

JULY 6, 2014
FOURTH SUNDAY OF
PENTECOST

Jesus invites us to bring
our burdens to him.

DAILY BIBLE READINGS

These readings are related to the Lectionary readings for this Sunday.
We invite you to take time each day to read the assigned
Bible passages.

Sunday	Matthew 11:16-19, 25-30	Rest for the weary
Monday	Isaiah 40:28-31	God gives strength
Tuesday	Jeremiah 31:1-6	God comes to give rest
Wednesday	Jeremiah 31:23-26	God will refresh the weary
Thursday	Matthew 6:25-34	Do not worry
Friday	Luke 12:22-31	God knows your needs
Saturday	Psalms 62:1-8	Find rest in God alone
Sunday	Matthew 13:1-9, 18-23	Parable of the sower and seed

SCRIPTURE VERSE FOR THIS WEEK

Jesus said, "Come to me, all of you who are weary and carry heavy
burdens, and I will give you rest." Matthew 11:28 (NLT)

SAY, PRAY AND BLESS:

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 so kind, you give us food for our bodies. Please give us peace in
our hearts and rest for our souls. Praise be to you! Amen.

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. Amen. (Matthew 11:28;
Psalm 145:13-14)

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CARING CONVERSATIONS

Discuss in your household or small group:

- Have you ever felt worn out? Share your experiences.
- Jesus invites those who are weary and carrying heavy burdens to come to him, and promises to give them rest. How does Jesus help us when we are weary?
- A yoke was something that joined two animals together when working in the fields. In what ways are Christians "yoked" to Jesus?

DEVOTIONS

In Romans 7:15-25, 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 or note featuring Jesus' words from Matthew 11:28.

RITUALS AND TRADITIONS

Place a bowl of water on a table or bench in your home, and next to it a bowl of marbles or river stones. Invite members of your household to symbolically deposit their worries into the bowl each day this week by dropping in a stone or stones. After they do, they can make the sign of the cross on their foreheads with a wet finger, remembering Jesus' love for them pledged in baptism.



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