

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	Mark 9:2-9	The transfiguration of Jesus
Monday	Exodus 19:7-25	Moses meets God
Tuesday	Job 19:23-27	Job will see God
Wednesday	Matthew 6:1-6,16-21	The practice of faith
Thursday	Isaiah 58:1-12	True fasting
Friday	2 Corinthians 5:20 – 6:10	Living as Christ’s ambassadors
Saturday	Psalms 51:1-17	Have mercy on me, God
Sunday	Mark 1:9-15	The temptation of Jesus

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Scripture Verse for this Week:

Then a cloud appeared and surrounded them. A voice came from the cloud. It said, “This is my Son, and I love him. Listen to him!” – Mark 9:7 (NIRV)

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

Prayer for this Week:

Lord, make your light shine in my heart, so that I know and serve you. Amen. (2 Corinthians 4:6)

For Throughout the Day:

Jesus, Son of God, open my heart to listen to you. Amen. (Mark 9:7)

A Blessing to Share:

May God’s light shine in your heart so that you know and listen to Jesus. Amen.

Mealtime Refrain:

Jesus is God’s beloved Son: **Let us listen to him.** (Mark 9:7)

Mealtime Prayer:

*For every cup and every plate full,
To you, O God, we’re grateful. Amen.*



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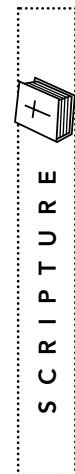
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Faith Talk:

Discuss in your household or small group:

- Share about a time when you were scared. What did you do?
- In Mark 9:2-9 we hear about an amazing experience that Peter, James and John had one day. How do you think you would have reacted?
- God spoke from the cloud and told Jesus' disciples to listen to Jesus. How does listening to Jesus help us when we are scared or fearful?

Devotional Practices:

Observe Ash Wednesday (25 February) in your home by marking one another with ashes. Burn some paper and crush it into fine ashes. Then mix the ashes with a small amount of olive oil. Make the sign of the cross on one another's foreheads as you say these words:

Remember that you are dust, and to dust you shall return. Turn back to God and believe in Jesus your Savior.

Service:

Make this week "secret service" week in your home. Put your household member's names in a hat and have each person draw out someone else's name. They are to do some form of "secret service" for that person during the week. Talk together about ideas for performing secret acts of service.

Rituals and Traditions:

This week, Lent begins! Begin your household preparations by observing Shrove Tuesday (24 February). The name 'shrove' comes from the practice of being "shriven" – going to church, confessing your sins and being forgiven – before the start of Lent. Shrove Tuesday is also sometimes known as Pancake Tuesday or Fat Tuesday, because households used up their remaining eggs and fats before Lent by making pancakes on this day. Here are some ideas for Shrove Tuesday:

1. Have a pancake breakfast or dinner. As you eat, talk about what Jesus gave up for our sake, and what you might wish to give up for Lent to help you prepare spiritually for Holy Week.
2. Have a household party with a special dessert, party hats and an "Alleluia" sign. Prepare a box, covered with purple paper and a foil cross on top. Eat your meal, sing a party song, and welcome in Lent with noisemakers. At the end of the meal, "bury" the noisemakers and the "Alleluia" sign in the box. Open the box again on Easter Sunday.
3. Go through your pantry and select some food items to donate to a food bank for needy persons.

FOUR KEYS FOR THE HOME

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