

Good Shepherd Lutheran Church

5th Sunday after Pentecost

July 5th, 2020

COME TO ME, ALL YOU WHO ARE
WEARY AND BURDENED, AND I WILL
GIVE YOU REST.

MATTHEW 11:28

Family Conversations

TALK ABOUT IT



1. Who helps you when you are worried about something?
2. When and where is it easy for you to rest?
3. Why do you think crowds of people followed Jesus everywhere?

LIVE IT

The practice of yoga is designed to connect body, mind, and spirit. Go online to learn a few basic relaxation yoga poses, and do them as a family. There are many voices in our world telling us to go, go, go, all the time. When we practice rest, we can listen for and hear calm voices, and we can hear Jesus.

Family Prayer

God of rest,
being quiet is so hard
in this fast-paced world.
Help us rest in Jesus.
Help us listen for you.
Amen.

Please keep the following members in your prayers:
Jamie Vincent, Leah Zepick, Edward Heuchert, Laura Elke and Joyce Bennett.

Readings

(click for link)

[Zechariah 9:9-12](#)

The king will come in humility and peace

[Psalm 145:8-14](#)

*The Lord is gracious and full of compassion.
(Ps 145:8)*

[Romans 7:15-25a](#)

The struggle within the self

[Matthew 11:16-19, 25-30](#)

The yoke of discipleship

Prayer of the Day

You are great, O God, and greatly to be praised. You have made us for yourself, and our hearts are restless until they rest in you. Grant that we may believe in you, call upon you, know you, and serve you, through your Son, Jesus Christ, our Savior and Lord. **Amen.**

Music Selections

(click for link to video)

[I Heard the Voice of Jesus Say](#) - ELW

[Come As You Are](#) - CCLI

[Way Maker](#) - CCLI

