



**Midweek Service of Word and Prayer  
Grace Lutheran Church  
Lincoln, Nebraska**

## Introduction to Sunday

Mark's gospel makes clear how great is the press of the crowd, with its countless needs to be met, on Jesus and his disciples. Yet in today's gospel Jesus advises his disciples to get away and rest, to take care of themselves. Sometimes we think that when others are in great need we shouldn't think of ourselves at all; but Jesus also honors the caregivers' need. We are sent from Christ's table to care for others and for ourselves. So, what do you do to take care of your own self and well-being?

## Greeting

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

## Prayer of the Day

O God, powerful and compassionate, you shepherd your people, faithfully feeding and protecting us. Heal each of us, and make us a whole people, that we may embody the justice and peace of your Son, Jesus Christ, our Savior and Lord. **Amen.**

## Readings

Jeremiah 2

<sup>3</sup>Then I (God) myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply.

Why is it important to remember that God gathers us and sends us out?

Psalms 23

<sup>6</sup>Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever.

Why is it important to acknowledge that God follows us all the days of our life?

Ephesians 2

<sup>19</sup>So then you are no longer strangers and aliens, but you are citizens with the saints and members of the household of God,

Why is it important to remember that there are no strangers or aliens in the church?

Mark 6

<sup>31</sup>He said to them, "Come away to a deserted place all by yourselves and rest a while."

Why is it important to find solitude and rest in our lives?

## **Reflection**

### **At Rest among Strangers**

The world can be a dangerous place, and we all long for someone, some leader, who will watch over us and protect us from all harm. The prophet Jeremiah issues strong cautions to those who abuse the trust placed in them to care for God's people, and the psalmist sings the praises of the Lord who guards and guides us through life's trials.

But the letter to the Ephesians suggests that lasting safety comes through the healing and reconciling work of Christ, which allows us to share a meal with those we are inclined to regard as enemies, because Christ has "broken down the dividing wall, that is, the hostility between us." So, in Christ, aliens become citizens and strangers become members of the household of God.

Living into this reality requires all of us to be diligent in our practices with and policies toward all kinds of "strangers and aliens" in our world and in our lives. It means making peace with those whose politics make them strange to us, and creating genuine welcome for the newcomer in our classrooms, workplaces and congregations. It means considering the needs of immigrants and refugees through the lens of Christian faith as well as national identity, and not assuming the two are the same.

The reassuring news this day is that God, unlike so many who hold power in this world, is already reconciling the world to God's own self and us to one another.

### **Lord's Prayer (together)**

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours, now and forever. Amen.

### **Apostle's Creed (together)**

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead. On the third day he rose again; he ascended to the living, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

### **Responsive Prayer**

Show us your mercy, O God,

**and grant us your salvation.**

Give us the joy of your saving help again,

**and sustain us with your bountiful Spirit.**

Give peace in all the world;

**for only in you can we live in safety.**

Keep the nations under your care,

**and guide us in the way of justice and truth.**

Let your way be known upon earth;

**your saving health among all nations.**

Let not the needy be forgotten,

**nor the hope of the poor be taken away.**

Create in us a clean heart, O God,

**and sustain us with your Holy Spirit.**

Lord, hear my prayer,

**and let my cry come before you.**

### **Closing Prayer**

O God, in you we live and move and have our being. Guide and govern us every day by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but remember that always we are walking in your promises; through Jesus Christ our Lord. Amen.

### **Dismissal**

Go in peace. Serve the Lord. **Thanks be to God.**

### **Blessing**

Almighty God (+) bless us, defend us from all evil, and bring us to everlasting life. **Amen.**