

AUGUST 1, 2021
TENTH SUNDAY
AFTER PENTECOST

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It can be difficult for us to trust God.

DAILY BIBLE READINGS

These passages are related to the Lectionary texts for this Sunday.

Sunday	John 6:24-35	Christ, the bread of life
Monday	Exodus 16:2-4, 9-15	Bread from heaven
Tuesday	Ephesians 4:1-16	Unity in the body of Christ
Wednesday	Psalms 37:3-9	Trust the Lord
Thursday	Matthew 6:25-34	Do not worry
Friday	Proverbs 3:1-6	Trust God
Saturday	Psalms 78:23-29	God feeds the people
Sunday	John 6:35, 41-51	Bread from heaven

SCRIPTURE VERSE FOR THIS WEEK

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'"
Exodus 16:9 (NRSV)

PRAYERS AND BLESSING

A Prayer for the Week:

Dear God, help us to trust that through your Son, our Lord Jesus Christ, you give us the bread of life that feeds us and cares for us now and always. Amen.

Mealtime Prayer:

Dear Jesus, our Bread of Life, give us thankful hearts for this gift of food and for all you do to care for us. Amen.

A Blessing to Give:

May the God who feeds you bless you with a thankful heart.

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HYMN OF THE WEEK

*Let Us Talents and
Tongues Employ*

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WEEKLY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

CARING CONVERSATIONS

Discuss in your home, small group, or use for personal reflections:

- What is something you like to complain about?
- Have you ever gotten what you wanted and then regretted it or known someone who got what they wanted and were not grateful? Explain.
- How does trust in God lead to contentment?

DEVOTIONS



Read: Exodus 16:2-4, 9-15.

The story of the Israelites in the Old Testament is unique to the ancient world. No other people were willing to be so self-critiquing. Other religious writings from other people were much more willing to be self-glorifying. Not the Israelites. They knew they were hard to please and not as trusting as they could be. Instead of thanking God for their freedom they acted as though God took them from the comforts of Egypt. They forgot that they were actually starving and dying at the hands of the Pharaoh. In this account, they don't even ask for help; they just complain. However, God hears the complaints of the people and steps in to care for them and feeds them morning and night. How has God blessed and fed you during your mornings and nights?

Pray: Living God, help us to be aware of your care that sustains us day after day, morning and night through Christ our Lord. Amen.

SERVICE



Ephesians 4 talks about the gifts we are given to equip us to serve our neighbor. We serve our neighbor and speak the truth in love with one another. This is the way our congregations and families are strengthened and we grow together in the ups and downs of life. We care for each other. How can you serve your family, community, and congregation using your gifts?

RITUALS AND TRADITIONS



The *Daily Bible Readings* this week from John, Exodus, and Psalm 78 all share a theme about bread and being fed. Gather a selection of different breads to serve this week with your meals. Use a different bread every day for each meal. Say the *Mealtime Prayer* for this week and while eating the bread think or talk about a way in which God has provided for you.



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