

AUGUST 21, 2022
ELEVENTH SUNDAY
AFTER PENTECOST



Rest and healing on the sabbath.

DAILY BIBLE READINGS

These passages are related to the Lectionary texts for this Sunday.

Sunday	Luke 13:10-17	Jesus heals on the sabbath
Monday	Isaiah 58:9b-14	Delight in the sabbath
Tuesday	Hebrews 12:18-29	A kingdom that can't be shaken
Wednesday	Leviticus 26:1-13	Blessings for obeying the Lord
Thursday	Exodus 20:8-11	Remember the sabbath day
Friday	Mark 2:23-28	A question about the sabbath
Saturday	Psalms 103:1-8	Praise for God's benefits
Sunday	Luke 14:1, 7-14	Humility and hospitality

SCRIPTURE VERSE FOR THIS WEEK

When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. Luke 13:12-13 (NRSV)

PRAYERS AND BLESSING

A Prayer for the Week:

God of sabbath rest and healing, help us to be satisfied with what we have so that others may rejoice at your goodness and mercy through Christ Jesus. Amen.

Mealtime Prayer:

Dear God, for the food that you provide us, for the rest you give us, and for your goodness that keeps us going, we give you thanks in Jesus' name. Amen.

A Blessing to Give:

May God, who loves you dearly, give you rest and peace.



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HYMN OF THE WEEK

*Take, Oh, Take Me
As I Am*



WEEKLY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

CARING CONVERSATIONS

Discuss in your home, small group, or use for personal reflections:

- How does being tired affect your mood and your ability to think and work?
- The sabbath is a day of rest and healing. How do you observe and spend time on the sabbath?

DEVOTIONS

Read: Luke 13:10-17.

A woman whose stature in the community was reduced by being crippled for 18 years was healed on a sabbath. That angered the leader of the synagogue. The woman was not of importance to the leader. What was likely important was his leadership. He was interrupted by Jesus. Jesus reminded the people that the sabbath is a time to show kindness, including kindness to animals. The sabbath, as part of the Ten Commandments, provides a day of rest for people and, thereby, fairness for tired and worn workers. The sabbath shows care for humans and animals, including the woman who was able to stand up straight and praise God. It also shows God's providence and generosity. Work should not consume people's lives every day. Six days is enough. Even God rested on the seventh day, the sabbath. We, too, are to rest, restore, and give praise to God.

Discuss: How do you participate in sabbath rest that includes time to worship God?

Pray: **Dear God, you who care for all that you create, we thank you for your justice and mercy that includes time to rest from our labors and to praise you through Christ our Lord. Amen.**

SERVICE

Jesus calls us to serve our neighbor in love. Based on the Daily Bible Readings and theme for this week, how can you help others enjoy a sabbath day of rest?

RITUALS AND TRADITIONS

One of the well-known verses of the Psalms is, "Bless the LORD, O my soul, and all that is within me, bless his holy name" (Psalm 103:1). The Hebrew word for "bless" is actually "to kneel," that is, to worship before God in a kneeling position. The verse literally means to kneel or worship God with all one's soul, with all one's self. This week, try the very humble position of kneeling as you pray.



In addition to *Taking Faith Home*, celebrate milestones in your daily life as an effective faith formation tool. Go to: www.milestonesministry.org