



Growing FAITH at home

PROPER 4

YEAR B

The Son of Man is Lord even of the Sabbath



GrowMinistries
LCA CHILD YOUTH & FAMILY MINISTRY



where love comes to life

www.growministries.org.au

Sunday between
May 29 and June 4
(if after Trinity Sunday)



CONVERSATIONS

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

1. The Sabbath in the Bible was the first day of the week and people were to rest from their work. How do you like to spend a time of rest?
2. As Christians, resting also means spending time with God? Do you find time to rest with God regularly? What do you do?



BIBLE READINGS

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

S	Mark 2:23-3:6	Jesus is Lord of the Sabbath
M	1 Samuel 3:1-10	The Lord calls Samuel
T	1 Samuel 3:11-20	Here I am Lord
W	Deuteronomy 5:12-15	Sabbath commemorations
T	2 Corinthians 4:5-12	Jesus acts with compassion
F	Exodus 13:17-22	Crossing the sea
S	Psalms 81:1-10	Sing for joy to God

VERSE OF THE WEEK

*We always carry around in our body the
death of Jesus, so that the life of Jesus
may also be revealed in our body.*

2 CORINTHIANS 4:8-10





CREATIVE RESPONSE

Think of a place that you like to visit when you have some free time. Discuss as a family how you might be able to bring God into this time together. It might just be by being thankful to God for what you see or you might like to have a picnic and read your favourite Bible story.



MEALTIME PRAYER

Our hands we fold,
our heads we bow.
For food and drink,
we thank God now.
Amen.



ACTION RESPONSE

Most of us enjoy our weekends or holidays as a time of rest from our work or study. Think of the people who don't get much time to rest, those who care for others, or their job requires working on weekends or evenings.

Pray for these people. If you know someone in this situation, maybe you could make a meal for them or offer to help them in some way.



PRAYER

We thank you,
heavenly Father, that
all good gifts come
from you. Help us to
be compassionate
like Jesus and always
ready to help others
in need. Amen.



BLESSING

Lord, help us
to find our rest
in you.