

Listen to him.

verse for the week

A voice came
from the cloud,
"This is my son,
and I love him.
Listen to him!"

MARK 9:7

Caring Conversations

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

1

What is the tallest
hill or mountain
you have
climbed? What
could you see
from the top?

2

Read Mark 9:2-9.
We hear about
an amazing
experience that
Peter, James and
John had one
day. How do you
think you would
have reacted?

3

Where and
when have you
had a special
experience of
God's presence?
How has that
helped you listen
to and follow
God?

Devotions



Daily Bible Readings

S	Mark 9:2-9	The transfiguration of Jesus
M	2 Kings 2:1-12	Elijah is taken into heaven
T	2 Corinthians 4:3-6	Proclaiming Jesus as Lord
W	Matthew 6:1-21	The practice of faith
T	Proverbs 8:32-35	Listen to God
F	Joel 2:1-2, 12-17	Return to the Lord your God
S	Psalm 51:1-17	Have mercy on me, God
S	Mark 1:9-15	The temptation of Jesus

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

Rituals and Traditions



PRAYER

Jesus, Son of
God, open our
ears and our
hearts so that
we listen to you.
Amen.

BLESSING

May God's
light shine in
your heart so
that you know
and listen to
Jesus.

Creative Response

This week Lent begins!

Begin your household preparations by observing Shrove Tuesday. The name 'shrove' comes from the practice of being "shriven" – going to church, confessing your sins and being forgiven – before the start of Lent. Shrove Tuesday is also sometimes known as Pancake Tuesday or Fat Tuesday, because households used up their remaining eggs and fats before Lent by making pancakes on this day. Have a pancake breakfast or dinner. As you eat, talk about what Jesus gave up for our sake, and what you might wish to give up for Lent to help you prepare spiritually for Holy Week.

The first day of Lent is called Ash Wednesday. Traditionally this is a day for Christians to remember that we are sinners and that we need a Saviour. Observe Ash Wednesday in your home by marking one another with ashes. Burn some paper and crush it into fine ashes. Then mix the ashes with a small amount of olive oil. Make the sign of the cross on one another's foreheads as you say these words:

Remember that you are dust, and to dust you shall return. Turn back to God and believe in Jesus your Saviour.

mealtime prayer

For every cup and every plateful, to you, O God,
we are grateful. Amen.

Service



Read Matthew 6:1-21.
Lent focuses on the
disciplines of prayer,
fasting, and giving
money or food to people
in need.

Make this week
"Secret Service
week" in your home
or with friends.

Put your names in a bowl and have each person draw out someone else's name. During the week, perform a secret act of service for that person. Share your ideas about secret acts of service that could be carried out for one another.