

EXPLORING THE SUNDAY GOSPEL

TRAVELLING LIGHT

EXPLORING NEXT SUNDAY'S THEME

Introducing the Gospel

The first missionary journey (Mark 6:1-13)

In chapter 3 of Mark's Gospel Jesus appointed twelve 'to be with him, and to be sent out to preach, and have authority to cast out demons'. Following their call, the twelve listen to Jesus' teaching, witness his acts of power, and experience the way in which he is rejected. Now they are sent out in pairs on their first missionary journey. The urgency of the task is reflected in the way in which they are to travel light, unencumbered by unnecessary baggage and preparation.

Our image to stimulate reflection on this passage is *travelling light*.

Core extract from the Gospel (Mark 6:7-9; for reflection throughout the week)

Jesus called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics.

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you taught your followers
to travel light in your service.
Help us to follow in their footsteps,
that we are not weighed down
with the baggage of life;
for you are our God.
Amen.

READING NEXT SUNDAY'S GOSPEL

Mark 6: 1-13

The Rejection of Jesus at Nazareth

He left that place and came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief.

The Mission of the Twelve

Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, 'Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.' So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

ENGAGING WITH THE THEME

Dwelling with the text (Mark 6: 1-13)

Begin exploring Mark's account of the rejection of Jesus at Nazareth and the mission of the twelve by employing the SIFT approach of Sensing, Intuition, Feeling, and Thinking. You may find that one of these approaches comes easier to you than the others. But it is worth trying all four.

- What details in the passage catch your attention (Sensing)?
- What big ideas in the passage spark in your mind (Intuition)?
- What most touches your heart in the passage (Feeling)?
- What most stretches your mind and makes you think in the passage (Thinking)?

Thinking and talking

Identify topics within the passage that can get you thinking and talking. Here are some ideas to get you started.

- Why did Jesus face such rejection in Nazareth?
- Why did Jesus send his disciples out in pairs?
- Why did Jesus order them to travel light?
- What is meant by shaking the dust from their feet?
- What does this narrative say for us today?

Using your Bible

Mark has clearly linked Jesus' rejection in Nazareth with the mission on which he sends the twelve. Explore how Matthew and Luke develop their material and separate the pieces.

- Matthew 13: 54-58
- Matthew 10: 1-15
- Luke 4: 16-23
- Luke 9: 1-5
- Luke 10: 1-16

Explore images of travelling light from the Old Testament.

- Psalm 23: 4-6

Exploring online

SIXTH SUNDAY AFTER TRINITY (YEAR B) Sunday 7 July 2024

Widen your exploration of Mark's account of the missionary journey of the twelve by looking up some of the following themes and others of your own choosing.

- Jesus sends out the twelve disciples
- Take nothing for the journey
- Listen to Cliff Richard, Travelling light

Drawing on experience

The image to stimulate reflection on Jesus' instructions to his disciples for their missionary journey is *travelling light*. Draw on your experience of travelling. For example:

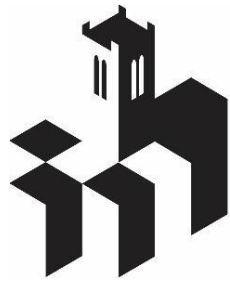
- How do you prefer to travel, light or well prepared?
- What are the advantages of travelling light?
- What are the disadvantages of travelling light?

What have you learned about travelling light?

Creating and making

This section offers pointers to some creative activities that may be inspired by Jesus' instructions to his disciples for their missionary journey or by the image of travelling light.

- Make a collage of people travelling light.
- Make a collage of people travelling with many goods.
- Make a poster of Jesus' instructions to his disciples.
- Create a reflection, poem, or prayer on the theme of Jesus' instructions to his disciples or on the image of travelling light.



Liverpool Cathedral

EXPLORING THE SUNDAY GOSPEL AT HOME

Each week we are inviting people in their homes to look forward to those Sunday services that follow the Revised Common Lectionary Gospel readings. We employ the SIFT approach (Sensing, Intuition, Feeling, and Thinking) to encourage reflection on the Sunday Gospel. We are suggesting a variety of ways in which people of all ages, and households working together, may engage with the Gospel reading and celebrate that engagement with shared activities.

Our invitation then is for you to share your reflections, prayers and photos of your creative work with the Cathedral by emailing them to smc.lesliefrancis@gmail.com.

These materials have been developed by the Canon Theologian of Liverpool Cathedral working in collaboration with the staff team here at the Cathedral, and with sponsorship and support from the St Mary's Centre in Wales.



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