

JULY 9, 2017  
FIFTH SUNDAY  
AFTER PENTECOST



*Jesus invites us to bring our burdens to him.*

### DAILY BIBLE READINGS

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

Sunday	Matthew 11:16-19, 25-30	Rest for the weary
Monday	Isaiah 40:28-31	God gives strength
Tuesday	Romans 7:15-25	The inner conflict
Wednesday	Jeremiah 31:1-26	God will refresh the weary
Thursday	Matthew 6:25-34	Do not worry
Friday	Luke 12:22-31	God knows your needs
Saturday	Psalms 145:8-14	The Lord is kind and merciful
Sunday	Matthew 13:1-9, 18-23	Parable of the sower and seed

### SCRIPTURE VERSE FOR THIS WEEK

“If you are tired from carrying heavy burdens, come to me and I will give you rest.” **Matthew 11:28 (CEV)**

### PRAYERS AND BLESSING

#### **A Prayer for the Week:**

Lord Jesus, we bring our burdens to you. Please give us rest and teach us your ways. Amen.  
(Matthew 11:28-30)

#### **Mealtime Prayer:**

God, thank you for this meal. You are merciful, Lord! You are kind and patient and always loving. Amen. (Psalm 145:8)

#### **A Blessing to Give:**

May God take your burdens from you and give you rest. May God lift you up and show you great love. (Matthew 11:28; Psalm 145:13-14)



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JULY 9, 2017  
HYMN OF THE WEEK  
*I Heard the Voice of  
Jesus Say*



### CARING CONVERSATIONS

Discuss in your home or small group:

- Tell about a time when you felt worn out from the pressures or demands of daily life.
- Jesus invites those who are weary and carrying heavy burdens to come to him and promises to give them rest. How does your faith help you when you are weary?
- Tell about a time you served as the hands of Jesus to help someone who was going through tough times.

### DEVOTIONS

In Romans 7:15-26, we hear of the Apostle Paul's struggles against sin. He wrote: "I do not understand what I do. For what I want to do, I do not do, but what I hate I do." In your home devotional times this week, join Paul in confessing your struggles against sin.

God of grace, we bring to you our sins.

For the times we have been impatient: **Please forgive us.**

For our failures to listen to each other: **Please forgive us.**

For the ways we have been unkind to others: **Please forgive us.**

For our selfish and uncaring attitudes: **Please forgive us.**

For our lack of honesty: **Please forgive us.**

Lord, what we want to do, we do not do, but instead we do what we know to be wrong. **Please forgive us.**  
(*Time of silence*)

Jesus takes our burdens from us and gives us rest. Through him we have God's forgiveness. **Thanks be to God, through Jesus Christ our Lord! Amen.**

### SERVICE

Do you know someone who is heavily burdened with sickness, grief, depression, or other troubles? Send them an encouraging card, note, or social media message featuring Jesus' words from Matthew 11:28.

### RITUALS AND TRADITIONS

There are many ways to read the Bible. This week, read Psalm 145:8-14 as a *lectio divina* (divine reading). Read the text two times slowly, pausing after each reading. After the second reading, choose a word or phrase from the text that captures your attention. Focus on that word or phrase for awhile. Then read the text again and wonder how the text connects with your life today. Pause, again, for reflection. Read the passage a fourth time and spend some time reflecting on how this passage might direct your life to some action in the next few days. Conclude your time of prayer and reflection with verse 8:

**“The Lord is gracious and merciful, slow to anger and abounding in steadfast love. Amen.”**



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