

## Tuesday 21 January

Today is Tuesday, the 21 January, in the Second Week of Ordinary Time.

'Come to me, all you who labour and are heavy-burdened; you shall find rest.' What are the labours that I am involved with as I try to pray today? What are the burdens I am carrying? As I enter into prayer, I take this moment to place all my concerns and all my burdens in God's hands.

Today's reading is from the Gospel of Mark.

Jesus says that the sabbath was made for us and not the other way around – he seems to be indicating that the Sabbath is there to meet human needs. How do you feel as you hear Jesus say this?

What needs do you bring to the God who offers you Sabbath? Where do you find rest, relaxation and refreshment?

Listen again as Jesus answers those who are trying to trip him up, and notice what stays with you.

Jesus, the lord of the Sabbath, invites you to receive the gift of Sabbath. Take a few moments to talk with Jesus about what this means in your life.