

19th January 2025



Gracious Lord,
we thank You here,
For new beginnings
this new year.
Bless this food and all
our days,
Guide our hearts in
love and praise.
Amen.



THOUGHT
for the week

“Trying to do the Lord’s
work in your own
strength is the most
confusing, exhausting
and tedious work of all.
But when you are filled
with the Holy Spirit, then
the ministry of Jesus
just flows out of you.”

-Corrie Ten Boom



VERSE for the week

“The Spirit of the Lord is on
me, because he has anointed
me to proclaim good news
to...”

John 4:18a



REMEMBER this week

**You have been anointed to
fulfil the Word that the Spirit
gives you each day.**



1 let's **SHARE**

1. Share your highs and lows.
2. What are some things you just love to do? Why do you love doing them?
3. Have you ever experienced that feeling of being 'in the zone'? How did it feel? What were you doing?
4. What do you think of when you think of Holy Spirit?
5. The Bible sometimes calls Holy Spirit, 'the helper'. How has Holy Spirit helped you in your life?
6. Holy Spirit also helps us understand God's word in the Bible. What's a difficult question about the Bible you would like Holy Spirit to help you understand?

2 let's **READ**



Sunday – **Luke 4:17-19**
Monday – **John 20:21-22**
Tuesday – **Ezekiel 36:26-27**
Wednesday – **Acts 1:8**
Thursday – **Romans 8:14**
Friday – **Galatians 5:22-23**
Saturday – **John 14:16-17**



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 the gifts of the Spirit with which he equips his Church.
THANK JESUS
for sending the promised Holy Spirit to help and guide us in following him.
ASK THE HOLY SPIRIT
to help you fulfil the plans God has for you.



5 let's **BLESS**

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

Name, the Spirit of the Lord is upon you. Amen.