



Worship outlines

H3

'A day in the life of...'

Purpose

To look at a day in the life of Jesus and explore what light that throws on a typical day in our lives. To show that every day, and not just Sunday, matters to God.

Bible passage

Mark 1:21-39 (from Year B, 4th and 5th Sunday in Ordinary Time)

Content

Some possible components of the service

- o Listen to Mark 1:21-39 and draw out the different things Jesus did that day using visual aids. For example: Alarm clock – got up early; picture of a teacher – taught in the synagogue; torch – banished demons; tablets/medicine – healed Simon's mother-in-law; chocolate biscuit – meal at Simon's house; pillow – slept; picture of praying hands – prayed; map or rucksack – change of direction.
- o With a roving microphone ask the congregation what they do in a typical day. It might be amusing to compare different times of getting up and going to bed. Some may have to leave home extremely early to travel to work. Others may be on shifts or work nights. This helps the church to be aware of the pressures people are under.
- o Interview people in the congregation. You could ask two or three people to prepare in advance to share a typical day in their life at work. It would be good to include a variety of occupations: for example, a young mother or a retired person who is involved in voluntary work, as well as those in paid employment.
- o Talk about the different activities in which Jesus engaged. He spent time alone and time with others. If Jesus needed a balance of work, rest and prayer, so do we. We, too, need to learn to rest in God and not be hyperactive.
- o Intercessory prayers could be designed around the hymn 'In my life Lord, be glorified', with sections of prayer about our homes, our town, our church, our world – singing a verse to close each section.
- o Children's activity. On a sheet of paper have a circle divided into 24 segments to represent the hours of the day. Ask the children to colour in what they do in a day – different colours for sleep, meals, school, TV, other activities. Do not forget to give them the opportunity to share this in some way later.

Hymns

Forth in thy name, O Lord I go (H&P, MPC); *From the rising of the sun* (MPC, SoF); *In my life Lord, be glorified* (MPC, SoF); *Lord, I am not my own* (SoF); *Lord of all hopefulness* (H&P, MPC, SoF); *Men of faith* (SoF); *Praise him, praise him* (H&P)

'Lord of time'

Purpose

To look at the balance of work and rest in our daily lives.

Content

Some possible components of the service

- Bible readings: Genesis 1:26 – 2:3, God rests on the seventh day; Ecclesiastes 3:1-8, A time for everything; Luke 10:38-42, Jesus visits Martha and Mary.
- An ad-lib sketch of people meeting in a doctor's waiting room or a bus queue, all complaining of how busy and stressed they are.
- 'Lord I have time' from Michel Quoist, *Prayers of Life*, Dublin, Gill & MacMillan Limited, 1965
- The story of Martha and Mary could be told as a monologue by Martha, explaining how she felt about the whole incident – cross at first with her sister, but recognising the wisdom of Jesus' rebuke.
- A mime could be devised to accompany the reading of Ecclesiastes 3:1-8 with pairs showing the contrasts in the use of time.
- Film clip from *Groundhog Day* (1993) in which one man lives the same day over and over again. Or play the Dr Who theme music and talk about time travel.
- Include a time of resting in worship. Play a piece of quiet classical music and let people sit, relax and offer their time to God.
- Ideas for the sermon:
 - Jesus was subject to the limitation of time. He discovered the secret of his Father's timing – *kairos* being the 'right' moment in every sense.
 - There never seems to be enough time and so we get stressed and frustrated. We need to learn how to rest in God.
- A prayer: Offer to God the past: with its regrets, hurts, and failures – ask forgiveness. Offer to God the future: with its worries, anxieties, plans and dreams – ask direction. Offer to God the here and now – commit our lives and our daily work to him.

Hymns

All my days (SoF); *Be still, for the presence of the Lord* (MPC, SoF); *Dear Lord and Father of mankind* (H&P, MPC, SoF); *Faithful one, so unchanging* (SoF); *Father I place into your hands* (MPC, SoF); *King of history* (SoF); *Lord for the years* (MPC, SoF); *Lord of all hopefulness* (H&P, SoF); *The Lord's my shepherd* (various versions in different hymnbooks)

Viv Gray

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