

13th September 2020



table **GRACE**

(Sung to superman theme)

Thank you Lord
for giving us food!

Thank you Lord
for giving us food!
For the food we eat
and the friends we
meet, Thank you
Lord for giving us
food!

Amen! Amen! Amen!



THOUGHT for the week

We rarely think of the
air we breathe, yet it is
in us and around us all
the time. In similar
fashion, the presence
of God penetrates us,
is all around us, is
always embracing us.

-Thomas Keating



VERSE for the week

Do not fear, for I have
redeemed you;
I have summoned you by
name; you are mine.

Isaiah 43:1



REMEMBER this week

You are never alone, when you
are on your own.
For in God's presence, you have
an abiding home.



1 let's **SHARE**



1. Share your highs and lows.
2. Do you enjoy time on your own, or do you avoid it? Why?
3. Where in your life do you feel 'on your own'? How does that make you feel?
4. Sometimes we feel lonely when we feel like people don't understand us. Have you ever felt misunderstood? Share.
5. Jesus knew how it felt to be misunderstood and alone. How does it help to know that God knows how you feel?
6. In the Bible, God promises that he will always be with people who put their trust in him. How can you remember that God is always with you?

2 let's **READ**



Sunday – **Isaiah 43:1**
Monday – **2 Timothy 4:2**
Tuesday – **Psalms 139:7-10**
Wednesday – **Luke 15:4-5**
Thursday – **John 14:16**
Friday – **Isaiah 7:14**
Saturday – **1 Corinthians 2:2-5**



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 promise to always be with you.
THANK JESUS,
for creating a way for us to be reconnected to God.
ASK THE HOLY SPIRIT
to help you trust that God is always with you.



5 let's **BLESS**

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

[Name], Christ is always with you. Amen.