

FIRST READING: Isaiah 58:9b–14

A reading from Isaiah.

- ^{9b}If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,
¹⁰if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.
¹¹The LORD will guide you continually,
and satisfy your needs in parched places,
and make your bones strong;
and you shall be like a watered garden,
like a spring of water,
whose waters never fail.
¹²Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.
¹³If you refrain from trampling the sabbath,
from pursuing your own interests on my holy day;
if you call the sabbath a delight
and the holy day of the LORD honorable;
if you honor it, not going your own ways,
serving your own interests, or pursuing your own affairs;
¹⁴then you shall take delight in the LORD,
and I will make you ride upon the heights of the earth;
I will feed you with the heritage of your ancestor Jacob,
for the mouth of the LORD has spoken.

PSALM: Psalm 103:1–8

Cantor sings refrain. Assembly repeats refrain. Cantor sings verses.

Assembly sings refrain at R.



The LORD crowns you with mer - cy and stead - fast love.

- ¹Bless the LORD, | O my soul,
and all that is within me, bless God's | holy name.
²Bless the LORD, | O my soul,
and forget not | all God's benefits—
³who forgives | all your sins
and heals all | your diseases;
⁴who redeems your life | from the grave
and crowns you with steadfast | love and mercy; **R**
⁵who satisfies your desires | with good things
so that your youth is renewed | like an eagle's.

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⁶O LORD, you provide ¹vindication
and justice for all who ¹are oppressed.
⁷You made known your ¹ways to Moses
and your works to the chil- ¹dren of Israel.
⁸LORD, you are full of compas- ¹sion and mercy,
slow to anger and abounding in ¹steadfast love. R

SECOND READING: Hebrews 12:18–29

A reading from Hebrews.

¹⁸You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, ¹⁹and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. ²⁰(For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." ²¹Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") ²²But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, ²³and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, ²⁴and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

²⁵See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! ²⁶At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." ²⁷This phrase, "Yet once more," indicates the removal of what is shaken — that is, created things — so that what cannot be shaken may remain. ²⁸Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; ²⁹for indeed our God is a consuming fire.

GOSPEL: Luke 13:10–17

¹⁰Now he was teaching in one of the synagogues on the sabbath. ¹¹And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. ¹²When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." ¹³When he laid his hands on her, immediately she stood up straight and began praising God. ¹⁴But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." ¹⁵But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? ¹⁶And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" ¹⁷When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

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 13:10-17	Jesus heals on the Sabbath
Monday	Genesis 2:1-3	The seventh day
Tuesday	Exodus 20:8-11	Remember the Sabbath day
Wednesday	Isaiah 58:5-14	Worship that pleases God
Thursday	Luke 6:1-5	Picking grain on the Sabbath
Friday	Luke 6:6-11	Another Sabbath healing
Saturday	Psalms 92	A Sabbath day psalm
Sunday	Luke 14:1,7-14	Humility and hospitality

Scripture Verse for the Week:

Since we are receiving a Kingdom that is unshakable, let us be thankful and please God by worshiping him with holy fear and awe.

– Hebrews 12:28 (NLT)

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

Prayer for this Week:

Lord Jesus, please set me free from all that cripples me. Lift me up to praise and worship you. Amen. (Luke 13:12-13)

For Throughout the Day:

God, you give me the good things I long for. Help me to feel young and strong again, just like an eagle. Amen. (Psalm 103:5)

A Blessing to Share:

May God fill your life with good things. May he forgive your sins and make you feel new and strong. Amen. (Psalm 103:3-5)

Mealtime Refrain:

Let us praise the Lord with all our hearts:

Let us praise him with all that we have. (Psalm 103:1)

Mealtime Prayer:

O God, who gives us daily bread, our thanks to you we raise. Be present at our table here, and fill our hearts with praise. Amen.



SCRIPTURE

Faith Talk:

- What is the worst injury or sickness you have had? Share your story.
- Jesus met a woman who had been crippled for eighteen. What are some of the things that cripple people – Physically? Emotionally? Spiritually?
- Jesus healed the woman, saying “you are now free from your trouble” (Luke 13:12). In what ways has Jesus freed you from trouble?

Devotional Practices:

In Luke 13:10-17 we find Jesus talking to the leader of a Jewish synagogue about the Sabbath, the Jewish day of worship. For most Christians the day of worship is Sunday, the day of Jesus’ resurrection. In your home devotion times this week, read and discuss Martin Luther’s explanation of the Third Commandment in his Small Catechism:

Remember the Sabbath Day to keep it holy.

What does this mean for us?

We are to fear and love God so that we do not neglect his Word and the preaching of it but regard it as holy and gladly hear and learn it.

Service:

Isaiah 58:7 says: “Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help”. Plan one action for this week in response to this verse e.g. make a donation to a food bank for the needy, give unused clothes to a charity organization, volunteer time at a soup kitchen, visit an elderly relative.

Rituals and Traditions:

God spoke to his people through the prophet Isaiah about his holy day. He said: “Honor my holy day. Do not work on it. Do not do just anything you want to. Do not talk about things that are worthless. Then you will find your joy in me.” How does your household observe the Lord’s day? Think about using one or more of these ideas:

- After you go to church talk together about what took place there (e.g. What did God do for you? What did you learn? What is your response?).
- Make time on Sundays to share your “Highs” and “Lows” from the past week and to talk and pray about the upcoming week.
- Decide on a special food or a special activity to share only on Sundays.
- Light a candle for each meal on Sunday. Say together: “This is the Lord’s Day, we will rejoice in it.”
- Set aside an hour each Sunday for quiet time in your home – a time without TV, music or other forms of media.

