

7th June 2020



table **GRACE**

(to the Superman theme tune)

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



THOUGHT
for the week

**“God has to
wrestle us into a
transformed life
rather than
comfort us into
one.”**

- Tim Keller



VERSE for the week

**But Jacob replied, “I will not let you
go unless you bless me.”**

Genesis 32:26



REMEMBER this week

There is blessing in the wrestling.
Hold on to Jesus and don't ever let
go, for you may just end the night
with a renewed faith and as the sun
rises, find yourself a transformed
person!



1 let's **SHARE**



1. Share your highs and lows.
2. How do you feel when you win something?
3. Who would you ask for help if you wanted to get better at something?
4. God wants to help us be better people. How do you think he does that?
5. Is it easy to get better at something? What might you need to do to get better?
6. How can things that are hard or uncomfortable be good for us?

2 let's **READ**



Sunday – **Genesis 32:26**
Monday – **Psalms 13:2**
Tuesday – **Romans 5:3-4**
Wednesday – **Ephesians 6:12**
Thursday – **Hebrews 12:1**
Friday – **Philippians 4:8**
Saturday – **Psalms 63:6-7**



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 steadfast love
which never lets us go

THANK JESUS

for his victory over our sin
and death

ASK THE HOLY SPIRIT

to continue wrestling with
you and transforming
you.



5 let's **BLESS**

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

[Name], God is blessing you. Amen