

The Palisades Community Church

July 18, 2021
10:00 AM

PRELUDE

OPENING PRAYER unison

Eternal God: you sing a song of silence to our noisy hearts, inviting us to still our fidgeting souls, and find our peace in your cupped hands which cradle us.

Jesus Christ: you are called to reveal God to us and do so in the tenderness of your touch, the gentleness of your words, the goodness of your heart, the peace of your shared yoke.

Spirit of Rest: your childlike presence opens our eyes to the wonders of the world. As we hand you our anger, our hurt, our sin, may our burdens become our songs of joy.

Triune God, may we find our rest, our hope, in you. Amen.

OPENING HYMN

PRAYER OF CONFESSION unison

Dear God, we are so skilled at being in control, at taking charge, that we are not very good at resting. We think we have to be constantly busy, so we have no time for you. We are trained to be extremely productive, and so create our harried, stress-filled lives.

Forgive us, Sabbath-Taking God. Help us to let go of our distractions, so you can act in us; calm our creaturely activity, so you can re-create us; help us to follow Jesus, not only into discipleship, but into our rest with you.

ASSURANCE OF PARDON

SCRIPTURE [Mark 6:30-34, 53-56](#)

ESSAY: [The Gift of Rest](#) by Debie Thomas (from Journey with Jesus)

RESPONSE TO ESSAY — Discussion Questions

1. The opening paragraph describes "languishing" and connects it with the pandemic. In what way does this describe your own experience?

2. "A brisk and efficient Messiah — full of purpose but short on time — striding from village to synagogue to hilltop to seaside, a whirlwind of miracles, parables, and life-changing conversations swirling around him." Is that how you picture Jesus? The author sees a reflection of her own striving/ anxiety/ perfectionism in this description. Do you too?

3. The disciples return from their first mission, revved up: "Where the disciples see energy, Jesus sees overstimulation. Where the disciples see a tightly packed schedule, Jesus sees a poor sense of balance and rhythm. Where the disciples see invincibility, Jesus sees need." Is that an ouch?

4. "Come away with me" says Jesus. In what ways have you tried to live it out? What would you like to try? What holds you back?

5. The author says: "the doctrine of the Incarnation truly is Christianity's best gift to the world." Why do you think she says this? Do you agree?

6. How did the pandemic blur the boundaries in your life?

7. Solitude. Are you for or against?

TIME OF PRAYER

Our Father who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread; and forgive us our debts, as we forgive our debtors;
and lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory, forever. Amen.

TIME OF GIVING

O God of mercy, we offer these, our gifts, to your church,
that we may witness more faithfully, rejoice more fully,
and serve with greater strength and presence
in this place and time that you have given us.
We pray in the name of Jesus, Amen.

BENEDICTION
POSTLUDE