



Ninth Sunday Of The Year

The Sabbath Day

Introduction

The Sabbath is the *Lord's Day*. It reminds us that God must have the first place in our lives. But it is also *Our Day*. It is a gift from God, a day in which we can take care of the most important things in life. On this day we bring our tattered, fragmented lives to God and ask him to mend them.

First Reading (Deut 5: 12-15)

The Sabbath is not just the day of rest, but also a reminder to the people of their deliverance from slavery in Egypt.

Second Reading (2 Cor 4: 6-11)

Though the ministers of the Gospel may be heavily burdened with tribulations, nevertheless the life of Jesus flows from them to others.

Gospel (Mark 2: 23-3:6)

Jesus states that the Sabbath was made for man, not man for the Sabbath.

Prayer Of The Faithful

Let us pray to God for a better and a richer understanding of the Sabbath, the Lord's Day and ours too.

R: Lord, hear our prayer.

That Christians may see the Sabbath as a day of freedom: freedom from sin and wrongdoing, and from the pursuit of money and material success. We pray to the Lord.

R: Lord, hear our prayer.

For all those in charge of civil affairs: that they may fulfill their responsibilities worthily and well. We pray to the Lord.

R: Lord, hear our prayer.



For those for whom this day has no meaning, being either a day of boredom and illness, or of dissipation and frivolity. We pray to the Lord.

R: Lord, hear our prayer.

That we may see the Sabbath as an opportunity, not only to give more attention to God, but also to share more of ourselves with those we love. We pray to the Lord.

R: Lord, hear our prayer.

Communion Reflection

Six days a week we work under strain,
beset with worries, enmeshed in anxieties,
slaves to material things.

But on the Sabbath we turn our attention
to the things of the Spirit.

The Sabbath gives us a sacred place,
a reserved space:

for inwardness and reorientation,
for experience of the Spirit,
for meaning and values to live by.

Here we are given time:

to be thankful,
to be joyful,
to be free,
to look where we are going in life,
and, if needs be, to correct our compass;
time to be with one another and with the Lord.

On this day Christ broke the chains of death
and rose in triumph from the grave.
It provides us with a window to eternity.
It is a place of refreshment. Light, and peace:
a halting place
on the road that leads to the Father's Kingdom.

Thank you. Lord, for the gift of Sabbath.