



# Growing FAITH at home

PROPER 19

YEAR B



## CONVERSATIONS

Share your highs and lows, or respond to the following:

1. Share about a time when you carried something heavy.
2. Do you think it is hard or easy to follow Jesus? Why?



## BIBLE READINGS

Read the following Bible readings throughout this week.  
Talk about what words or phrases stand out for you.

1st reading

**Isaiah 50:4-9a**  
God's servant must suffer

2nd reading

**James 3:1-12**  
Controlling the tongue

Gospel reading

**Mark 8:27-38**  
Taking up the cross

## DISCUSS

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?



## ACTION 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 on your forehead, then on your heart. Visual reminders of the cross are also a way of communicating our faith. What crosses do you have on display in your home?



## 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.



## MEALTIME PRAYER

Lord Jesus, as we chew and as we swallow, make us strong to love and follow. Amen.

IF ANY WANT TO BECOME MY FOLLOWERS, LET THEM DENY THEMSELVES AND TAKE UP THEIR CROSS AND FOLLOW ME.

MARK 8:34

VERSE OF THE WEEK



## TAKE UP YOUR CROSS AND FOLLOW



Grow Ministries  
LCA CHILD YOUTH & FAMILY MINISTRY



LUTHERAN CHURCH OF AUSTRALIA  
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Sunday between  
September 11 and  
September 17