

5th of October 2025



table **GRACE**

Come Lord Jesus be
our guest, let your gifts
to us be blessed.
Hearts and hands now
raised in praise,
Thank you, God, for all
our days.
Amen.



VERSE for the week

I trust in you, Lord; I say "You
are my God. My times are in
your hands"

Psalms 31:14-15a



THOUGHT
for the week

*"...the deepest
revelation of the
character of God is in
the weakness, suffering,
and death of the cross.
This is the 'exact
opposite of where
humanity expected to
find God.'"*

-Timothy Keller



REMEMBER this week

"The gospel invites us beyond
comfort to Christ-centred trust—
where our pain meets His cross,
and every loss finds restoration in
the Father's promise of renewal."



1 let's **SHARE**

1. Share your highs and lows.
2. When have you faced a situation where the bad things that happen to us and others made it hard to say, "I trust in you, Lord"?
3. "My times are in your hands.", says the Psalmist. How does trusting that God has us in his hands comfort us when suffering or pain feels random, and we cannot understand it?
4. The Lord tells us that one day there will be no more suffering and pain. How does trusting God's promise help us when suffering feels unanswered?
5. When people we know are sad or hurting, how can we help them feel loved by God even when we don't have all the answers?
6. *How can we remind others that God promises to fix all the things that make us hurt one day?*

2 let's **READ**



Sunday – **Psalm 31:14-15a**
 Monday – **Job 42:1-5**
 Tuesday – **Isaiah 43:1-3a**
 Wednesday – **Lamentations 3:21-26**
 Thursday – **2 Corinthians 4:16-18**
 Friday – **1 Peter 5:6-10**
 Saturday – **Psalm 46:1-3**



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 faithfulness and his compassion.
THANK JESUS
 for suffering for all of us on the cross
ASK THE HOLY SPIRIT
 to remind us that hurt and pain don't have the last word. Jesus does.



5 let's **BLESS**

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

Name, May God renew your hope and strengthen you as he makes all things new