

TAKING FAITH HOME

JESUS INVITES US TO BRING OUR BURDENS TO HIM.

6 July 2014



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.

verse for the 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)

blessing

May the Lord take your burdens from you and give you rest. May he lift you up and show you his great love. Amen.

(MATTHEW 11:28;
PSALM 145:13-14)

FAITH 5™ FAITH ACTS IN THE HOME



share your highs and lows of the day or discuss some of the questions from the **FOURKEYS** caring conversations.



read and highlight a passage of scripture in your Bible. These readings are related to the Lectionary readings for this Sunday. Try to take time each day to read the assigned Bible passage.

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	The Father 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



talk about how the Bible passage relates to your highs and lows or discuss some of the ideas in **FOURKEYS** devotions.



pray for your highs and lows, for your family, and for the world.



bless one another using the above blessing or make up your own.

FOURKEYS

for practising faith

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?



In Romans 7:15-25 we hear of the Apostle Paul's struggles against sin. He writes: "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. Use the following litany (leader's words in plain type, responses in **bold** type).

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.



Do you know someone who is heavily burdened (e.g. by sickness, grief, depression, other troubles)? Send them an encouraging card or note featuring Jesus' words from Matthew 11:28.



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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