways the good news of God is communicated through the words.
- If it helps, use these words as a prayer today, perhaps humming or repeating them over and over again during the day.

Friday 5th July

- Think about how God is at work in the lives of everyone. You can see God shining out from all people. Remember this with the next person you speak to, and give thanks for the glimpses of God you see in them.

Saturday 6th July

- Read a Psalm as a prayer to God. What resonates with you?
- Does anything make you feel uncomfortable?
- Consider in what ways these old words feel new to you and offer them to God.