

Lent is a time to follow
Jesus.

verse for the week
If any of you wants
to be my follower,
you must give up
your own way, take
up your cross, and
follow me.

MARK 8:34

Caring Conversations

Share your highs
and lows of the
day, or respond
to the following
questions:

1

If you had all
the power to do
what you want,
what would you
want to do?

2

What does it
mean to pick
up your cross?
How is it difficult
to pick up your
cross and follow
Jesus?

3

How do other
people know that
you are a follower
of Jesus?



Devotions

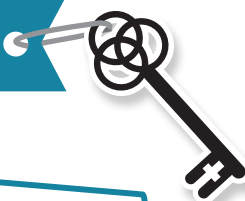


Daily Bible Readings

S	Mark 8:31-38	Jesus predicts his death
M	Genesis 17:1-7, 15-16	Sign of the covenant
T	Romans 4:13-25	God's promise realised through faith
W	Mark 9:30-37	The Son of Man betrayed
T	Matthew 16:21-26	Taking up the cross
F	Mark 10:32-45	Jesus again predicts his death
S	Psalm 22:23-31	Suffering and praise
S	John 2:13-22	Jesus clears the temple

Discuss the bible reading. What word or phrase
was important to you as you read these verses?

Rituals and Traditions



PRAYER

Lord Jesus, help
us to follow you
today, putting
your will ahead
of what we want
and others think.
Amen.

BLESSING

May God give
you a strong
faith, so that
you trust in his
promises and
live to please
him.

Creative Response

Jesus tells us that following him will mean
TAKING UP A CROSS - that is, saying no
to ourselves and sometimes even suffering
for him.

Design crosses from wood, card or other craft materials.

Attach your crosses to a wall in your home.

Print out the Verse for the Week and place it underneath
your crosses.

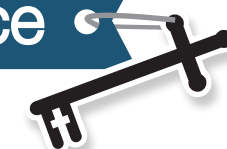
Throughout the week share ways in which you have
denied yourself for Jesus' sake.



mealtime prayer

Thank you, God, for you are good - you call, you
guide, you feed. Help us to share from all we have
with those who are in need. Amen.

Service



Making pretzels is a Lenten tradition.

Pretzels are shaped like arms
folded in prayer, and can remind
us to pray to God for our needs
and the needs of others. Use the
following recipe to make pretzels
(the recipe lists the amount of
ingredients per person):

Have each person sprinkle
½ teaspoon of yeast into 3
tablespoons of warm water.
Stir to dissolve. Add ½ teaspoon
of sugar, ½ cup of flour and 2
tablespoons of grated cheese.
Stir, then knead until smooth.
Cut the dough into 4 pieces and
roll into a snake shape. Shape
the 4 pieces like pretzels, then
brush them with a beaten egg.
Sprinkle with coarse ground salt.
Bake on a baking sheet at
220 degrees Celsius for
15 minutes.