

DAILY BIBLE READINGS:



These readings are related to the Lectionary readings for this Sunday. We invite you to take time each day to read the assigned Bible passage.

Sunday	Matthew 17:1-9	Jesus shines on a mountain
Monday	Exodus 3:1-14	Moses and the burning bush
Tuesday	2 Corinthians 4:5-11	God's light shines in our hearts
Wednesday	Matthew 6:1-6,16-21	The practice of faith
Thursday	Isaiah 55:1-7	Turn to the Lord
Friday	Joel 2:1-2,12-17	Return to God
Saturday	Psalms 51:1-17	Have mercy on me, God
Sunday	Matthew 4:1-11	The temptation of Jesus

SCRIPTURE VERSE FOR THIS WEEK:

While Peter was still speaking, the shadow of a bright cloud passed over them. From the cloud a voice said, "This is my own dear Son, and I am pleased with him. Listen to what he says!" *Matthew 17:5* (CEV)

SAY, PRAY AND BLESS:

A Prayer for the Week:

Father in heaven, thank you for the gift of your beloved Son. Please open our ears to listen to him and our hearts to obey him. Amen.

Mealtime Prayer:

Lord Jesus, thank you for your kindness. You fill our stomachs with good food and our hearts with hope. Help us to listen to you. Amen.

A Blessing to Give:

May the Lord Jesus bring you peace when you are afraid. May he shine bright in your heart, now and always. Amen.

CARING CONVERSATION:

Discuss in your household or small group:

- Share about a time when you were afraid. What happened?
- Read Matthew 17:1-8. Imagine that you were Peter, James or John. How would you have felt about what you saw and experienced?
- How does Jesus help us when we are afraid? When have you experienced his help in this way?

DEVOTIONS:

This coming Wednesday (9 March) is Ash Wednesday, the first of the 40 days of Lent. Traditionally, Christians have received ashes on the head on this day as a reminder of their mortality and a sign of sorrow for sin. As you pray this week, take time to share with each others those things that you wish you had not done or said, as well as the things that you left unsaid or undone. This Wednesday, plan to attend an Ash Wednesday service in your community.

SERVICE:

One Lenten custom involves giving up a household treat food or activity for Lent. Think of something your household is able to give up for the next six weeks. If you save any money by giving up that item or activity, put that money aside to give to a charitable cause at the end of Lent.

RITUALS AND TRADITIONS:

The day before Ash Wednesday is called Shrove Tuesday. The name "shrove" comes from the practice of being "shriven" – going to church to confess your sins and receive absolution before the start of Lent. Shrove Tuesday is also sometimes called Pancake Tuesday or Fat Tuesday, because households used up their remaining eggs and fats before Lent by making pancakes on this day. Have a Shrove Tuesday pancake breakfast or dinner. As you eat, talk about what Jesus gave up for our sake, and what you could give up during Lent to prepare spiritually for Easter.