

## PREPARING AT HOME

July 30-August 5, 2018

*Focus reading:* Ephesians 4:1–16 (<http://bible.oremus.org/?q=391932077>)

*Other lectionary readings:* 2 Samuel 11:26—12:13a; Psalm 51:1–12; John 6:24–35

*Theme:* Building Up the Body

The metaphor of the church being the Body of Christ is important to Pauline theology. That metaphor appears not only here in Ephesians but also in Romans and Corinthians. As Jesus embodies God, so the church is called to embody Jesus in the world and to bring God's presence into the world today and in the future. We are called to not only be the hands and feet of Jesus, carrying out his ministry of love and power, but to reflect the unity of Christ's Trinitarian relationship with God the Creator and the Holy Spirit. What a calling! The Christian community is to reflect the relationship among Creator, Son, and Holy Spirit, and to teach others about that trinity of love! To that end, each individual member is given a particular gift. Our diverse gifts beautifully fit together in order to bring about the unity God desires. Ephesians teaches us that it is a sign of maturity when we seek unity within our faith communities, embodying Christ in the world by how we live and work and love.

## SHARING WHAT WE HAVE

Our culture and economy often operate out of a fear of scarcity. We need to buy an item before it disappears. We are afraid that desirable items will run out. Pay attention to ways in which that kind of thinking is introduced to your child. Think about how you can replace an attitude of "more" with an attitude of "enough" and encourage sharing. What can your family/your child share with others?

## "DO NOT BE AFRAID"

When the disciple saw Jesus walking on the water, he said "do not be afraid." How can remembering these stories help you when you are afraid? Make a poster that reminds you "Do not be afraid."

## PRAYER

Loving God,

We thank you for food and all of the gifts you generously give us.  
Help us to share with others, so that all may have more than enough  
and will know that we need not be afraid.

Amen.

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