

22nd March 2026



table **GRACE**

We thank you God for
this our food,
for life, and health, and
everything good.

AMEN



VERSE for the week

“For whoever wants to save their life
will lose it, but whoever loses their life
for me will find it.”

-Matthew 16:25



THOUGHT
for the week

“I have now
concentrated all my
prayers into one,
and that one prayer
is this, that I may die
to self, and live
wholly to Him.”

-Charles Spurgeon



REMEMBER this week

Jesus invites us to endure
the pain of self-denial to
receive the joy of seeing his
life made real in us and
others.



1 let's **SHARE**

1. Share your highs and lows.
2. How would you describe what it means to 'follow Jesus'?
3. When is it hard for you to put other people first? What things can make it easier?
4. What do you think Jesus meant when he told his followers to, "take up your cross and follow me"?
5. Sometimes doing the right thing is hard. When has following Jesus made things hard in your life?
6. How would you describe the difference between believing something and trusting something?
7. What is one thing that makes it hard for you to follow Jesus sometimes? How could you avoid that thing this week?

2 let's **READ**

Sunday – **Philippians 2:3-4**

Monday – **Philippians 2:5**

Tuesday – **Philippians 2:6-8**

Wednesday – **Mathew 16:24**

Thursday – **Galatians 2:20**

Friday – **Romans 12:1**

Saturday – **Mark 10:45**



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 adopting us as his own through Christ.

THANK JESUS

for the life that we now have because of his self-sacrifice for our sake.

ASK THE HOLY SPIRIT

to help you deny yourself, take up your cross and follow Jesus.



5 let's **BLESS**

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

Name, May the life of Christ fill your heart as you place all of your life in his hands. Amen.