

21st February 2021



table **GRACE**

Loving Father,
We thank you for
your many gifts;
for your son who
gave his life.

Please bless our
time together now
and the food we
share tonight.

Amen.



THOUGHT
for the week

“The greatest saint in the world is not he who prays most or fasts most; it is not he who gives alms, or is most eminent for temperance, chastity or justice. It is he who is most thankful to God.”

-William Law



VERSE for the week

Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”

Matthew 4:4



REMEMBER this week

Temptation is a tool developed and deployed by the devil but used by God to return us to the truth and certainty of who we are - a precious child whom the Father delights in and in whose presence we have nothing to prove, nothing to hide and nothing to fear.

LIVING OUT LOUD

every
day
...
every
home

1 let's **SHARE**



1. Share your highs and lows.
2. What is something in your life that you just could not do without?
3. Have you ever had to miss a meal before? How did it affect you?
4. How much time do you think you spent thinking about food today? Was it more or less than you thought about God?
5. Fasting is when we intentionally stop doing things that take our attention away from Jesus. What is demanding your time and attention at the moment?
6. Many people practice fasting from something during Lent (from now until Easter). What could you fast from that might help you focus on Jesus?

2 let's **READ**



Sunday – **Matthew 4:4**
Monday – **Matthew 5:6**
Tuesday – **Galatians 5:17**
Wednesday – **Romans 13:14**
Thursday – **Joel 2:12**
Friday – **Ezekiel 37:6**
Saturday – **Mark 2:19-20**



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 all good gifts and provision

THANK JESUS

for his faithfulness in dying on the cross for you

ASK THE HOLY SPIRIT

to grow your hunger for more of God's word and God's will in your life.



5 let's **BLESS**

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

Name, God delights in you, Amen.