

*Nurturing Faith...  
Every Day in Every Way*



February 4, 2018

**Fifth Sunday After Epiphany**

**Isaiah 40:21-31**

**Psalms 147:1-11, 20c (3)**

**1 Corinthians 9:16-23**

**Mark 1:29-39**



**Recharging Our Batteries.** *Object: An iPod, cellphone, or another object which must be recharged with use.*

Do you have an iPod? It seems that you see people listening to their iPod everywhere you go. As you probably know, an iPod runs on a built-in battery that has to be recharged by plugging your iPod into a charger. An iPod is really great way to listen to music, but it isn't much good if the battery isn't charged.

People need to recharge their batteries too. We work and play hard and if we don't get the proper rest, pretty soon we just don't have enough energy to do the things we need to do. It might come as a surprise to you that even Jesus had to recharge his batteries.

In today's Bible lesson, Jesus traveled all around Galilee preaching, driving out demons, and healing people. After leaving the synagogue on the Sabbath day, Jesus and some of his disciples went to the home of Simon and Andrew. When they arrived, Simon's mother-in-law was in bed with a fever. They told Jesus about it, so he went to her, took her by the hand and helped her up. All at once, the fever left her.

I don't know how the town's people found out that Jesus was at the home of Simon and Andrew, but that evening many people were brought to Jesus to be healed of all sorts of diseases. No doubt Jesus was very tired after a long day of teaching and healing people. I'm sure that when he went to bed that night, he slept like a baby.

Jesus got up early the next morning before sunrise and went out to find a quiet place to pray. Jesus knew that it was important for him to spend time each day talking to his Father if he was going to have the spiritual strength to do what his Father had sent him to do.

Jesus had recharged his batteries and was ready to go. So, He traveled throughout the region of Galilee, preaching in the synagogues and healing and casting out demons.

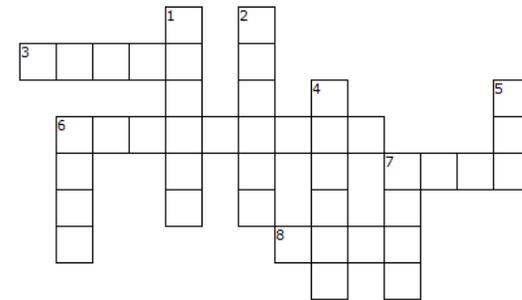
If Jesus thought it was important for him to recharge his spiritual batteries, don't you think it is important for us to do it too? That is why it is important for us to spend time in prayer every day and that is why it is important for us to come to Sunday School and church each week -- to get our batteries recharged.

**Gospel Acclamation:** Alleluia. The servant of God took our infirmities and bore our diseases. Alleluia. (Matt. 8:17)

Heavenly Father, help us to remember that just as our bodies must be renewed by proper rest, our spirit must be renewed by spending time with you in prayer, Bible study, and worship. Amen.

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# Crossword Puzzle



**ACROSS**

- 3. A condition when the body temperature is higher than normal
- 6. A place of meeting for worship in the Jewish faith
- 7. The body part used for holding things
- 8. To cure from sickness or disease

**DOWN**

- 1. To deliver a sermon
- 2. Evil spirits
- 4. The time of day when the sun disappears below the horizon
- 5. A piece of furniture for sleeping
- 6. To be ill or have a disease
- 7. To give assistance; to aid

FEVER	HEAL	HAND	BED	SYNAGOGUE
SICK	HELP	PREACH	DEMONS	SUNSET

**PRAYER CHAIN:** Provide the child different colored strips of paper to make loops to hook together to make a "prayer chain". Help the child to write down all the things that they can think of (one idea on each loop) to pray about or people's names. Hang the PRAYER CHAIN in their bedroom and use it to PRAY TOGETHER before bedtime.





*Very early in the morning... Jesus got up, left the house and went off to a solitary place, where he prayed.*

*Mark 1:35*