

7th March 2021



table **GRACE**

Bless us through this meal dear Lord.
Teach our hearts to trust your Word.
Help us always live what's true;
and take up our cross to follow you.

Amen.



THOUGHT
for the week

"Because God has made us for Himself, our hearts are restless until they rest in Him."

-St. Augustine
(paraphrase)



VERSE for the week

Suddenly, when they looked around, they no longer saw anyone with them except Jesus.

Mark 9:8



REMEMBER this week

Because transfiguration is the centre where Jesus is all there is, at the point where Jesus is all there is, our lives are transformed too.



1 let's **SHARE**

1. Share your highs and lows.
2. Are you easily distracted or really focussed when asked to do something? Why
3. What are the things in life that easily distract you?
4. When have you felt most close to God?
5. Taking time to be still and listen to Jesus is important. Where do you like most to listen to Jesus through his Word? What things distract you from listening to him?
6. What is one thing you can do to get rid of the distractions you face so that you can more clearly focus on what Jesus is saying to you?

2 let's **READ**



Sunday – **Mark 9:8**
 Monday – **Job 3:26**
 Tuesday – **Isaiah 30:15**
 Wednesday – **Psalms 23:2**
 Thursday – **Lamentations 3:26**
 Friday – **Psalms 46:10**
 Saturday – **Mark 1:35**



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 love for us and his desire to be with us.
THANK JESUS
 for living among us and dying for us.
ASK THE HOLY SPIRIT
 to help you to be still and know more deeply all that God has done for you.



5 let's **BLESS**

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

Name, may the glory of Christ be reflected more and more in your life. Amen.