

**Look Book Took**  
**August 25, 2019**  
**Year C, Proper 16**

Grant, O merciful God, that your Church, being gathered together in unity by your Holy Spirit, may show forth your power among all peoples, to the glory of your Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

**Look:**

Are you able to set aside time for God each week? Each Day? How does our culture react when we set aside time for God and not for “production?”

**Book:**

**Isaiah 58:9b-14**

If you remove the yoke from among you,  
the pointing of the finger, the speaking of evil,

if you offer your food to the hungry  
and satisfy the needs of the afflicted,

then your light shall rise in the darkness  
and your gloom be like the noonday.

The LORD will guide you continually,  
and satisfy your needs in parched places,  
and make your bones strong;

and you shall be like a watered garden,

like a spring of water,  
whose waters never fail.

Your ancient ruins shall be rebuilt;  
you shall raise up the foundations of many generations;

you shall be called the repairer of the breach,  
the restorer of streets to live in.

If you refrain from trampling the sabbath,  
from pursuing your own interests on my holy day;

if you call the sabbath a delight  
and the holy day of the LORD honorable;

if you honor it, not going your own ways,  
serving your own interests, or pursuing your own affairs;

then you shall take delight in the LORD,  
and I will make you ride upon the heights of the earth;

I will feed you with the heritage of your ancestor Jacob,  
for the mouth of the LORD has spoken.

1. Isaiah was written in three parts: 1. To a group of people that are in their homeland; 2. To a group of people who are in exile from their homeland; and 3. A group of people who are returned from exile home. This is from the third section. Does knowing this is written to a group of people returned from exile after generations impact your reading? How or how not?
2. This is a long “If, then” statement. Summarize into a simple one.

(example: If you do this, then this will happen...)

3. What does sabbath mean to you?
4. What is the reward for adhering to sabbath?

### **Luke 13:10-17**

Now Jesus was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day." But the Lord answered him and said, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?" When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

1. With whom is Jesus arguing and why does he call them hypocrites?
2. What is the first thing the woman does when she is healed?

3. What does Jesus say to the woman when she is healed?
4. Does this passage make a link between freedom and sabbath?
5. How does this passage relate to the passage from Isaiah?

### **Took:**

What does an ideal sabbath look like today?  
Have you ever taken an "ideal" sabbath?

Have you ever felt like a production machine?

What are the practical benefits of sabbath?  
Are there any negatives?  
What happens when you are unable to take time away for God? Perhaps, what happens when you are unable to come to this group?

How might we, studying right now, be engaged in a type of sabbath time?

Freedom is a key theme of the above passages. How is time set aside freeing?  
What does freedom mean to you?

This Sunday, we set aside one minute at 3 to remember the arrival of the first slave ship to arrive in European North America in 1619. How might reflecting on our national story of bondage and liberation relate to our own bondage and liberation given through Jesus?

Who is still in bondage in our society?  
What binds them? Does anything bind you?

Jesus illustrates how our refraining from work on sabbath means that we are to create space to help remember and build the kingdom. How might we share the freedom given us with others? In this

community? In the larger community? In  
the world?