



17th February 2019

SIXTH SUNDAY AFTER EPIPHANY  
Blessed are those who trust  
in the Lord

Sundays After Epiphany

**GREEN** is a sign of life and nature and as such  
represents growth, life and hope.

verse for the week

Blessed are those  
who trust in the  
LORD and have  
made the LORD  
their hope and  
confidence.

JEREMIAH 17:7



SHARE

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

1

Have you ever had  
someone let you  
down? Share your  
experience.

2

Jeremiah 17:7  
says "blessed are  
those who trust in  
the Lord". What  
does it mean to  
place our trust  
in God?

3

Do you find it  
hard to "trust in  
the Lord"? Why?  
What helps you to  
do so?

4

Share about how  
God helped you  
through a difficult  
time.

## Devotions



READ Daily Bible Readings

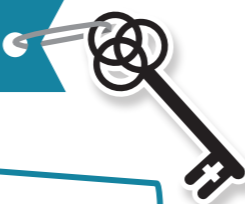
S	Luke 6:17-26	Blessings and woes
M	Jer 17:5-10	Trust in the Lord
T	1 Cor 15:12-20	The resurrection of the dead
W	Matthew 5:1-12	Life in God's kingdom
T	Acts 10:39-43	God raised him from the dead
F	1 Thess. 4:13-18	Jesus died and rose again
S	Psalm 1	The Lord watches over
S	Luke 6:27-38	The golden rule



TALK

**Talk about the Bible verse. What word or phrase was important to you as you read these verses?**

## Rituals and Traditions



PRAY

Lord God, keep  
me today from  
trusting in my own  
strength. Instead,  
help me to place  
my confidence in  
you. Amen



BLESS

The Lord bless  
you with delight in  
his Word, so that  
you yield good  
fruit in his name  
and are kept from  
fear and worry.

## Creative Response

Lent begins on Wednesday, March 6 (Ash  
Wednesday).

Start to think about how you will observe Lent  
and Easter this year as a family. Here are some  
ideas:

1. At the beginning of Lent have each family member pick out one day during Lent that will be his or her special day. On their special day each member will be expected to be especially helpful, kind and complimentary to the other members of the family.
2. Donate time to serve the needy in your area in some way. If this is not possible, make a donation of food or money to a local organisation helping people in difficult circumstances.
3. Ask each family member to be responsible for a prayer before meals for one week of Lent. Encourage them to write a prayer of their own.
4. Encourage each member of the family to "give up" something for Lent or for a part of Lent. The sacrifice should be something of value but also reasonable.
5. Share a "poverty meal" of one or two basic foods several times during Lent. Talk about how it must feel to have such a small amount of food for every meal.

### mealt ime prayer

Lord God, thank you for giving us food in our times  
of hunger. Make us hungry for your word, so that  
we live in your strength and not our own. Amen.

## Service



Plan as a family how  
you might be able to  
support some of the  
following campaigns to  
better our world.

[www.plant-for-the-planet.org/  
en/home#intro](http://www.plant-for-the-planet.org/en/home#intro)

<http://treeday.planetark.org/>

[www.cleanupaustraliaday.org.  
au/](http://www.cleanupaustraliaday.org.au/)

