

KOUNTZE MEMORIAL LUTHERAN CHURCH

A CITY-WIDE CHURCH WITH A WORLD-WIDE MINISTRY

Olaf Roynesdal, Senior Pastor
Shari Duminy, Associate Pastor
H. Ashley Hall, Associate Pastor
Inba Inbarasu, Visitation Pastor

2650 Farnam Street
Omaha, NE 68131-3616
402-341-7761
www.kmlchurch.org

August 1, 2021

9:00 & 11:00 AM

TENTH SUNDAY after PENTECOST



Apparently not satisfied by Jesus' feeding of thousands, some who were there press him for a sign of his power; perhaps it is daily manna they want. As always in John's gospel when people want a sign, Jesus offers himself. He is the bread come from heaven to give life to the world. He calls us to come to him and believe in him, and through that relationship to know the one who sent him.

GATHERING

PRELUDE

WELCOME AND ANNOUNCEMENTS

(stand)

CONFESSION AND FORGIVENESS

P Blessed be the holy Trinity, one God, Father, † Son and Holy Spirit.

C Amen.

P Drawn to Christ and seeking God's abundance, let us confess our sin.

Silence is kept for reflection and self-examination.

P God our provider,

C help us we pray.

It is hard to believe there is enough to share.

We question your ways when they differ from our ways.

**We turn to our own understanding
rather than trusting in you.**

We take offense at your teachings and your ways.

Turn us again to you.

Where else can we turn?

Share with us the words of eternal life

and feed us for life in the world. Amen.

P Beloved people of God: in Jesus, the manna from heaven, you are fed and nourished. By Jesus, the worker of miracles, there is always more than enough. Through Jesus, † the bread of life, you are shown God's mercy: you are forgiven and loved into abundant life.

C Amen.

PROCESSIONAL HYMN

“Glorious Things of You Are Spoken” ELW 647 tune: 823

- 1 **Glorious things of you are spoken,
Zion, city of our God!
He whose word cannot be broken
formed you for his own abode.
On the Rock of Ages founded,
what can shake your sure repose?
With salvation's walls surrounded,
you may smile at all your foes.**
- 2 **See, the streams of living waters,
springing from eternal love,
well supply your sons and daughters,
and all fear of want remove.
Who can faint, while such a river
ever will their thirst assuage?
Grace which, like the Lord, the giver,
never fails from age to age.**
- 3 **Round each habitation hov'ring,
see the cloud and fire appear
for a glory and a cov'ring,
showing that the Lord is near.
Thus deriving from their banner
light by night and shade by day,
safe they feed upon the manna
which God gives them on their way.**
- 4 **Savior, since of Zion's city
I through grace a member am,
let the world deride or pity,
I will glory in your name.
Fading are the world's vain pleasures,
all their boasted pomp and show;
solid joys and lasting treasures
none but Zion's children know.**

Text: John Newton, 1725-1807, alt.

APOSTOLIC GREETING

- ☐ The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
- ☑ **And also with you.**

PRAYER OF THE DAY

- ☐ Gracious God,
- ☑ **you place your gifts before us; we eat and are satisfied. Fill us and this world in all its need with the life that comes only from you, through Jesus Christ, our Savior and Lord. Amen.**

WORD

(sit)

FIRST READING

Exodus 16:2-4, 9-15

A food crisis becomes a faith crisis for the Israelites in the wilderness. The hungry people forget God's saving work in the exodus, and they wish for the food they had in Egypt. Nevertheless, God miraculously meets their needs, with manna for bread and quail for meat.

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. ³The Israelites said to them, *"If only we had died by the hand of the Lord in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."*

⁴Then the Lord said to Moses, *"I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."*

⁹Then Moses said to Aaron, *"Say to the whole congregation of the Israelites, 'Draw near to the Lord, for he has heard your complaining.'"* ¹⁰And as Aaron spoke to the whole congregation of the Israelites, they looked toward the wilderness, and the glory of the Lord appeared in the cloud. ¹¹The Lord spoke to Moses and said, ¹²*"I have heard the complaining of the Israelites; say to them, 'At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God.'"*

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁵When the Israelites saw it, they said to one another, *"What is it?"* For they did not know what it was. Moses said to them, *"It is the bread that the Lord has given you to eat."*

▣ The word of the Lord.

▣ Thanks be to God.

PSALM 78:23-29 (*read responsively*)

²³So God commanded the clouds above
and opened the doors of heaven,

²⁴**raining down manna upon them to eat
and giving them grain from heaven.**

²⁵So mortals ate the bread of angels;
God provided for them food enough.

²⁶**The LORD caused the east wind to blow in the heavens
and powerfully led out the south wind,**

²⁷raining down flesh upon them like dust
and flying birds like the sand of the seas,

²⁸**letting them fall in the midst of the camp
and round about the dwellings.**

²⁹So the people ate and were well filled,
for God gave them what they craved.

SECOND READING

Ephesians 4:1-16

Christians share fundamental unity and diversity. Our unity consists in the one body, one Spirit, one Lord, one faith, one baptism, and one God. Our diversity is expressed in various forms of ministry whose goal is equipping the saints and building up Christ's one body.

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

⁷But each of us was given grace according to the measure of Christ's gift. ⁸Therefore it is said, "*When he ascended on high he made captivity itself a captive; he gave gifts to his people.*" ⁹(When it says, "*He ascended,*" what does it mean but that he had also descended into the lower parts of the earth? ¹⁰He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) ¹¹The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹²to equip the saints for the work of ministry, for building up the body of Christ, ¹³until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. ¹⁴We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. ¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

☒ The word of the Lord.

☑ Thanks be to God.

GOSPEL ACCLAMATION



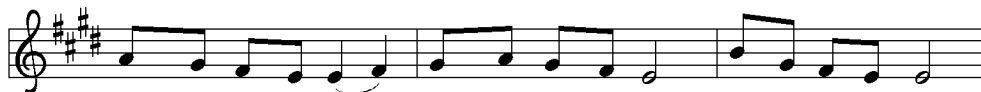
Lord, let my heart be good soil, o-pen to the seed of your word.



Lord, let my heart be good soil, where love can grow and peace is un-der-stood.



When my heart is hard, break the stone a - way. When my heart is cold,



warm it with the day. When my heart is lost, lead me on your way.



Lord, let my heart, Lord, let my heart, Lord, let my heart be good soil.

P The Holy Gospel according to St. John.

C Glory to you, O Lord!

HOLY GOSPEL

John 6:24-35

Many of the five thousand people Jesus fed in the wilderness continued to follow him throughout the countryside. Jesus challenges them to consider the real nature of their quest.

When the crowd saw that neither Jesus nor his disciples were beside the sea, they themselves got into the boats and went to Capernaum looking for Jesus.

²⁵When they found him on the other side of the sea, they said to him, “*Rabbi, when did you come here?*” ²⁶Jesus answered them, “*Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves.*” ²⁷*Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.*” ²⁸Then they said to him, “*What must we do to perform the works of God?*” ²⁹Jesus answered them, “*This is the work of God, that you believe in him whom he has sent.*” ³⁰So they said to him, “*What sign are you going to give us then, so that we may see it and believe you? What work are you performing?*” ³¹*Our ancestors ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’”* ³²Then Jesus said to them, “*Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven.*” ³³*For the bread of God is that which comes down from heaven and gives life to the world.*” ³⁴They said to him, “*Sir, give us this bread always.*”

³⁵Jesus said to them, “*I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.*”

☐ The Gospel of the Lord.

☑ Praise to you, O Christ.

(sit)

CHILDREN’S BLESSING (9:00 AM)

SERMON

Pastor Roynesdal

(stand)

HYMN OF THE DAY

“Lord, Keep Us Steadfast in Your Word”

ELW 517

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 Lord, keep us steadfast in your word;
curb those who by deceit or sword
would wrest the kingdom from your Son
and bring to naught all he has done. | 2 Lord Jesus Christ, your pow'r make
known,
for you are Lord of lords alone;
defend your holy church, that we
may sing your praise eternally. |
| 3 O Comforter of priceless worth,
send peace and unity on earth;
support us in our final strife
and lead us out of death to life. | |

Text: Martin Luther, 1483-1546;
tr. Catherine Winkworth, 1827-1878, alt.

THE APOSTLES' CREED

- ☐ God has made us his people through our Baptism into Christ.
Living together in trust and hope, we confess our faith.
- ☑ **I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's 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 to the dead.**

**On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

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

PRAYERS OF INTERCESSION

Response: ☐ Lord, in your mercy,
☑ **hear our prayer.**

(In our prayers today, during a time of silence, pray for those listed below and for others according to their needs)

Sympathy: to the family and friends of John Tessin, son of Rosemary Tessin

Illness: Richard Bock, Don Burton, Carol Duncan, Gail Durban, Mike Edris, Rodney Edwards, Richard Holzer, Rik Hooper, Renee Johnson, Mark Kidder, Jason Klonglan, Marcie Lafleur, Chris Meyer, Mary Olson, David Penning, Toby Rees, Gary Rodene, Sheri Tipton, Tucker Family, relatives of Debbie Robinson, John Waterman, Darlene White

Other Prayers: *Those serving in the military* – Amy Dyer, Wyatt Johnson, Josh Kropenske, Michael McNeill, Daniel Milstead, Cody Ray, Sheldon Skovgaard, Michael Vutov, Joel Woosley

Other Prayers: *Those serving in mission* – Rev. Chandran Paul Martin, India; Dr. Stephen & Jodi Swanson, Tanzania; Rev. Rachel Ringlaben, Argentina; Meghan Brown Saavedra, Mexico; and Dan & Ginny Rath, international translators

Other Prayers: *Seminarians*—Adam Klinker, Katie Larson, Giselle Loucks, Justin Perkins

WE SHARE GOD’S PEACE

☐ The peace of Christ be with you always.

☑ **And also with you.**

MEAL

(sit)

THE OFFERING IS RECEIVED

Please Support the overall ministry of Kountze Memorial during these difficult times. If you are visiting with us today, please do not feel obligated to participate in this portion of worship. If you would like, use the QR code scanner on your smart phone to give online. If you are able, please mail in your offering or donate on-line. Thank you!



MUSICAL OFFERING

“Be Still and Know”

Stephen Curtis Chapman
arr. Lloyd Larson
Paul Rath, *soloist*

THE TABLE IS PREPARED

(stand)

OFFERTORY HYMN

“Let the Vineyards Be Fruitful”

ELW 184



Let the vine-yards be fruit-ful, Lord, and fill to the brim our cup of
bless-ing. Gath-er a har-vest from the seeds that were sown, that
we may be fed with the bread of life. Gath-er the hopes and dreams of
all; u-nite them with the prayers we of-fer. Grace our ta-ble
with your pres-ence, and give us a fore-taste of the feast to come.

OFFERING PRAYER

- ☐ Jesus, Bread of life,
- ☑ **you have set this table with your very self, and called us to the feast of plenty. Gather what has been sown among us, and strengthen us in this meal. Make us to be what we receive here, your body for the life of the world. Amen.**

THE GREAT THANKSGIVING

The Lord be with you. And al - so with you.
Lift up your hearts. We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

The image shows four staves of musical notation in G major (one sharp) and 4/4 time. Each staff contains a single melodic line with lyrics underneath. The notes are mostly quarter and eighth notes, with some half notes and rests. The lyrics are: "The Lord be with you. And al - so with you.", "Lift up your hearts. We lift them to the Lord.", "Let us give thanks to the Lord our God.", and "It is right to give our thanks and praise."

PREFACE FOR SUNDAYS IN PENTECOST

SANCTUS

Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,
heav'n and earth are full of your glo - ry.
Ho - san-na in the high - est. Bless - ed is he who comes
in the name of the Lord. Ho - san-na in the high - est.

The image shows four staves of musical notation in G major (one sharp) and 4/4 time. Each staff contains a single melodic line with lyrics underneath. The notes include quarter, eighth, and half notes, with some rests and a final sharp sign at the end of the fourth staff. The lyrics are: "Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,", "heav'n and earth are full of your glo - ry.", "Ho - san-na in the high - est. Bless - ed is he who comes", and "in the name of the Lord. Ho - san-na in the high - est."

THE WORDS OF INSTITUTION

THE LORD'S PRAYER

P Lord, remember us in your kingdom and teach us all to pray:

C **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 trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

For thine is the kingdom, and the power, and the glory,
forever and ever. Amen.

INVITATION TO COMMUNION

P Christ has set the table with more than enough for all.

C Come!

THE DISTRIBUTION

All baptized Christians who confess Jesus Christ as Lord and his Real Presence in, with and under the bread and wine, are welcome to the Lord's Supper. We believe that this is the Lord's table and is he who invites you. So you who are strong in faith, come with gratitude. You feel weak in faith, come to be strengthened. And you who feel you have no faith, come so that the God of steadfast love will touch your heart with hope and joy.

Gluten free bread is available; simply request it.

AGNUS DEI



Lamb of God, you take a-way the sin of the world; have mer-cy on



us. Lamb of God, you take a-way the sin of the world; have



mer-cy on us. Lamb of God, you take a - way the



sin of the world; grant us peace, grant us peace.

HYMNS DURING COMMUNION

“Blessed Assurance”

ELW 638

**1 Blessed assurance, Jesus is mine!
Oh, what a foretaste of glory divine!
Heir of salvation, purchase of God,
born of his Spirit, washed in his blood.**

**2 Perfect submission, perfect delight,
visions of rapture now burst on my sight;
angels descending bring from above
echoes of mercy, whispers of love.**

Refrain

Refrain

**This is my story, this is my song,
praising my Savior, all the day long;
this is my story, this is my song,
praising my Savior all the day long.**

**3 Perfect submission, all is at rest;
I in my Savior am happy and blest,
watching and waiting, looking above,
filled with his goodness, lost in his love.**

Refrain

Text: Fanny J. Crosby, 1820-1915

“What Feast of Love”

ELW 487

**1 What feast of love is offered here,
what banquet come from heaven?
What food of everlasting life,
what gracious gift is given?
This, this is Christ the king,
the bread come down from heaven.
Oh, taste and see and sing!
How sweet the manna given!**

**2 What light of truth is offered here,
what covenant from heaven?
What hope of everlasting life,
what wondrous word is given?
This, this is Christ the king,
the sun come down from heaven.
Oh, see and hear and sing!
The Word of God is given!**

**3 What wine of love is offered here,
what crimson drink from heaven?
What stream of everlasting life,
what precious blood is given?
This, this is Christ the king,
the sweetest wine of heaven.
Oh, taste and see and sing!
The Son of God is given!**

Text: Delores Dufner, OSB, b. 1939

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**1 Soul, adorn yourself with gladness,
leave the gloomy haunts of sadness,
come into the daylight's splendor,
there with joy your praises render.
Bless the one whose grace unbounded
this amazing banquet founded;
Christ, though heavenly, high, and holy,
deigns to dwell with you most lowly.**

Refrain

**Be thankful!
Soul, adorn yourself with gladness,
and rejoice!
Bless the one whose grace unbounded is
our joy.**

**2 Now in faith I humbly ponder
over this surpassing wonder
that the bread of life is boundless
though the souls it feeds are countless;
with the choicest wine of heaven
Christ's own blood to us is given.
Oh, most glorious consolation,
pledge and seal of my salvation. *Refrain***

**3 Jesus, source of lasting pleasure,
truest friend, and dearest treasure,
peace beyond all understanding,
joy into all life expanding:
humbly now, I bow before you,
love incarnate, I adore you;
worthily let me receive you,
and, so favored, never leave you. *Refrain***

Text: Johann Franck, 1618-1677, stanzas;
Esther Bertieaux, b. 1944, refrain; tr. composite
English stanza text © 1978 *Lutheran Book of Worship*,
admin. Augsburg Fortress. Refrain text © 1998 Augsburg Fortress.

(stand)

PRAYER AFTER COMMUNION

☞ Jesus, Bread of life,

**☞ we have received from your table more than we could ever ask. As you have
nourished us in this meal, now strengthen us to love the world with your own life. In
your name we pray. Amen.**

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SENDING

BLESSING

- ☐ The blessing of the Almighty God, Father, † Son and Holy Spirit be upon you now and forever.

THREE-FOLD AMEN

HYMN

“Guide Me Ever, Great Redeemer”

ELW 618

- | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Guide me ever, great Redeemer,
pilgrim through this barren land.
I am weak, but you are mighty;
hold me with your pow'rful hand.
Bread of heaven, bread of heaven,
feed me now and evermore,
feed me now and evermore.</p> | <p>2 Open now the crystal fountain
where the healing waters flow;
let the fire and cloudy pillar
lead me all my journey through.
Strong deliv'rer, strong deliv'rer,
shield me with your mighty arm,
shield me with your mighty arm.</p> |
| <p>3 When I tread the verge of Jordan,
bid my anxious fears subside;
death of death and hell's destruction,
land me safe on Canaan's side.
Songs and praises, songs and praises,
I will raise forevermore,
I will raise forevermore.</p> | |

Text: William Williams, 1717-1791; tr.
William Williams and Peter Williams, 1722-1796, alt.

DISMISSAL

- ☐ Go in peace. You are the body of Christ.
☑ Thanks be to God.

POSTLUDE

† † †

Special Notice

Reservations not required
Vaccinated—Masks optional
Not vaccinated—Masks required
Please maintain a minimum of 3 feet
between non-family members

You may still join us for Worship on Cox
channel 13 or live streamed at [https://
www.kmlchurch.org/live-streaming/](https://www.kmlchurch.org/live-streaming/)



KOUNTZE

Memorial Lutheran Church

2650 Farnam Street
402-341-7761

Omaha, NE 68131
www.kmlchurch.org

July 31 & August 1, 2021

Kountze Food Pantry

Volunteers Needed:

Mondays, 7:30 - 9 AM, 9 - 11 AM, 11 AM - 1 PM

Fridays, 4 - 7 PM

If you are able to volunteer, please sign up by using
the link below:

<https://form.jotform.com/200834787701155>

The Kountze Food Pantry is pleased to announce we
have received our second \$1,000.00 from Family Fare
receipts! Please keep them coming! The toilet paper
donations from the congregation have been very
generous. Our guests are extremely grateful for all the
full-sized hygiene items and the tissue. With rising
prices, your continued contributions will be all the
more important and appreciated.

Blessing of the Backpacks

Saturday, August 14 & Sunday, August 15

We are sending our teachers and students back to
school with prayers and blessings. We welcome
students and teachers of all ages to bring their
backpacks, book bags, or briefcases to church on
Saturday, August 14 or Sunday, August 15. Let's begin
the new school year in prayer to celebrate God's gift
of learning and bless those in their academic
endeavors.

Attendance and Giving

Saturday Attendance: 42

Sunday Attendance: 9:00: 138

Wednesday Attendance: 12

Total: 192

Streaming Attendance: 67

Cox Cable Attendance: 204

Pantry Guests Served: 837 (includes 201 children)

Medical Clinic Guests Served: 22

Offering:

\$12,494.00 (Regular) \$1,604.43 (Specials)

\$672.00 (Debt Reduction)

Today at Kountze

The 11:00 AM service has returned!

We will still be broadcasting our 9:00 AM Worship
Service on Cox Cable Channel 13 and live streaming on
our website.

Eternal Candle is given to the glory of God by Dean
& Darlene Anderson in honor of their 66th wedding
anniversary

Television Broadcast is sponsored by given by Robert
& Sarah Penn in celebration of their 50th wedding
anniversary

Coffee Hour

Please feel free to stop for coffee in the Fellowship
Hall following service today. We need volunteers to
help serve coffee and cookies. If you can help, please
see Jim Smejkal (402-341-7761 or
jim@kmlchurch.org).

Holy Play

Ages 3 yrs - 6th grade

Sundays through August 29

10:15 - 11:00 AM

Children from 3 years to 6th grade are invited to join
Pastor Shari and the Middle and High School Youth in
the Kountze Green Space each Sunday (June 20 –
August 29). We will be playing games, singing songs,
sharing a snack, and getting to know each other
better. Parents are encouraged to share coffee time
with others or join in the fun!

Volunteers Needed

As Pr. Olaf said in the August Good News, "we are, in a
sense, back to normal..." That means we're in need of
you as a volunteer. There are several volunteer
opportunities here at Kountze from Sunday breakfast
help to Worship Assistants, Choir members, Sunday
School teachers, or many others. If you would like to
serve in this way, please call the church office and
we'll get you to the right people to answer any
questions you might have.

It can be difficult for us to trust God.

These passages are related to the Lectionary texts for this Sunday.

Sunday	John 6:24-35	Christ, the bread of life
Monday	Exodus 16:2-4, 9-15	Bread from heaven
Tuesday	Ephesians 4:1-16	Unity in the body of Christ
Wednesday	Psalms 37:3-9	Trust the Lord
Thursday	Matthew 6:25-34	Do not worry
Friday	Proverbs 3:1-6	Trust God
Saturday	Psalms 78:23-29	God feeds the people
Sunday	John 6:35, 41-51	Bread from heaven



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Go to www.vibrantfaithathome.org for more faith-forming activities.

Then Moses said to Aaron, "Say to the whole congregation of the Israelites, 'Draw near to the LORD, for he has heard your complaining.'" Exodus 16:9 (NRSV)

A Prayer for the Week:

Dear God, help us to trust that through your Son, our Lord Jesus Christ, you give us the bread of life that feeds us and cares for us now and always. Amen.

Mealtime Prayer:

Dear Jesus, our Bread of Life, give us thankful hearts for this gift of food and for all you do to care for us. Amen.

A Blessing to Give:

May the God who feeds you bless you with a thankful heart.

Discuss in your home, small group, or use for personal reflections:

- What is something you like to complain about?
- Have you ever gotten what you wanted and then regretted it or known someone who got what they wanted and were not grateful? Explain.
- How does trust in God lead to contentment?

Read: Exodus 16:2-4, 9-15.

The story of the Israelites in the Old Testament is unique to the ancient world. No other people were willing to be so self-critiquing. Other religious writings from other people were much more willing to be self-glorifying. Not the Israelites. They knew they were hard to please and not as trusting as they could be. Instead of thanking God for their freedom they acted as though God took them from the comforts of Egypt. They forgot that they were actually starving and dying at the hands of the Pharaoh. In this account, they don't even ask for help; they just complain. However, God hears the complaints of the people and steps in to care for them and feeds them morning and night. How has God blessed and fed you during your mornings and nights?

Pray: **Living God, help us to be aware of your care that sustains us day after day, morning and night through Christ our Lord. Amen.**

Ephesians 4 talks about the gifts we are given to equip us to serve our neighbor. We serve our neighbor and speak the truth in love with one another. This is the way our congregations and families are strengthened and we grow together in the ups and downs of life. We care for each other. How can you serve your family, community, and congregation using your gifts?

The *Daily Bible Readings* this week from John, Exodus, and Psalm 78 all share a theme about bread and being fed. Gather a selection of different breads to serve this week with your meals. Use a different bread every day for each meal. Say the *Mealtime Prayer* for this week and while eating the bread think or talk about a way in which God has provided for you.

**NEXT WEEK'S READINGS: 1 Kings 19:4-8; Psalm 34:1-8
Ephesians 4:25--5:2; John 6:35, 41-51**