

11th April 2021



table **GRACE**

Risen Lord Jesus,
Rise in our hearts
again today
Be in all we do and
say.

Bless the food we're
about to eat,
Help us to bless all
those we meet.
Amen.



THOUGHT
for the week

**While other
worldviews lead us to
sit in the midst of
life's joys, foreseeing
the coming sorrows,
Christianity
empowers its people
to sit in the midst of
the world's sorrows,
tasting the coming
joy.**

-Timothy Keller



VERSE for the week

Jesus says,
"In this world you will have
trouble. But take heart!
I have overcome the world."
John 16:33b



REMEMBER this week

Christ takes the very thing which
causes us heartache and sorrow,
and turns it into a cause of joy.
Resurrection is an ongoing gift that
continually transforms our everyday
living and give us unimaginable life
beyond suffering.



1 let's **SHARE**

1. Share your highs and lows.
2. What is the worst injury or pain you have experienced?
3. Have you ever accidentally caused pain to someone else? How did it happen?
4. What are some other ways we can experience suffering apart from injuries?
5. Jesus suffered a lot on the cross, but through that suffering he brought us life. How is your life different because Jesus rose?
6. Our lives still contain suffering, but Jesus has promised us an eternal life without suffering. How does that promise help you deal with suffering in your life?

2 let's **READ**



Sunday – **John 16:20**
 Monday – **Exodus 3:7**
 Tuesday – **Psalms 119:50**
 Wednesday – **Mark 5:34**
 Thursday – **2 Corinthians 1:5**
 Friday – **1 Thessalonians 1:6**
 Saturday – **James 5:10-11**



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 presence with us in our suffering.

THANK JESUS

for enduring his suffering on the cross.

ASK THE HOLY SPIRIT

to help you endure the suffering that life can bring.



5 let's **BLESS**

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

Name, the life of Jesus pulses in you. Amen.