

Daily Bible Readings:

These readings are related to the Lectionary readings for this Sunday. Try to take time each day to read the assigned Bible passage.

Sunday	Luke 13:10-17	Jesus heals on the Sabbath
Monday	Genesis 2:1-3	The seventh day
Tuesday	Exodus 20:8-11	Remember the Sabbath day
Wednesday	Isaiah 58:5-14	Worship that pleases God
Thursday	Luke 6:1-5	Picking grain on the Sabbath
Friday	Luke 6:6-11	Another Sabbath healing
Saturday	Psalms 92	A Sabbath day psalm
Sunday	Luke 14:1,7-14	Humility and hospitality

Scripture Verse for the Week:

Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshipping him with holy fear and awe.
– Hebrews 12:28 (NLT)

- Cut out & carry with you.
- Say at each mealtime.
- Read at bedtime.
- Commit to memory.

Prayer for this Week:

Lord Jesus, please set me free from all that cripples me. Lift me up to praise and worship you. Amen. (Luke 13:12-13)

For Throughout the Day:

God, you give me the good things I long for. Help me to feel young and strong again, just like an eagle. Amen. (Psalm 103:5)

A Blessing to Share:

May God fill your life with good things. May he forgive your sins and make you feel new and strong. Amen. (Psalm 103:3-5)

Mealtime Refrain:

Let us praise the Lord with all our hearts:
Let us praise him with all that we have. (Psalm 103:1)

Mealtime Prayer:

O 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.



Faith Talk:

- What is the worst injury or sickness you have had? Share your story.
- Jesus met a woman who had been crippled for eighteen. What are some of the things that cripple people – Physically? Emotionally? Spiritually?
- Jesus healed the woman, saying “you are now free from your trouble” (Luke 13:12). In what ways has Jesus freed you from trouble?

Devotional Practices:

In Luke 13:10-17 we find Jesus talking to the leader of a Jewish synagogue about the Sabbath, the Jewish day of worship. For most Christians the day of worship is Sunday, the day of Jesus’ resurrection. In your home devotion times this week, read and discuss Martin Luther’s explanation of the Third Commandment in his Small Catechism:

Remember the Sabbath Day to keep it holy.

What does this mean for us?

We are to fear and love God so that we do not neglect his Word and the preaching of it but regard it as holy and gladly hear and learn it.

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 for this week in response to this verse e.g. make a donation to a food bank for the needy, give unused clothes to a charity organization, volunteer time at a soup kitchen, visit an elderly relative.

Rituals and Traditions:

God spoke to his people through the prophet Isaiah about his holy day. He said: “Honor 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 (e.g. What did God do for you? What did you learn? What is your response?).
- Make time on Sundays to share your “Highs” and “Lows” from the past week and to talk and pray about the upcoming week.
- Decide on a special food or a special activity to share only on Sundays.
- Light a candle for each meal on Sunday. Say together: “This is the Lord’s Day, we will rejoice in it.”
- Set aside an hour each Sunday for quiet time in your home – a time without TV, music or other forms of media.

