

Redeeming Your Time

Embrace Productive Rest

8th Sunday after Pentecost
August 3, 2025 – 11:00 AM

AS WE GATHER

Our culture today is constantly striving for more. But if we look to scripture, we consistently see Jesus embracing rest. God did not design our bodies to work hard forever with no breaks. There are three distinct rhythms that enable us to be productive with our goals and our souls.

Of course, there are reasons behind our actions and the Word of God we hear today helps us understand that LOVE – His love for His creation – is what gives purpose to our lives as God's people!

WELCOME AND ANNOUNCEMENTS

WE SING

**“God So Loved”
“Firm Foundation (He Won’t)”**

WE HEAR GOD’S WORD

READING FROM THE PROPHETS

Exodus 20:8-11

⁸“Remember the Sabbath day by keeping it holy. ⁹Six days you shall labor and do all your work, ¹⁰but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

GOSPEL READING

Mark 3:1-6

¹Another time Jesus went into the synagogue, and a man with a shriveled hand was there. ²Some of them were looking for a reason to accuse Jesus, so they watched him closely to see if he would heal him on the Sabbath. ³Jesus said to the man with the shriveled hand, “Stand up in front of everyone.” ⁴Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent. ⁵He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. ⁶Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.

KIDS’ TIME

DCE Liz Peters

MESSAGE

“Rest”
(Today’s readings)

Pastor Doug Slavens

WE CONFESS OUR SINS

P: Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord does not count against him.

C: If we say we have no sin, we deceive ourselves and the truth is not in us. But, if we confess our sins, God is faithful and just and will forgive our sins and cleanse us from all unrighteousness.

P: When we try to hide our sins or excuse them away, we begin to fall apart from the inside out. We lose our strength. We lose our hope. We find ourselves paralyzed by the weight of our sins and our guilt.

C: But Lord, I acknowledge to you that I am a sinner. I do not want to try to hide my wrongs. Dear Lord, I confess my sins to You.

(a time of quiet before the Lord)

GOD FORGIVES YOUR SIN

P: Dear friends in Christ, God made Him, Jesus, who had no sin, to be sin for you, so that in Him, you might become the righteousness of God. Jesus has taken the punishment of your sin for you. You are reconciled to God. Your sins are forgiven.

C: I praise You, Lord, for You forgave the guilt of my sin. Amen!

WE PROFESS OUR FAITH — APOSTLES' CREED

I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead.

He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen

SACRAMENT OF HOLY COMMUNION

JESUS' WORDS OF INSTITUTION

SHARING OF PEACE

P: The peace of the Lord be with you always.

C: And also with you.

MUSIC DURING DISTRIBUTION

"O Come to the Altar"

"Goodness of God"

COMMUNION BLESSING

PRAYERS OF THE CHURCH

LORD'S PRAYER

THE CLOSING BLESSING

WE SING

"This is Amazing Grace"

OUR OFFERINGS

All that we have and all that we are, belong to the Lord. He fills us with what is good! We pray: "Fill us, Lord, to overflowing, that others may receive blessed through the blessings we ourselves have received from You."

You can give online memoriallutheran.net or drop in the offering boxes located throughout the worship center.