

WEEK 5

REMEMBERING JESUS' EXAMPLE

MONDAY Say thank you to God every time you eat today

We know Jesus gave thanks to God before sharing bread with his friends. Remembering to thank God for our food – and to pray for those who don't have enough – is a good habit.

TUESDAY

Find out what your church (or your school) does to help those in need

Could you do or give something to help as a family or as a class?

WEDNESDAY Look for anyone who feels 'left out' at school or at home

The Gospels show us Jesus helping and befriending people who others ignored or kept at a distance – and encouraging his followers to do the same.

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THURSDAY Read the Lord's Prayer and notice what each line is about

The Lord's Prayer reminds us each day to praise God, to ask for what we need and to ask forgiveness for what we have done wrong.

FRIDAY

Ask someone else who goes to church why it is important to them

Meeting together for worship – especially sharing Holy Communion – reminds us that we are not alone on our journey of faith: God is with us, and we journey with others.

WEEKEND

Read – or watch – the story of the Road to Emmaus

Read Luke 24:13-35 or search online for 'The Seriously Surprising Story' from the Bible Society to find out about what happened on the evening of the first Easter Day.

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