



# Growing FAITH at home

5 July 2020

FIFTH SUNDAY AFTER PENTECOST

Jesus invites us to bring our worries to him.

## Caring Conversations

Share your highs and lows of the day, or respond to the following questions:

1

Have you ever felt 'worn out'? Share your experiences.

2

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?



## Devotions



### Daily Bible Readings

S	Matthew 11:16-19,25-30	Rest for the weary
M	Genesis 24:34-67	Isaac meets Rebekah
T	Jeremiah 31:1-6	God comes to give rest
W	Jeremiah 31:23-26	God will refresh the weary
T	Matthew 6:25-34	Do not worry
F	Romans 7:15-25	A slave to God's law
S	Psalms 145:8-14	The Lord is good to all
S	Matthew 13:1-9,18-23	Parable of the sower and seed

Discuss the bible reading. What word or phrase was important to you as you read these verses?

## Rituals and Traditions



### PRAYER

Please help us to bring our burdens to you. Amen.

### BLESSING

May the Lord take your worries from you and give you rest.

## Sundays after Pentecost

**GREEN** is a sign of life and nature and as such represents growth, life and hope.

### Creative Response

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 place 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, remembering Jesus' love for them promised in baptism.



### mealtime prayer

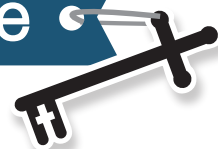
God, you love and care for us more than we know. Thank you! Bless this food that comes from the earth you made. Amen.

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

### Service



Do you know someone who is burdened? (e.g. by sickness, grief, depression or other troubles?)

Send them an encouraging card or note featuring Jesus' words from Matthew 11:28

