

AUGUST 25, 2019
ELEVENTH SUNDAY
AFTER PENTECOST



Honor God by taking delight in 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	Deuteronomy 5:12-15	Remember you were slaves
Thursday	Acts 20:7-12	Breaking bread on Sunday
Friday	Exodus 20:8-11	Remember the Sabbath day
Saturday	Psalms 103:1-8	Praise for God's benefits
Sunday	Luke 14:1, 7-14	Humility and hospitality

SCRIPTURE VERSE FOR THIS WEEK

If you refrain from trampling the Sabbath, for pursuing your own interests on my holy day; if you call the Sabbath a delight and the holy day of the LORD honorable; if you honor it, not going your own ways, serving your own interests, or pursuing your own affairs; then you shall take delight in the Lord. **Isaiah 58:13-14a (NRSV)**

PRAYERS AND BLESSING

A Prayer for the Week:

God of the Sabbath, give us delight in your presence and heal us of all that separates us from you and from one another. For Christ's sake, amen.

Mealtime Prayer:

Lord 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.

A Blessing to Give:

May the Lord forgive you all your sins and heal you of all your ills. (Psalm 103:3)



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HYMN OF THE WEEK

*O Day of Rest and
Gladness*



CARING CONVERSATIONS

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

- How do you spend the day when you take a day of rest (sabbath)?
- How does what you do in life honor God and honor your neighbor?
- Why is it hard to focus on God and neighbor instead of pursuing our own interests?

DEVOTIONS

Read: Isaiah 58:9b-14.

At the heart of this text is honoring God by taking delight in the Sabbath. The word *sabbath* in Hebrew simply means "to stop." To stop, to rest from work is a way to honor God and your neighbor. The Sabbath protects community as it protects the vulnerable, including children, slaves, and animals. In Luke 13, Jesus understands the Sabbath as protecting the needs of a woman so she may stand upright in her community. When we refrain from "getting ahead" seven days a week, we can care for the hungry, the afflicted, and won't need to speak evil of one another (vv. 9b-10). Then, the people of God will "get ahead" and have real needs satisfied, real bodies strengthened, and real thirst quenched (v. 11). In other words, by giving honor to God and justice to others, we will truly make progress in life by restoring relationships, not bank accounts or egos. At the end of your days, will you regret not working more? How is the Sabbath a delight for you?

Pray: **Dear Lord, it is not easy to stop to honor you and care for others. Give me delight in your presence that I may honor the Sabbath as I desire to honor you. For the sake of Jesus, the Lord of the Sabbath, amen.**

SERVICE

The Lord is abounding in steadfast love (Psalm 103:8b). This Psalm is one that gives praise for all God has done for us. God forgives, heals, rescues, and redeems us. Is there someone you know who needs to hear about God's redeeming love? What can you do for them or say to them to show God's love?

RITUALS AND TRADITIONS

Sabbath is a time of rest. A time when you take a break and do not work. Make time each day this week to "take delight in the Lord" by observing a five-minute mini-sabbath. Set all electronic devices to the side, turn off the TV, and sit down in a comfortable position. Take a few deep breaths, close your eyes, and rest. After your mini-sabbath, thank God for this rest that gives health to your body, mind, and soul.



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