

First Reading — Deuteronomy 5:12–15

¹²Observe the Sabbath day by setting it apart as holy, just as the LORD your God commanded you. ¹³Six days you are to serve and perform all of your regular work, ¹⁴but the seventh day is a sabbath rest to the LORD your God. You are not to do any regular work, you or your son or your daughter or your male servant or your female servant or your ox or your donkey or any of your livestock or the alien who resides inside your gates, in order that your male servant and your female servant may rest like you.

¹⁵Remember that you were slaves in the land of Egypt and that the LORD your God brought you out from there with a strong hand and an outstretched arm. Therefore the LORD your God commanded you to keep the day of rest.

Second Reading — 2 Corinthians 4:5–12

⁵Indeed, we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. ⁶For the God who said, "Light will shine out of darkness," is the same one who made light shine in our hearts to give us the light of the knowledge of the glory of God in the person of Jesus Christ.

⁷We hold this treasure in clay jars to show that its extraordinary power is from God and not from us. ⁸We are hard pressed on every side, yet not crushed; perplexed, yet not despairing; ⁹persecuted, yet not forsaken; struck down, yet not destroyed. ¹⁰We always carry around in our body the death of the Lord Jesus, so that the life of Jesus may also be revealed in our body. ¹¹To be sure, while we are living we are continually being handed over to death because of Jesus, so that the life of Jesus may also be revealed in our mortal flesh. ¹²So then, death is working in us, but life is working in you.

Gospel Reading — Mark 2:23–28

²³Once on a Sabbath day, Jesus was passing through the grain fields, and his disciples began to pick heads of grain as they walked along. ²⁴The Pharisees said to him, "Look, why are they doing what is not lawful on the Sabbath day?"

²⁵He replied to them, "Have you never read what David did when he was in need and hungry (he and his companions)? ²⁶He entered the house of God in the time of Abiathar the high priest and ate the Bread of the Presence, which is not lawful for anyone to eat, except for the priests. He also gave some to his companions."

²⁷Then Jesus said to them, "The Sabbath was made for man, not man for the Sabbath. ²⁸So the Son of Man is the Lord even of the Sabbath."

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