

# Living Out Loud

every night...every home

12 January 2020

REMEMBER this week

In every moment  
you are chosen, loved  
and upheld by God and  
anointed with his Spirit  
to fulfil his will and  
bring his light and  
blessing to the world.

living sharing growing

table GRACE

(tune: to the Alphabet Song)

A-B-C-D-E-F-G

Thank you God for feeding me

By your hand we all are fed

Thank you God for daily bread.

A-B-C-D-E-F-G

Thank you God for blessing me

Amen.

VERSE of the week

**"Here is my servant,  
whom I uphold,  
my chosen one in  
whom I delight;  
I will put my Spirit on  
him and he will bring  
justice to the nations.**

Isaiah 42:1

THOUGHT for the week

▶ **"No act of kindness,  
no matter how small,  
is ever wasted."**

— Aesop

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## 1 lets SHARE

1. Share your highs and lows.
2. Who has the strongest hands that you know?
3. Who has the most loving heart that you know and how can you tell?
4. How does just being present with someone give them strength?
5. When has having someone next to you made you bolder or stronger to do something that you felt was hard to do?
6. Think as a family about someone who is bruised or battered by life at the present time. What could you as a family do to strengthen them at this time. Make a list and pick one that you could do.

## 2 lets READ

Sunday	Isaiah 42:1
Monday	Ephesians 3:16
Tuesday	Isaiah 41:10
Wednesday	2 Thess 3:3
Thursday	isaiah 30:18
Friday	Zechariah 10:12
Saturday	Nehemiah 9:19

## 3 lets 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**?

## 5 lets BLESS

Bless eachother with the sign of the cross as you say the following:

**Name**, the Lord will uphold and strengthen you. Amen.

## 4 lets PRAY

**PRAISE GOD** for choosing, loving and strengthening you with the light of his Son Jesus.

**THANK JESUS** for his compassion and mercy that holds and strengthens you in all circumstances.

**ASK THE HOLY SPIRIT** to give you his heart of compassion for others.