

9:30, 11, & 7pm SERMON NOTES

6th Sunday after Pentecost, Proper 9, Year A * July 9, 2023

Sermon by the Reverend Tom Rutherford

Zechariah 9:9-12 * Psalm 145 * Romans 7:15-25a *

Matthew 11:16-19, 25-30

The "Do Do" Verses

"Sin" = our selfishness

"sinS" = those things we've done and left undone

I do not understand what I do. For what I want to do, I don't do; but what I hate, I do do. Romans 7:15

And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me. Romans 7:16-20

I find this law at work in me: when I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched person I am! Who will rescue me from this body of death?" Romans 7:21-24

Jesus says "Come to me, all you who are weary and heavy-laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30

From next week's lesson: There is now no condemnation for those who are in Christ Jesus. Romans 8:1

Next Week's Lessons

Isaiah 55:10-13 * Psalm 65 * Romans 8:1-11 * Matthew 13:1-9, 18-23

Chewing on Our Daily Bread

Questions for conversation with your family, Home Group, or a friend

1. Share something dumb you've done in your life... and what you would have done differently if you knew then what you know now.
2. In Romans 7:21-24, St. Paul laments the struggle he has with himself: he knows the right thing to do, but can't get it together to do it. He recognizes what's wrong, but does it anyway. What is an ongoing struggle you have with yourself: to do right or avoid wrong? How does God help you in that struggle?
3. Jesus says, "Come to me, all you who are weary and heavy-laden, and I will give you rest." Tell about a time you were tired and burdened, and Jesus helped you.
4. Are you "weary and heavy laden" now? If so, how would you like Jesus to help you? If not, whom do you know who is "weary and heavy laden?" And what would you like Jesus to do to help them?
5. PRAY:
 - ✦ Thanking God for helping you when you were weary.
 - ✦ For Jesus to do what you described in #4 above for you or that person you know.