

**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 4:14-21	Jesus returns to Nazareth
Monday	Isaiah 61:1-7	The Spirit of God is on me
Tuesday	Luke 4:31-44	Jesus drives out an evil spirit
Wednesday	Luke 6:6-11	Jesus heals in the synagogue
Thursday	Acts 14:1-7	Paul and Barnabas in the synagogue
Friday	2 Timothy 3:14 - 4:5	The power of God's Word
Saturday	Psalms 119:105-112	God's Word gives light
Sunday	Luke 4:21-30	The prophet Jesus is rejected

**Scripture Verse for this Week:**

Lord, may the words of my mouth and the thoughts of my heart be pleasing in your eyes. You are my Rock and my Redeemer.  
– Psalm 19:14 (NIRV)

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

**Prayer for this Week:**

Lord, put your Spirit in me so that I can tell others the Good News. Amen. (Luke 4:18)

**For Throughout the Day:**

Lord, keep me this day from doing wrong on purpose. Help me to love your laws and follow them. Amen. (Psalm 19:10-13)

**A Blessing to Share:**

*May God's Spirit rest on you. May he give you love for his Word and help you to share it with others. Amen.*

**Mealtime Refrain:**

The Lord's teachings are more precious than gold:  
**They are sweeter than honey.** (Psalm 19:10)

**Mealtime Prayer:**

*Lord Jesus, we come together in your name to receive and enjoy your gifts. Feed us as part of your body, so that in us, others may see you. Amen.*

SCRIPTURE

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SCRIPTURE

**Faith Talk:**

Discuss in your household or small group:

- What would your life be like without a tongue, or fingers or feet?
- The apostle Paul describes the church as a body that is made up of many parts (1 Cor. 12:12-31). What body part best describes the part you play in the church?
- Paul says that the different parts of body of Christ should have "equal concern" for each other. What does this mean?

**Devotional Practices:**

Use your bodies and go for a household prayer walk this week! Pray aloud (one at a time!) as you walk, and allow what you see (people, nature, places and signs) to direct you in prayer (e.g. if you pass a school pray for its teachers and students). Don't forget to say a prayer of thanks for your bodies and for your participation in the body of Christ.

**Service:**

Paul says that in the body of Christ, the church, we are to care for one another, and treat each other as equally important (1 Cor. 12:25-26). When one part of the body suffers, the whole body is called to share in their suffering. Who is suffering in your church family at present? Plan a way that you, as a household, can show care for them.

**Rituals and Traditions:**

When Jesus attended the synagogue in his home town of Nazareth he read to them from the book of Isaiah. Volunteer as a household to lead the Bible readings one Sunday at your church. Practice together at home. Also consider volunteering for other duties at your church e.g. cleaning, serving coffee, ushering, taking the offering.

**Parent Toolbox:**

In 2002 the Search Institute and the YMCA conducted a significant survey of parents in the USA. The survey asked about the extent that parents drew upon extended family, friends and community resources for parenting support. The results showed that most parents rarely sought or received support – they were, in effect, "going it alone". This is a call to action - the truth is that it is not God's design for parents or households to ever "go it alone". Parenting is too challenging and important for that!

The survey also found that simply talking to other parents about parenting can make a big difference for parents who feel burdened or pressured. Maybe you, as a parent, could take a step to open up to another parent about your fears and challenges. It could work wonders for you both!

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