

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	John 6:35,41-51	Bread from heaven
Monday	Luke 6:20-26	You will be satisfied
Tuesday	John 4:4-13	Jesus promises living water
Wednesday	John 7:37-41	Come and drink
Thursday	Revelation 7:9-17	Never again will they hunger
Friday	Revelation 22:12-17	Whoever is thirsty, come
Saturday	Psalms 81	God will feed us
Sunday	John 6:51-58	Christ, the true food and drink

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	John 6:35,41-51	Bread from heaven
Monday	Luke 6:20-26	You will be satisfied
Tuesday	John 4:4-13	Jesus promises living water
Wednesday	John 7:37-41	Come and drink
Thursday	Revelation 7:9-17	Never again will they hunger
Friday	Revelation 22:12-17	Whoever is thirsty, come
Saturday	Psalms 81	God will feed us
Sunday	John 6:51-58	Christ, the true food and drink

Scripture Verse for the Week:

Be kind and tender to one another.
 Forgive each other, just as God forgave you because of what Christ has done.
 – Ephesians 4:32 (NIRV)

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

Prayer for this Week:

Lord Jesus, help me to look to you and believe. Amen.
 (John 6:40)

For Throughout the Day:

Lord God, keep me from saying things that hurt others. Help me to say only things that are helpful and encouraging. Amen.
 (Ephesians 4:29).

A Blessing to Share:

May God bless you with his forgiveness and love. May God help you to be forgiving and loving toward others. Amen.

Mealtime Refrain:

Taste and see that the Lord is good:
Those who respect him have everything they need.
 (Psalm 34:8,9)

Mealtime Prayer:

We thank you, God, for this our food; for life and health and every good. Amen.

SCRIPTURE

Scripture Verse for the Week:

Be kind and tender to one another.
 Forgive each other, just as God forgave you because of what Christ has done.
 – Ephesians 4:32 (NIRV)

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

Prayer for this Week:

Lord Jesus, help me to look to you and believe. Amen.
 (John 6:40)

For Throughout the Day:

Lord God, keep me from saying things that hurt others. Help me to say only things that are helpful and encouraging. Amen.
 (Ephesians 4:29).

A Blessing to Share:

May God bless you with his forgiveness and love. May God help you to be forgiving and loving toward others. Amen.

Mealtime Refrain:

Taste and see that the Lord is good:
Those who respect him have everything they need.
 (Psalm 34:8,9)

Mealtime Prayer:

We thank you, God, for this our food; for life and health and every good. Amen.

SCRIPTURE

Faith Talk:

Discuss in your household or small group:

- Who is someone you respect or look up to? Why? What about them do you try to imitate or copy in your own life?
- St. Paul writes that we imitate God by living lives of love. How does God show his love to you?
- Read Ephesians 4:25-5:32. In what ways, according to St. Paul, can we show love to others?

Devotional Practices:

St. Paul writes: *'Don't let any evil talk come out of your mouths. Say only what will help to build others up and meet their needs. Then what you say will help those who listen.'* (Ephesians 4:29). Take time in your devotional gatherings this week to give each other compliments or words of encouragement. Pray that God will help you become more encouraging to one another as a household.

Service:

St. Paul reminds us that, as Christians, we work not only to provide for ourselves but so that we *'have something to share with those in need.'* (Ephesians 4:28). Collect a family offering to support an organization helping the poor or needy. Have children contribute from their allowances or do chores around the house to earn money to give.

Rituals and Traditions:

On birthdays we build one another up with special gifts and treats and kind words. But what about the rest of the year? Consider choosing one day of every week to mark as "Special Persons Day". On this day each week, focus on a particular family member. Give them a special plate/cup to use at mealtimes; share one of their favorite foods or drinks; and say a special prayer for them.

Parent Toolbox: Responding to Children's Anger

St. Paul says: 'When you are angry, do not sin.' (Ephesians 4:26). We all become angry at times. Anger is a natural God-given emotion, and there are many situations where it is not wrong to feel angry. The problem occurs when anger leads to inappropriate actions or behaviour. Because many adults have not learnt helpful ways to cope with anger themselves, they may respond to their children's anger by screaming, yelling, or spanking. But doing so unintentionally reinforces the very behaviours they wish to stop! Parents who remain calm while disciplining are better able to teach their children how to deal with anger. Good discipline includes setting clear limits and consequences for our children and sticking to them in a neutral way. Bad discipline involves punishment which is emotionally reactive, overly harsh or unpredictable.

Faith Talk:

Discuss in your household or small group:

- Who is someone you respect or look up to? Why? What about them do you try to imitate or copy in your own life?
- St. Paul writes that we imitate God by living lives of love. How does God show his love to you?
- Read Ephesians 4:25-5:32. In what ways, according to St. Paul, can we show love to others?

Devotional Practices:

St. Paul writes: *'Don't let any evil talk come out of your mouths. Say only what will help to build others up and meet their needs. Then what you say will help those who listen.'* (Ephesians 4:29). Take time in your devotional gatherings this week to give each other compliments or words of encouragement. Pray that God will help you become more encouraging to one another as a household.

Service:

St. Paul reminds us that, as Christians, we work not only to provide for ourselves but so that we *'have something to share with those in need.'* (Ephesians 4:28). Collect a family offering to support an organization helping the poor or needy. Have children contribute from their allowances or do chores around the house to earn money to give.

Rituals and Traditions:

On birthdays we build one another up with special gifts and treats and kind words. But what about the rest of the year? Consider choosing one day of every week to mark as "Special Persons Day". On this day each week, focus on a particular family member. Give them a special plate/cup to use at mealtimes; share one of their favorite foods or drinks; and say a special prayer for them.

Parent Toolbox: Responding to Children's Anger

St. Paul says: 'When you are angry, do not sin.' (Ephesians 4:26). We all become angry at times. Anger is a natural God-given emotion, and there are many situations where it is not wrong to feel angry. The problem occurs when anger leads to inappropriate actions or behaviour. Because many adults have not learnt helpful ways to cope with anger themselves, they may respond to their children's anger by screaming, yelling, or spanking. But doing so unintentionally reinforces the very behaviours they wish to stop! Parents who remain calm while disciplining are better able to teach their children how to deal with anger. Good discipline includes setting clear limits and consequences for our children and sticking to them in a neutral way. Bad discipline involves punishment which is emotionally reactive, overly harsh or unpredictable.