



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?



mealt ime 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'