

12 September 2021

SIXTEENTH  
SUNDAY AFTER  
PENTECOST

Take up your cross  
and follow.

verse for the week  
"If any want to  
become my followers,  
let them deny  
themselves and take  
up their cross and  
follow me."

MARK 8:34

Caring Conversations

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

1

Share about a time when you carried something heavy.

2

Jesus says that if we want to come after him, we must pick up our crosses and follow him. What do you think he means?

3

Do you think it is hard or easy to follow Jesus? Why?



Devotions



Daily Bible Readings

S	Mark 8:27-38	Taking up the cross
M	Isaiah 50:4-9a	God's servant must suffer
T	James 3:1-12	Controlling the tongue
W	Philippians 3:7-16	Running towards the goal
T	Hebrews 12:1-13	The example of Jesus
F	1 Peter 5:6-11	God will restore those suffering
S	Psalms 116:1-9	A prayer of thanksgiving
S	Mark 9:30-37	The servant of all is greatest

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

Rituals and Traditions



PRAYER

Lord Jesus Christ, give us strength, courage and faith to take up our cross and follow you. Amen.

BLESSING

May God's goodness give you peace in your heart and your mind. May the Lord protect you with kindness.

Creative Response

How can we remember the cross of Jesus each day?

We can make the sign of the cross a regular practice. This is an ancient Christian tradition that reminds us that we are people saved through the cross of Christ.

Make the sign of the cross with your thumb, index and middle fingers together. Place them on your forehead, then move them down to your heart, then from left across to your right shoulder.

Visual reminders of the cross are also a way of communicating our faith.

What crosses do you have on display in your home?



mealtime prayer

Lord Jesus, as we chew and as we swallow, make us strong to love and follow. Amen.

Service



We serve others not only through what we do but also through what we say.

James 3:1-9 encourages us to use our tongues to bless others, not hurt them.

Aim to be God's 'sacred agents' this week in your home, places of work or education, church and community. Set out each day to give at least one compliment or affirmation to someone else.

'I'm proud of you for...'  
'That's ok, how can we learn from that?'

'I'm sorry'  
'I love you no matter what'