

07-09-23 FOR THE JOURNEY THIS WEEK

“Christ offers us grace and forgiveness. Out of gratitude for that gift, we can look boldly and honestly at the sin of our daily lives. None of us will be struck perfect, but we will be given the grace for another day when we can grow into who God has called us to be.”

- Tara W. Bulger

“We are yoked to Jesus, and it is by this partnership, this synergy, that we learn to love what he loves, to desire what he desires, and to live in him as he lives in us.”

- Keith Nelson



Romans 7:15-25a † Matthew 11:25-30

Questions for Reflection —

- With what personal shortcomings and imperfections do you struggle? Over what do you tend to stumble in your attempts to live as a follower of Jesus? In what aspects of your life do you note discrepancy between your good intentions and your actual words and actions? What do you need in order to be bold and honest with God about the sin of your daily life? What have you learned from the times you have fallen short of God’s (and your own) expectations? What will enable you to claim God’s grace and forgiveness so you can continue to grow more fully into who God has created and called you to be?
- Of what are you presently weary? In what ways or in what aspects of life are you currently operating under strain and stress? What are the burdens, visible and invisible, you are carrying? What is preventing your handing those burdens to Jesus? What do you need in order to know and feel yourself embraced and held by Jesus in your weariness? What does it look like for you to surrender your worries and concerns to him? What will help you claim the lightness and energy that being yoked with Jesus offers?
- What is the rest you presently need—physical, emotional, mental, spiritual? What would it look like for you to come to Jesus and find that rest? What activities or practices give rest to your spirit and restore your soul? What will enable you to engage more fully with those activities and practices? What do you need in order to make time to pause for rest and restoration, to prioritize time for self-care, physical rest, and nurturing your spirit?

Daily Household Prayer

O God, you invite the poor and the sinful to take their place in the festive assembly of the new covenant. May your church always honor the presence of the Christ in the humble and the suffering, and may we learn to recognize each other as sisters and brothers. We ask this through Jesus Christ. Amen.