

08-21-22 FOR THE JOURNEY THIS WEEK

“We are like the woman bent over and unable to look up and see the sun. We know only the dust and dirt underneath our feet. We struggle to see the path before us by straining and twisting, because we cannot look straight ahead. To ask for healing helps us step into Jesus’ invitation to mend our souls as we mend creation.”

- Emilie M. Townes



Hebrews 12:18-29 † Luke 13:10-17

Questions for Reflection —

- What burdens of the past are weighing you down? What is the sorrow, resentment, or remorse that you continue to carry? What do you need in order to let go of your burden(s)? What would it look like for you to be relieved of past burdens and move forward into a whole new way of living and being? What do you need in order to be made whole and holy?

- What conditions of oppression presently exist that have their source in misuse or misunderstanding of Christian religious principles? Of what contemporary examples can you think in which following religious tradition or church law is causing harm? What would it look like to apply Christ-like grace and mercy to such situations? What does it mean to come alongside those facing judgment and condemnation and to demonstrate God’s love and caring? How can we as a congregation reach out to people who have been hurt in some way by the church?

- What does Sabbath look like for you? What enables you to connect with your deeper self and with God? What activities or practices are restorative for you? What do you need in order to claim time and space for rest and re-creation? What is the busyness and clutter—internal or external—that keeps you from experiencing Sabbath? What in your soul is in need of mending?

Daily Household Prayer

Holy One, we bless You with all that is within us as we remember Your benefits to us. Open our hearts to help those most in need, that our community and nation may be rebuilt and restored. Amen.