



Eighth Sunday  
after Pentecost

**July 18, 2021**

**Mark 6:30-34, 53-56**

*Use this resource at home to guide your household's daily devotions.*



**Pray:** Light a candle. Open your devotion with prayer.

**Compassionate God, your son could not refuse the needs of all who came to him for help. In the same way, show us how to serve others with love while also being loving toward ourselves, in the name of Jesus. Amen.**



**Read:** Read the key verse from Sunday's reading.

*He said to them, "Come away to a deserted place all by yourselves and rest a while." For many were coming and going, and they had no leisure even to eat. (Mark 6:31)*



**Reflect:** Reflect on the scripture summary.

**When Jesus and his disciples had been working around the clock, he encouraged them to take time away on a boat to rest and recharge. On the other side of the sea, there were plenty more people to help.**



**Connect:** Connect in conversation with others in your household or community.

**What was a high point of your day? What was a low point?**

**When, where, and how do you rest? Could you use more rest than you're getting now? What could you do to recharge?**

**For the littles: Do you like to take naps? Why or why not?**



**Bless:** Close your devotion with a blessing.

**May God grant you rest to relax and recharge. Amen.**



**Do:** By acting on what we learn, we make God's word come alive. Do the following activity this week.

**Research what happens to the human body when it lacks rest. Discover the right amount of nutrition, sleep, and self-care that is right for you. Then practice those.**



**Go Deeper:** Go to [bit.ly/daily-devotions-rcl](https://bit.ly/daily-devotions-rcl) for the daily readings!

Monday, Psalm 61; 2 Samuel 7:18-29; Hebrews 13:17-25

Tuesday, Psalm 61; 2 Samuel 8:1-18; Acts 20:17-38

Wednesday, Psalm 61; 2 Samuel 9:1-13; Luke 15:1-7

Thursday, Psalm 14; 2 Samuel 10:1-5; Colossians 1:9-14

Friday, Psalm 14; 2 Samuel 10:6-12; Colossians 3:12-17

Saturday, Psalm 14; 2 Samuel 10:13-19; John 4:31-38