



United Methodist Church of Vista
490 South Melrose Drive
(760) 726-0442



Sunday, February 4, 2024 @ 10:00 a.m.

Rev. Dr. Leigh Ann Shaw, Lead Pastor

5th Sunday after Epiphany

“Our Presence”

Scriptures: [Isaiah 40:21-31](#) and [Mark 1:29-39](#) (NRSV)

[Isaiah 40:21-31](#)

²¹ Do you not know?

Have you not heard?

Has it not been told you from the beginning?

Have you not understood since the earth was founded?

²² He sits enthroned above the circle of the earth,
and its people are like grasshoppers.

He stretches out the heavens like a canopy,
and spreads them out like a tent to live in.

²³ He brings princes to naught
and reduces the rulers of this world to nothing.

²⁴ No sooner are they planted,
no sooner are they sown,
no sooner do they take root in the ground,
than he blows on them and they wither,
and a whirlwind sweeps them away like chaff.

²⁵ “To whom will you compare me?
Or who is my equal?” says the Holy One.

²⁶ Lift up your eyes and look to the heavens:
Who created all these?
He who brings out the starry host one by one
and calls forth each of them by name.
Because of his great power and mighty strength,
not one of them is missing.

²⁷ Why do you complain, Jacob?
Why do you say, Israel,
“My way is hidden from the LORD;
my cause is disregarded by my God”?



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²⁸ Do you not know?
Have you not heard?
The LORD is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.

²⁹ He gives strength to the weary
and increases the power of the weak.

³⁰ Even youths grow tired and weary,
and young men stumble and fall;

³¹ but those who hope in the LORD
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.



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Mark 1:29-39

²⁹ As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew.

³⁰ Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her.

³¹ So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

³² That evening after sunset the people brought to Jesus all the sick and demon-possessed.

³³ The whole town gathered at the door,

³⁴ and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

³⁶ Simon and his companions went to look for him,

³⁷ and when they found him, they exclaimed: "Everyone is looking for you!"

³⁸ Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

³⁹ So he traveled throughout Galilee, preaching in their synagogues and driving out demons. ([top](#))