

## NEXT STEP: STUDY &amp; SHARE

## READINGS

Isaiah 40:21-31

Psalm 147:1-11, 20c

*The Lord heals the brokenhearted.* (v3)

1 Corinthians 9:16-23

Mark 1:29-39

## PRAYER OF THE DAY

Everlasting God, you give strength to the weak & power to the faint. Make us agents of your healing & wholeness, that your good news may be made known to the ends of your creation, through Jesus Christ, our Savior & Lord. Amen.

SERMON TEXT- Psalm 147:1-11, 20c Lutheran Book of Worship/ BCP Translation

<sup>1</sup>Hallelujah! How good it is to sing praises to our God! How pleasant it is to honor him with praise!  
<sup>2</sup>The LORD rebuilds Jerusalem; he gathers the exiles of Israel. <sup>3</sup>He heals the brokenhearted & binds up their wounds. <sup>4</sup>He counts the number of the stars & calls them all by their names. <sup>5</sup>Great is our LORD & mighty in power; there is no limit to his wisdom. <sup>6</sup>The LORD lifts up the lowly, but casts the wicked to the ground. <sup>7</sup>Sing to the LORD with thanksgiving; make music to our God upon the harp. <sup>8</sup>He covers the heavens with clouds & prepares rain for the earth; <sup>9</sup>he makes grass to grow upon the mountains & green plants to serve mankind. <sup>10</sup>He provides food for flocks & herds & for the young ravens when they cry. <sup>11</sup>He is not impressed by the might of a horse; he has no pleasure in the strength of a man; <sup>12</sup>but the LORD has pleasure in those who fear him, in those who await his gracious favor. <sup>21c</sup>Hallelujah!

## LISTENING TO . . .

**GOD-** *Christian life is rooted in the Father, Son, & Holy Spirit*

- It's likely that *Psalms 146-150* were written when Israel returned from the Babylonian Exile following 539 BC (v2). Read all 5 *Psalms* & jot down any connections that come to mind.  
*See also Ezra 1-3, Nehemiah 12:27-43*
- How does this *Psalm* & specifically v12 encourage trust in God's people, even when things are looking down? *See Psalm 33:18, 22, 35:27; Isaiah 62:1-4; Zephaniah 3:17; Malachi 3:16-17; 1 Peter 1:13-17, 3:4*

**EACH OTHER-** *Sharing & growing with our brothers & sisters in Christ*

- The Small Catechism quotes vv10-12 in the after meal prayer. What point does that make about the meal we just finished? How does that orient us for our next meal?  
SC available [bookofconcord.org](http://bookofconcord.org)
- The 70-year Exile was a punishment for ancient Judah's sins (especially failure to obey the Old Testament Law). Yet, God promised, against all odds, to restore his people & their homeland. How is the Exile & homecoming a metaphor for your own sinfulness & suffering in everyday life as well as God's promise to forgive you & bring you home to himself in his kingdom? Personalize *Psalm 147* verse by verse to help you answer this question.

**NEIGHBORS-** *Bearing fruit for those not yet our brothers & sisters*

- Both the ancient Judeans & Jesus kept moving, so to speak (*cf. Mark 1:38-39*). How does this encourage you & your fellow congregational members to keep moving throughout everyday life to share God's mercy, forgiveness, & love with new people not here with us yet? Review Pr. Greg Finke's *Take 10* exercise to help you connect with God & others.  
 Available [dwelling114.org/take10-tutorial-guide](http://dwelling114.org/take10-tutorial-guide)
- Consider the praises in *Psalm 147* & Jesus' praying in *Mark 1:35*. How would you show someone else to pray? How would you show them to take time for it? How would you use the Lord's Prayer, the weekly worship Prayer of the Day (above), & the SC prayers (morning & evening; before & after meal) as a starting place? How would show them to pray for concerns not immediately or directly included in those formal prayers? Where could you find help in these matters?

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Fifth Sunday after Epiphany

02.04.24

Series: God's Grandeur

Rev. Jared Stillions, STS

*The Holy Spirit at Work in Our Lives*

Our Hope

*The Holy Spirit heals broken hearts, minds, spirits, & bodies*

-Notes-

KEY VERSE: He heals the brokenhearted & binds up their wounds. (v3)

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-NEXT STEPS MEMORY VERSE-

The servant of God took our infirmities & bore our diseases. (*Matthew 8:17*)

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5. Both the ancient Judeans & Jesus kept moving, so to speak (*cf. Mark 1:38-39*). How does this encourage you & your fellow congregational members to keep moving throughout everyday life to share God's mercy, forgiveness, & love with new people not here with us yet? Review Pr. Greg Finke's *Take 10* exercise to help you connect with God & others.  
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