

Introduction to the Day

Deuteronomy makes clear that sabbath-keeping is meant for the welfare of all. God delivered the Israelites out of slavery, so they should observe this freedom with a day of rest. No one should work seven days a week; even slaves and foreigners should be able to rest. Yet human beings can turn even the most liberating religious practice into a life-destroying rule. Jesus does not reject sabbath-keeping, but defends its original life-enhancing meaning. Our worship and our religious way of life are to lead to restoration: the hungry being fed and the sick being healed.

Greeting – The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

And also with you.

Welcome

Confession and Forgiveness

Blessed be the holy Trinity, † one God,
the God of manna,
the God of miracles,
the God of mercy.

Amen.

Drawn to Christ and seeking God's abundance,
let us confess our sin.

Silence is kept for reflection.

God, our provider,

help us.

It is hard to believe there is enough to share.

**We question your ways when they differ from
the ways**

of the world in which we live.

**We turn to our own understanding
rather than trusting in you.**

**We take offense at your teachings and your
ways.**

Turn us again to you.

Where else can we turn?

**Share with us the words of eternal life
and feed us for life in the world.**

Amen.

Beloved people of God:

in Jesus, the manna from heaven,
you are fed and nourished.

By Jesus, the worker of miracles,
there is always more than enough.

Through Jesus, † the bread of life,
you are shown God's mercy:

you are forgiven and loved into abundant life.

Amen.

Gathering Hymn

“Gather Us In”

#532 vs. 1,3,4

Prayer of the Day

Almighty and ever-living God, throughout time you free the oppressed, heal the sick, and make whole all that you have made. Look with compassion on the world wounded by sin, and by your power restore us to wholeness of life, through Jesus Christ, our Savior and Lord.

Amen.

Reading – Deuteronomy 5:12-15

¹²Observe the sabbath day and keep it holy, as the LORD your God commanded you. ¹³Six days you shall labor and do all your work. ¹⁴But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. ¹⁵Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the sabbath day.

The Word of the Lord.

Thanks be to God.

Children's Message

Gospel – Mark 2:23 – 3:6

²³One sabbath [Jesus] was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. ²⁴The Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” ²⁵And he said to them, “Have you never read what David did when he and his companions were hungry and in need of food? ²⁶He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.” ²⁷Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; ²⁸so the Son of Man is lord even of the sabbath.”

^{3:1}Again he entered the synagogue, and a man was there who had a withered hand. ²They watched him to see whether he would cure him on the sabbath, so that they might accuse him. ³And he said to the man who had the withered hand, “Come forward.” ⁴Then he said to them, “Is it lawful to do good or to do harm on the sabbath, to save life or to kill?” But they were silent. ⁵He looked around at them with anger; he was grieved at their hardness of heart and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. ⁶The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

The Gospel of the Lord.

Praise be to Christ.

Sermon

People of God, grace to you and peace from God, and from our Lord and Savior Jesus Christ. AMEN

Observe the Sabbath day and keep it holy.

What does this mean?

Those who wished to challenge Jesus on that day took “keeping it holy” as doing literally nothing. God rested on the seventh day, after creating the heavens and the earth and all plants and animals within, therefore we ought to do the same! And you best believe when we say that we are going to rest, we are going to do every bit of resting our bodies and minds can think of.

As a child, I, too, had this understanding of sabbath. There was a Sabbath day, and you better believe I was going to keep it holy. Saturdays always seemed to be that day that we Toufar children remembered that we had a home that we lived in and part of living in that home was tending to the chores list posted on the refrigerator. On Saturdays, we would be reminded of that chore lists existence, and our responsibility to tend to it. No matter how many times we threw the Third Commandment at the one trying to get us to tend to our chore list, it didn't matter. We were appalled to learn that we were indeed going to do work on the sabbath.

The religious leaders of the day had in their mind what honoring the sabbath must look like. It was their custom, their way of doing things, that to honor the sabbath to do absolutely nothing. To do anything that required the use of muscles, to them, was considered wrong on the sabbath. That was their understanding. That was their way that it had been. That is what was right to them.

And, Jesus challenges this.

As they wandered through a grainfield, and I picture them frolicking along with the disciples swinging their arms as they skip along, one of their hands plucked a head of a grain. A most dastardly crime, for sure! Oh, the malice! How dare they!

And, sure enough, the Pharisees were angry. “Can you believe that they have done work on the sabbath?!?! The exertion put forth to remove a head of grain. How dare they?!?!” And they bring their concerns to Jesus.

With this challenge, Jesus begins to give us a new understand of what the sabbath is for us, and what we are called to do with it, and how it is that we might keep it Holy.

“Y’all remember what David did, yeah? When he and his people were hungry and he took the sacred bread and fed them? You know, that bread that is only to be eaten by the High Priests? Remember that? Well, I regret to inform you that the sabbath, and the call to rest, was made for humankind, and not humankind made for the sabbath.”

People of God, observing the Sabbath is not a burden that we perform for God, but rather it is a gift that God has given to us. Think about that for a moment. Of all the gifts that God has given us, perhaps the greatest (and this is intentionally a very bold statement) is the gift and call to rest. It is a gift and call to connect and re-connect with God our creator who longs for us to be made whole through the keeping of Sabbath.

Jesus’ challenge to his challengers continues upon entering the synagogue. It is there that he encounters a man with a withered hand. His challengers lurk in the back watching to see what he will do with this man and his need for healing on the Sabbath. So, Jesus asks them, “Is it lawful to do good or to do harm on the sabbath, to save life or to kill?”

And they have nothing to say. Their inability to see beyond how they had always done it gets in their way of seeing and experiencing God right there in their midst. And Jesus grieves this. When he sees that clinging to their way that it ought to be outweighs the need of their neighbor, Jesus grieves. Their clinging to the way that it ought to be and that way that it has always been done hardens their hearts to the point of being blinded to the needs of the world around them.

Martin Luther pondered the same question we did when wondering about the commandments. Okay, I stole his question from him. In answering his famous, “What does this mean” regarding the Third Commandment, Luther writes, “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.” Luther says nothing of adhering to traditions and they way it ought to be, because Jesus doesn’t say that. Luther calls us to adhere to Jesus and his teaching. And we know what Jesus was about.

That is the purpose of Sabbath! God in Jesus Christ calls us, through Sabbath, through reconnecting, through wholly holy rest, into Holy Relationship with God and with our neighbor. And, truthfully, it is difficult to have one without the other.

Sabbath is not about doing things the way that we have been told they need to be done and subscribing to the myth of the powers that Lord them over us. Rather, sabbath is about doing what it is that we need to do to be the best version of ourselves that the world around us and the neighbor in our midst need us to be.

That is how we remember the sabbath. That is how we keep it holy.

Thanks be to God. AMEN

Hymn of the Day

“Lord, Let My Heart Be Good Soil”

#512

Apostle’s Creed

Prayers

We come before the triune God to pray for our communities, ourselves, and our world.

A brief silence.

Guide your church to expressions of faith that bring rest and release. Teach your faithful people to be attentive to the spiritual, physical, and societal weariness of our neighbors, that we proclaim your grace through tangible acts of mercy and justice. Merciful God,

receive our prayer.

Keep us mindful of the rhythms of nature as the days lengthen and the seasons shift toward summer. Grant relief to areas facing flooding or drought and bring favorable weather for the flourishing of crops, gardens, and orchards. Merciful God,

receive our prayer.

Where there is affliction in our world, bring healing. Where world leaders are perplexed, bring clarity of vision. Give a spirit of discernment to political advisors, institutional researchers, economic analysts, and all vocations that inform the work of governments and policymakers (*especially*). Merciful God,

receive our prayer.

Provide wholeness and respite to all who are weary: those who struggle in any way and those who care for them (*We pray especially for Matt, Clarice, Steve, Kathy, Val, Cherri, Peggy, John, Judy, Keith and JoJo, Bob and Joanne, Frank and Heather, Bob and Sonja, Bill and Betty, Tom and Kay, Sherm and Mary, Dan and Sharon, Roger and MaryLee.*). Strengthen first responders and health care workers in their times of exhaustion or frustration. Merciful God,

receive our prayer.

Stir our hearts toward abundant generosity among neighbors who experience hunger and food insecurity. Bless feeding ministries and community food efforts, especially community gardens, farmers markets, food pantries and Little Free Pantries. Open both our hearts and our tables. Merciful God,

receive our prayer.

We remember the communion of saints whose lives made visible the saving life of Jesus Christ. Guide us by their example to embody the treasure of your love for the sake of our world, until we come to our final rest in you. Merciful God,

receive our prayer.

Receive our prayers, O God, and come quickly to our aid, through the power of the Spirit and the love of Jesus Christ.

Amen.

Peace

Offering

Offertory Prayer

Jesus, Bread of life,
you have set this table with your very self,
and called us to the feast of plenty.

Gather what has been sown among us,
and strengthen us in this meal.

Make us to be what we receive here,
your body for the life of the world.

Amen

Sacrament of Holy Communion

#471 & #483

Lord's Prayer

Christ has set the table with more than enough for all.

Come!

Post Communion Prayer

Jesus, Bread of life,
we have received from your table
more than we could ever ask.
As you have nourished us in this meal,
now strengthen us to love the world with your own life.
In your name we pray.
Amen.

Blessing

The blessing of God,
who provides for us, feeds us, and journeys with us,
✠ be upon you now and forever.
Amen.

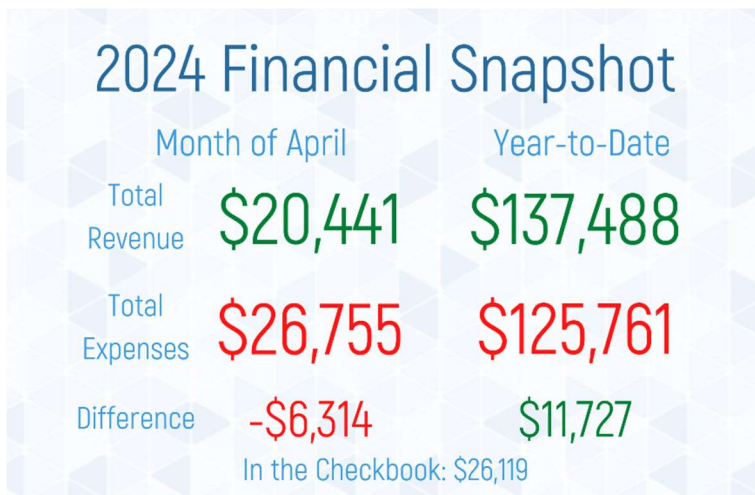
Sending Hymn

“Christ Is Alive! Let Christians Sing”

#389 vs. 1,5

Sending

Go in peace. You are the body of Christ!
Okay! We will! Thanks be to God.
And all of Good Shepherd said,
“AMEN”



Worship with Good Shepherd
this summer!

9 am at Good Shepherd

10 am at Phoenix Park

PitP Rain Location - Brewing Projekt

**SAVER'S FUNDRAISER
JUNE 20
DROP ITEMS OFF
MARKED "SAVERS"**

Thank you for your support as we split the funds with
Capital Campaign and CV St. Ministry.

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GOOD SHEPHERD
KNOWN - SEEN - LOVED

**NO CHILD
IN SCHOOL
WITHOUT
NEW
SNEAKERS**



Help us fill
Shepherd's
Closet with
sneakers for
their Aug. 8
Give-Away.



**Children's sizes 10-13
Girls/Women and Boys/Men size 1-8**



Needed:

Shepherd's Closet is in
need of children's summer
shorts and t-shirts/tops
for both boys and girls.
Sizes 2T-14/16. Help them
restock their shelves.
Thank you!

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Shepherd's Closet