

HMPC Youth Sabbath Sunday

4/21/24

SABBATH SUNDAYS (Family Devotion) - AT HOME or RESTAURANT

This time is set apart so that you have a chance to be together, eat together and grow in faith together as a “family”...however your expression of family looks. **(All things optional)**

1. Pray

Prayer: God of rest and renewal, Thank you for this day, for this season of life and all of its fullness. Thank you for family and a chance to breathe deeply this day. Help us to breathe in Your grace and breathe out our anxieties. Help us connect to Your Holy Spirit through this time of devotion. We pray in the name of Jesus. Amen.

2. Read

Scripture: Psalm 139 (from the Message)

God, investigate my life;
get all the facts firsthand.
I'm an open book to you;
even from a distance, you know what I'm thinking.
You know when I leave and when I get back;
I'm never out of your sight.
You know everything I'm going to say
before I start the first sentence.
I look behind me and you're there,
then up ahead and you're there, too—
your reassuring presence, coming and going.
This is too much, too wonderful—
I can't take it all in!
Is there anyplace I can go to avoid your Spirit?
to be out of your sight?
If I climb to the sky, you're there!
If I go underground, you're there!
If I flew on morning's wings
to the far western horizon,
You'd find me in a minute—
you're already there waiting!

3. Reflect

Q: *This is a Psalm of “being known” from the beginning. Do you feel like you are known and who is that person OR people?*

Q: *Have there been times in your life when you have NOT felt known and how did it feel immediately OR after you had time for it to filter?*

Q: *Do you believe that there is anywhere in the world you are not “seen” by God?*

5. Pray: Ask a member of the family to offer this prayer.

Loving God, Thank you for this time of devotion. Help us to continue to breathe in your grace and breathe out our anxieties and fears. May we know the ALL are always welcome at your table. Help us to continue to pull up seats for ourselves and others, particularly those who may not think they have a place at the table. We pray in the name of Jesus. Amen.