

30<sup>th</sup> January 2022



## table **GRACE**

(tune: Tie me Kangaroo Down Sport)

Thanks a lot for the food, Lord,  
Thanks a lot for the food.

We all love you a lot, Lord,  
So thanks a lot for the food.



## **THOUGHT** for the week

"Yesterday is gone, tomorrow has not yet come. We have only today, let us begin."

**-Mother Teresa**



## **VERSE** for the week

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor."

**Luke 4:18a**



## **REMEMBER** this week

**Today, the Spirit of God will stir you out of your status quo into the places he is calling you.**



## 1 let's **SHARE**

1. Share your highs and lows.
2. If you could go live anywhere in the world, where would you move to? Why?
3. In exercise there is a saying, 'no pain, no gain'. Do you think the same is true for faith in Jesus? Why/Why not?
4. Have you ever been in a bogged vehicle or stuck in a crowd and unable to move? How did that make you feel?
5. Change often makes us uncomfortable. Share some changes that have been positive in your life.
6. What changes do you feel Holy Spirit moving you towards at the moment? How do you feel about that?

## 2 let's **READ**



Sunday – **Luke 4:18-19**  
Monday – **Matthew 22:8-10**  
Tuesday – **Mark 6:35-37a**  
Wednesday – **John 8:10-11**  
Thursday – **Acts 8:26-27**  
Friday – **Genesis 12:1**  
Saturday – **Exodus 3:10**



## 3 let's **TALK**

- A** – What is this text **ABOUT**?
- B** – What is the **BEST** thing about this text?
- C** – What is the most **CONFUSING** or **CHALLENGING** part of this text?
- D** – What does God want you to **DO**?



## 4 let's **PRAY**

**PRAISE GOD**  
for his relentless movement  
of love towards us.

**THANK JESUS**  
for walking the path to the  
cross for our sake.

**ASK THE HOLY SPIRIT**  
to help you move forward  
into more of what God has  
prepared for you.



## 5 let's **BLESS**

Bless each other with the sign of the cross as you say the following:

**Name, you are the Lord's servant, may his word to you be fulfilled. Amen.**