



21st August 2022
ELEVENTH SUNDAY AFTER PENTECOST
- PROPER 16
Remember the Sabbath



SHARE

Share your highs and lows of the day, or respond to the following questions:

1

Share a place you like to rest best.

2

Explain why resting is good.

3

Why does God want us to set apart time for him? How do you do that?



Devotions



READ Daily Bible Readings

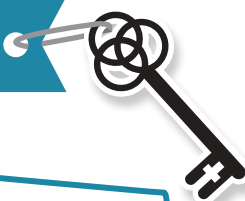
S	Luke 13:10-17	Jesus heals on the Sabbath
M	Genesis 2:1-3	The seventh day
T	Exodus 20:8-11	Remember the Sabbath day
W	Isaiah 58:5-14	Worship that pleases God
T	Luke 6:1-5	Picking grain on the Sabbath
F	Luke 6:6-11	Another Sabbath healing
S	Psalms 92	A Sabbath day psalm
S	Luke 14:1,7-14	Humility and hospitality



TALK

Talk about the Bible verse. What word or phrase was important to you as you read these verses?

Rituals and Traditions



PRAY

Lord Jesus, please set us free from all that cripples us. Lift us up to praise and worship you. Amen.



BLESS

May the joy of the Lord be your strength.

Sundays after Pentecost

GREEN is a sign of life and nature and as such represents growth, life and hope.

Creative Response

God spoke to his people through the prophet Isaiah about his holy day.

He said: *"Honour my holy day. Do not work on it. Do not do just anything you want to. Do not talk about things that are worthless. Then you will find your joy in me."*

How does your household observe the Lord's Day?

Think about using one or more of these ideas:

- After you go to church talk together about what took place there.
- What did God do for you?
- What did you learn?
- How might you apply what you have learnt this week?
- Make time on Sundays to share your "Highs" and "Lows" from the past week and to talk and pray about the upcoming week.
- Set aside an hour each Sunday for quiet time in your home – a time without TV, music or other forms of media.

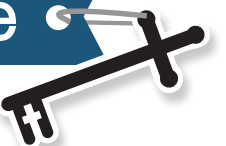
mealtime prayer

our God, who gives us daily bread, our thanks to you we raise. Be present at our table here, and fill our hearts with praise. Amen.

verse for the week
Remember the Sabbath day by keeping it holy.

EXODUS 20:8

Service



Isaiah 58:7 says: *Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help.*

Plan one action this week in response to this verse. For example you might make a donation to a food bank or an organisation that feeds the homeless or volunteer your time to help them distributing the food. You may give clothes to an op shop or volunteer at an op shop. You may visit an elderly relative.