

## Matthew 11:28-30

<sup>28</sup> “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”

## John 10:7-10

<sup>7</sup> So again Jesus said to them, “Very truly, I tell you, I am the gate for the sheep. <sup>8</sup> All who came before me<sup>[a]</sup> are thieves and bandits, but the sheep did not listen to them. <sup>9</sup> I am the gate. Whoever enters by me will be saved and will come in and go out and find pasture. <sup>10</sup> The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

## Psalm 34: Praise for Deliverance from Trouble (Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.)

<sup>1</sup> I will bless the Lord at all times;  
his praise shall continually be in my mouth.

<sup>2</sup> My soul makes its boast in the Lord;  
let the humble hear and be glad.

<sup>3</sup> O magnify the Lord with me,  
and let us exalt his name together.

<sup>4</sup> I sought the Lord, and he answered me  
and delivered me from all my fears.

<sup>5</sup> Look to him, and be radiant,  
so your<sup>[a]</sup> faces shall never be ashamed.

<sup>6</sup> This poor soul cried and was heard by  
the Lord  
and was saved from every trouble.

<sup>7</sup> The angel of the Lord encamps  
around those who fear him and delivers  
them.

<sup>8</sup> O taste and see that the Lord is good;  
happy are those who take refuge in him.

<sup>9</sup> O fear the Lord, you his holy ones,  
for those who fear him have no want.

<sup>10</sup> The young lions suffer want and hunger,  
but those who seek the Lord lack no good  
thing.

<sup>11</sup> Come, O children, listen to me;  
I will teach you the fear of the Lord.

<sup>12</sup> Which of you desires life  
and covets many days to enjoy good?

<sup>13</sup> Keep your tongue from evil  
and your lips from speaking deceit.

<sup>14</sup> Depart from evil, and do good;  
seek peace, and pursue it.

<sup>15</sup> The eyes of the Lord are on the righteous,  
and his ears are open to their cry.

<sup>16</sup> The face of the Lord is against evildoers,  
to cut off the remembrance of them from  
the earth.

<sup>17</sup> When the righteous cry for help,  
the Lord hears  
and rescues them from all their troubles.

<sup>18</sup> The Lord is near to the brokenhearted  
and saves the crushed in spirit.

<sup>19</sup> Many are the afflictions of the righteous,  
but the Lord rescues them from them all.

<sup>20</sup> He keeps all their bones;  
not one of them will be broken.

<sup>21</sup> Evil brings death to the wicked,  
and those who hate the righteous will be  
condemned.

<sup>22</sup> The Lord redeems the life of his servants;  
none of those who take refuge in him will  
be condemned.

## Mark 5:1-20

### Jesus Heals a Man Possessed by Demons

<sup>5</sup> They came to the other side of the sea, to the region of the Gerasenes.<sup>[a]</sup> <sup>2</sup> And when he had stepped out of the boat, immediately a man from the tombs with an unclean spirit met him. <sup>3</sup> He lived among the tombs, and no one could restrain him any more, even with a chain, <sup>4</sup> for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces, and no one had the strength to subdue him. <sup>5</sup> Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. <sup>6</sup> When he saw Jesus from a distance, he ran and bowed down before him, <sup>7</sup> and he shouted at the top of his voice, “What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.” <sup>8</sup> For he had said to him, “Come out of the man, you unclean spirit!” <sup>9</sup> Then Jesus<sup>[b]</sup> asked him, “What is your name?” He replied, “My name is Legion, for we are many.” <sup>10</sup> He begged him earnestly not to send them out of the region. <sup>11</sup> Now there on the hillside a great herd of swine was feeding, <sup>12</sup> and the unclean spirits<sup>[c]</sup> begged him, “Send us into the swine; let us enter them.” <sup>13</sup> So he gave them permission. And the unclean spirits came out and entered the swine, and the herd, numbering about two thousand, stampeded down the steep bank into the sea and were drowned in the sea.

<sup>14</sup> The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. <sup>15</sup> They came to Jesus and saw the man possessed by demons sitting there, clothed and in his right mind, the very man who had had the legion, and they became frightened. <sup>16</sup> Those who had seen what had happened to the man possessed by demons and to the swine reported it. <sup>17</sup> Then they began to beg Jesus<sup>[d]</sup> to leave their neighborhood. <sup>18</sup> As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him. <sup>19</sup> But Jesus<sup>[e]</sup> refused and said to him, “Go home to your own people, and tell them how much the Lord has done for you and what mercy he has shown you.” <sup>20</sup> And he went away and began to proclaim in the Decapolis how much Jesus had done for him, and everyone was amazed.