



Growing FAITH at home

PROPER 19

YEAR B

Take up
your cross
and follow.



GrowMinistries
LCA CHILD YOUTH & FAMILY MINISTRY



www.growministries.org.au

Sunday between
September 11 and
September 17



CONVERSATIONS

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

1. Share about a time when you were in need. Who helped you?
2. Jesus says that if we want to come after him, we must pick up our crosses and follow him. What do you think he means?
3. Do you think it is hard or easy to follow Jesus? Why?



BIBLE READINGS

*Read the following Bible readings throughout this week.
Talk about what words or phrases stand out for you.*

S	Mark 8:27-38	Taking up the cross
M	Isaiah 50:4-9a	God's servant must suffer
T	James 3:1-12	Controlling the tongue
W	Philippians 3:7-16	Running towards the goal
T	Hebrews 12:1-13	The example of Jesus
F	1 Peter 5:6-11	God will restore those suffering
S	Psalms 116:1-9	A prayer of thanksgiving

VERSE OF THE WEEK

"If any want to become my followers, let them deny themselves and take up their cross and follow me."

MARK 8:34





CREATIVE RESPONSE

How can we remember the cross of Jesus each day?

We can make the sign of the cross a regular practice.

This is an ancient Christian tradition that reminds us that we are people saved through the cross of Christ.

Make the sign of the cross with your thumb, index and middle fingers together. Place them on your forehead, then move them down to your heart, then from left across to your right shoulder.

Visual reminders of the cross are also a way of communicating our faith.

What crosses do you have on display in your home?



ACTION RESPONSE

We serve others not only through what we do but also through what we say.

James 3:1-9 encourages us to use our tongues to bless others, not hurt them. Aim to be God's 'sacred agents' this week in your home, places of work or education, church and community.

Set out each day to give at least one compliment or affirmation to someone else.

'I'm proud of you for...'

'That's ok, how can we learn from that?'

'I'm sorry'

'I love you no matter what'



MEALTIME PRAYER

Lord Jesus, as we chew and as we swallow, make us strong to love and follow. Amen.



PRAYER

Lord Jesus Christ, give us strength, courage and faith to take up our cross and follow you. Amen.



BLESSING

May God's goodness give you peace in your heart and your mind. May the Lord protect you with kindness.