

PSALM: Psalm 30

The psalm will be sung responsively by whole verse. The assembly will sing verses in bold print.

- ¹I will exalt you, O LORD, because you have lift-¹ed me up
and have not let my enemies triumph¹ over me.
- ²**O LORD my God, I cried¹ out to you,
and you restored¹ me to health.**
- ³You brought me up, O LORD,¹ from the dead;
you restored my life as I was going down¹ to the grave.
- ⁴**Sing praise to the LORD,¹ all you faithful;
give thanks in ho-¹ly remembrance.**
- ⁵God's wrath is short; God's favor¹ lasts a lifetime.
Weeping spends the night, but joy comes¹ in the morning.
- ⁶**While I felt se-¹cure, I said,
"I shall never¹ be disturbed.**
- ⁷You, LORD, with your favor, made me as strong¹ as the mountains."
Then you hid your face, and I was¹ filled with fear.
- ⁸**I cried to¹ you, O LORD;
I pleaded with¹ my Lord, saying,**
- ⁹"What profit is there in my blood, if I go down¹ to the pit?
Will the dust praise you or de-¹clare your faithfulness?"
- ¹⁰**Hear, O LORD, and have mer-¹cy upon me;
O LORD,¹ be my helper."**
- ¹¹You have turned my wailing¹ into dancing;
you have put off my sackcloth and clothed¹ me with joy.
- ¹²**Therefore my heart sings to you¹ without ceasing;
O LORD my God, I will give you¹ thanks forever.**

A READING: Galatians 1:11–24

A reading from Galatians.

¹¹For I want you to know, brothers and sisters, that the gospel that was proclaimed by me is not of human origin; ¹²for I did not receive it from a human source, nor was I taught it, but I received it through a revelation of Jesus Christ.

¹³You have heard, no doubt, of my earlier life in Judaism. I was violently persecuting the church of God and was trying to destroy it.

¹⁴I advanced in Judaism beyond many among my people of the same age, for I was far more zealous for the traditions of my ancestors. ¹⁵But when God, who had set me apart before I was born and called me through his grace, was pleased ¹⁶to reveal his Son to me, so that I

might proclaim him among the Gentiles, I did not confer with any human being, ¹⁷ nor did I go up to Jerusalem to those who were already apostles before me, but I went away at once into Arabia, and afterwards I returned to Damascus.

¹⁸Then after three years I did go up to Jerusalem to visit Cephas and stayed with him fifteen days; ¹⁹but I did not see any other apostle except James the Lord's brother. ²⁰In what I am writing to you, before God, I do not lie! ²¹Then I went into the regions of Syria and Cilicia, ²²and I was still unknown by sight to the churches of Judea that are in Christ; ²³they only heard it said, "The one who formerly was persecuting us is now proclaiming the faith he once tried to destroy."
²⁴And they glorified God because of me.

GOSPEL: Luke 7:11–17

¹¹Soon afterwards he went to a town called Nain, and his disciples and a large crowd went with him. ¹²As he approached the gate of the town, a man who had died was being carried out. He was his mother's only son, and she was a widow; and with her was a large crowd from the town. ¹³When the Lord saw her, he had compassion for her and said to her, "Do not weep." ¹⁴Then he came forward and touched the bier, and the bearers stood still. And he said, "Young man, I say to you, rise!"
¹⁵The dead man sat up and began to speak, and Jesus gave him to his mother. ¹⁶Fear seized all of them; and they glorified God, saying, "A great prophet has risen among us!" and "God has looked favorably on his people!" ¹⁷This word about him spread throughout Judea and all the surrounding country.

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 7:11-17	Jesus raises a widow's son
Monday	John 11:1-19,32-43	Jesus raises Lazarus
Tuesday	Acts 9:36-43	Peter restores Tabitha
Wednesday	Acts 20:7-12	Paul raises a young man
Thursday	Jeremiah 30:12-15,17-22	God will heal Zion
Friday	James 5:13-16	The prayer of faith
Saturday	Psalms 68:1-10,19-20	God protects the widows
Sunday	Luke 7:36 - 8:3	A woman anoints Jesus' feet

Scripture Verses for the Week:

Sing praises to the Lord, you who belong to him; praise his holy name. His anger lasts only a moment, but his kindness lasts for a lifetime. Crying may last for a night, but joy comes in the morning.
– Psalm 30:4-5 (NCV)

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

Prayer for this Week:

Lord Jesus, please help me to see when others are hurting and to care for them. Amen. (Luke 7:13)

For Throughout the Day:

Lord Jesus, please live and work in me so that other people may know your love. Amen. (Galatians 1:15,24)

A Blessing to Share:

May God show you the special plans he has for you. May Jesus shine through you, today and always. Amen. (Galatians 1:15-16)

Mealtime Refrain:

God's anger lasts only a moment:
But his kindness lasts a lifetime. (Psalm 30:5)

Mealtime Prayer:

Thank you Lord, for this our meal - for grace and love and gifts that heal. Give us willing hearts to share with all others needing care. Amen



Faith Talk:

Discuss in your household or small group:

- Share about a time when you felt sad. What made you feel that way?
- Read Luke 7:11-14. Who was sad? Why? How did Jesus react?
- How does Jesus help us when we are sad?

Devotional Practices:

In your home devotion times this week, pray for those who work with people who are sick. Include in your prayers the doctors, nurses, hospitals and other care institutions in your own community. As a reminder to pray, write the names of people and places on bandaids and affix these to your meal table.

Service:

Whom do you know who is sick or unwell? Plan a household act of kindness to encourage them e.g. put together a bouquet of flowers, visit with a plate of cookies, send them a handmade card.

Rituals and Traditions:

As a young man, the apostle Paul was "extremely zealous" about the "traditions" of Judaism (Galatians 1:14). When Jesus became his Lord he received a new way of life with new traditions. Take some time to talk together about household traditions. What were some traditions in the parent's homes when they were growing up? What are your household traditions and what makes them special? What are some new traditions you could begin? What traditions show you to be a household set apart by God and called by his grace? (Galatians 1:15).

Here is a list of some possible household traditions:

- No one can go to bed until they've told each member of the household "I love you."
- Take turns choosing a topic of discussion at the dinner table.
- Have a special dinner plate to be used by a household member who has a reason to celebrate.
- Have a household story time once a week before bed.
- Go for a nighttime walk on a certain evening each week.
- Keep a household journal, letting everyone write in it.
- For birthdays, each household member chooses his or her favorite menu, then everyone except the birthday person helps prepare the meal.

