

The first 100 days

Mark 1.29-39

In which, in her own house, Jesus raises up Simon's mother-in-law, and she begins to serve. At sunset, everyone in Capernaum comes to be healed by Jesus. Very early in the morning, Jesus prays alone before moving with his disciples to neighbouring towns.

Now read **Mark 1.29-39** see p.2 for text.

A note on the passage

Good news spreads fast. Many people crowded to Jesus to find hope and healing, and they experienced his light shining in their darkness. But Jesus revealed that there is a big difference between developing a fan base and pursuing a mission.



In what circumstances do you feel the need to press the snooze button?



- Identify one small, achievable yet significant action that you can repeat each day this week – e.g. to sit quietly (no phones, etc) for five minutes per day; do one chore that you often neglect; do something kind for another person.
- Note how you feel as you make this a priority this week. How did you stick to the action? Was it easy or hard? Did it have any unexpected outcomes?

IMAGINE

You will need: eight 1cm x 5cm strips of paper, and a small object to represent yourself (e.g. a pebble, a shell, a cup).

- Imagine that the strips are the total time and energy that you have available in any week of your life at the moment. Place the strips radiating out from your object, like sun rays. Each radiating line represents the time/energy you spend on different activities.
- So, what are you doing with your time/energy? Maybe you invest more heavily in a particular activity; if so, move some of the strips to make one line, representing that activity, proportionately longer (e.g. if it is half of you time, it will be four strips long). Notice that you now have fewer strips left for other activities, but a further 'reach' for that one pursuit. Write or draw on the strips to indicate what they represent. Continue to adjust the pattern until it reflects your life.

Is this how you would like it to be? Is your energy split between many activities or a few? Does this reflect your priorities? Do you feel any need to press the snooze button on any part of your life?

DISCOVER

- The Lindisfarne Gospels are so highly prized that they are still kept in the British Library over 1,300 years after they were created! They were a mission project combining the best of the culture of their time with the words of the four Gospels in Latin. Follow the links <https://artwritingandgeekingout.wordpress.com/tag/lindisfarne-gospels/> (see top of this page) to find out more.
- Eadfrith, the bishop who did most of the work, 'wrote this book for God', but other people made the book's covers and someone else added a translation in Old English for those who found Latin difficult.
- If you like meditative colouring, you could reflect on Eadfrith's skill and dedication while colouring in these designs.
- Could you help to do something eye-catching to share the Gospel in today's culture?

PRAYER WALK

Set aside some time to go for a walk and experience prayer outside. If possible, go early in the morning. You could go into your garden if you have one, or to any natural spot near to your home.

- How does this compare to praying indoors? Think about why Jesus did this. Pray about your own priorities.



- Work at making different designs of paper kites or paper aeroplanes. Give them each a test flight (indoors or out, depending on the weather). Which design flew the greatest distance or stayed up for the longest? In a group, makes sure everyone starts with the same materials, compare and test together – and learn from each other.
- Which factors are crucial for a good flight? Which are less important? Think about how Jesus made choices in planning and shaping of his ministry.

Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

It all began with a visit to Simon and Andrew's house. Simon took James, John and Jesus with him. They had been in the synagogue as it was the sabbath, and now they were ready for a rest. But when they arrived, Simon's mother-in-law was ill in bed with a fever. Jesus didn't hesitate. He walked over to her, took her by the hand, and lifted her up. At once the fever was gone. So she got up, and began to serve her guests. For a little while, Jesus and his friends were able to rest. But not for long.



At sunset, when the sabbath was over, a crowd of people appeared outside Simon and Andrew's house.

Word had got out that Jesus was in town. So everyone who was sick in the whole city came to the door! Jesus came out to meet them. He spoke with all of them and cured many people. Eventually, when everyone had left, Jesus and his disciples rested.

It was still dark the next morning when Jesus got up. He needed to be alone, so he went out to a deserted place to pray. But when Simon woke up he was worried. Where could Jesus be? He woke some of the others and they set out to search for Jesus. They soon found him, alone, and praying. 'Everyone's searching for you!' they said.

Jesus stood up, turned to them and said, 'Let us go to the next town.' So off they went; no time to rest.

In the next town, Jesus and his friends told people the good news about God. And then they went to the next town, and the next; telling people the good news about God, and healing people. As they were walking along, Jesus turned to Simon and said, 'This is what I came to do.'

Mark 1.29-39

Did you know?

- The people only came to see Jesus at the end of the sabbath (a weekly day of rest and prayer for Jews from Friday night to Saturday night) because meeting during the sabbath was not allowed.

Mark 1.29-39 (NRSV)

As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sunset, they brought to him all who were sick or possessed

with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted

for him. When they found him, they said to him, 'Everyone is searching for you.' He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.