

Daily Bible Readings:

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

Sunday	Matthew 17:1-9	Christ revealed as God's beloved Son
Monday	Exodus 3:1-6	Moses and the burning bush
Tuesday	Exodus 33:7-23	Moses asks to see God's glory
Wednesday	1 Kings 19:3-13	The Lord appears to Elijah
Thursday	Luke 2:8-14	The glory of the Lord shone
Friday	2 Corinthians 3:12 – 4:6	God's light shines in our hearts
Saturday	Psalms 24	The King of glory
Sunday	Matthew 4:1-11	The temptation of Jesus

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Scripture Verse for this Week:

While Peter was still speaking, a bright cloud surrounded them. A voice from the cloud said, "This is my Son, and I love him. I am very pleased with him. Listen to him!" Matthew 17:5 (NIRV)

- Cut out & carry with you.
- Say at each mealtime.
- Read at bedtime.
- Commit to memory.

Prayer for the week:

"Lord God, thank you for the gift of your beloved Son. Please give me ears to hear him and a heart that listens to his words. Amen." (Matthew 17:5)

For Throughout the Day:

"Lord, help me pay attention to your Word. Amen." (2 Peter 1:19)

Mealtime Refrain:

"Let us praise God's great and awesome name: For the Lord our God is holy." (Psalm 99:3,9)

A Blessing to Share:

"May the Lord Jesus calm your fears with his love. May his light shine in your heart, now and always. Amen." (Matthew 17:6-7, 2 Peter 1:19)

Mealtime Prayer:

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



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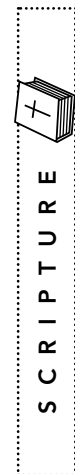
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Faith Talk:

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?

Devotional Practices:

This coming Wednesday (February 6) 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. This Wednesday have a small Ash Wednesday observance in your home. Prepare in advance a small bowl of ashes to use.

Bible Readings: Genesis 3:19; Romans 8:1,11.

Leader: *God's Word tells us that because of sin our bodies, made from the dust of the earth, will one day return to dust. But Jesus Christ has come to save us from sin. As Lent begins today, let us pray for faith in him.*

Prayer: Lord God, as the season of Lent begins today, we confess our need for a Saviour. Help us to trust and follow Jesus. Amen.

Leader: *Let us now mark one another with ashes as a sign that we are sorry for our sins, and that we trust in Jesus to save us.*

Family members take turns in making the sign of the cross with ashes on one another's foreheads, saying these words: **"Repent and look to Jesus your Saviour, for dust you are, and to dust you shall return."**

Leader: *God remembers that we are dust and has compassion on us. The Lord's love is with those who worship him. Go in peace. Amen.*

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.

Service:

As a family, consider giving up a treat food or activity for the season of Lent. Each week put aside the amount of money saved in so doing. Decide on a charitable cause you will donate the money to at the end of Lent.

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