

## 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 passage.

Sunday	Matthew 11:16-19,25-30	Rest for the weary
Monday	Psalms 118:1-9,28-29	The Lord set me free
Tuesday	Isaiah 49:1-13	The Lord will say 'Be free!'
Wednesday	Luke 4:14-19	Jesus proclaims freedom
Thursday	Galatians 5:1-6,13-14	The freedom of the Christian
Friday	1 Peter 2:11-21	Using our freedom
Saturday	Psalms 119:41-48	Walking in freedom
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.

### Mealtime Prayer:

God, you love and care for us more than we know. Thank you! Bless this food that comes from the earth you made. Amen.

### A Blessing to Give:

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

## CARING CONVERSATION:

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 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.

*Christ, have mercy. Lord, have mercy.*

*For the times we have been impatient: Lord, have mercy.*

*For our failures to listen to each other: Lord, have mercy.*

*For the ways we have been unkind to others: Lord, have mercy.*

*For our selfish and uncaring attitudes: Lord, have mercy.*

*For our lack of honesty: Lord, have mercy.*

*Lord, what we want to do we do not do, but instead we do what know to be wrong. We are in need of a Savior: Lord, have mercy.*

*(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:

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

## RITUALS AND TRADITIONS:

Monday (4 July) is Independence Day in the USA. Take a few moments on this day to give thanks to God for his blessings to your nation.

*Prayer: Lord of all nations, we thank you for our nation and the rich blessings you have poured out upon us. As we celebrate our freedoms this day, we give thanks most of all for the freedom we have in Christ. Lead us to use our freedom wisely, so that we are a blessing to others. Amen.*