

Friday, 5th March
Open-handed living

Jesus said,
'for those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?

Luke 9.24-25

Jesus expands on yesterday's verse. Letting go of our lives is actually the key to discovering our lives; the more we seek to grab hold of life the more we lose it.

Questions

- What do you think Jesus is saying in these verses?
- Can you think of examples in your own life, or in the lives of others, where Jesus' words are seen to be true?

Challenges

- How can you live today with 'open hands', not grabbing hold of things but gratefully receiving and sharing the life God has given you?
- Give something away today, make a difference today, find life today.

Saturday, 6th March
Big-hearted living

Jesus said to them,
'Whoever welcomes this child in my name welcomes me, and whoever welcomes me welcomes the one who sent me; for the least among all of you is the greatest'.

Luke 9.48

As we let go, as we live with 'open hands' so we discover we can live with big hearts; hearts that are loving and welcoming. As we welcome others, so we welcome Jesus.

Questions

- Whom do you find it most difficult to welcome, to open your heart to?
- Who is the 'least' in your local community or in the world? How might you 'welcome' them?

Challenges

- Reflect on what you have learned and acted on in the last week.
- How can you live today with a big heart? Whom can you love generously and welcome warmly?

challenge

**Dare to make a difference
by living the words of Jesus**

Week 3

28th February - 6th March

Living the Life of Jesus

The main aim of Challenge is for you to take time to pray and think for yourself about the meaning of Jesus' words and how living them might make a difference in your life and, through your life, in the community. This leaflet offers a bit of help to get you started, but its not a substitute for your own reflections.



read it • learn it • pray it • do it

Sunday, 28th February

Living action

Jesus said,
"Why do you call me "Lord, Lord", and do not do what I tell you?'

Luke 6.46

This week we look at some of the key things Jesus said which point to a different way to live. Today's verse makes it clear that we cannot simply live Jesus' life in our heads or even our hearts; action is required.

Questions

- In what ways do you follow Jesus with your words but not live it in your life?
- What makes it hard to put Jesus words into practice?
- What might make the difference?

Challenges

- Choose one thing Jesus said that you can act on today.
- Reflect on someone you know who lives the life of Jesus. What can you learn from their example?

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Monday, 1st March
Living graciously

Jesus said 'I tell you, her sins, which were many, have been forgiven; hence she has shown great love. But the one to whom little is forgiven, loves little.'

Luke 7.47

At a meal, a woman shows her love for Jesus by pouring perfume on his feet; Jesus contrasts her act with the lack of warmth and welcome from the host of the dinner.

Questions

- How would you define, or describe, forgiveness?
- What place has forgiveness had in your life?
- In what ways can we return to others the love we receive?

Challenges

- Thank God for the people who have shown you love and forgiveness. Reflect on the difference this has made to you.
- Do something today which offers a gift of forgiveness and love to someone else.

Wednesday, 3rd March
Living simply

Jesus said to them, 'Take nothing for your journey, no staff, nor bag, nor bread, nor money—not even an extra tunic'.

Luke 9.3-5

Jesus sends out his disciples to spread the news of God's presence and love. They are to travel simply; trusting in God and dependent on the hospitality of those to whom they go.

Questions

- How easy do you find it to be dependent on other people?
- Can the complexity of our lives prevent us discovering God's presence and love?
- What effect does our often greedy consumerism have on others around the world?

Challenges

- Choose one way in which you can live more simply this Lent.
- Make some space today to encounter God and to enable others to do the same.

Tuesday, 2nd March
Living openly

Jesus said, "for nothing is hidden that will not be disclosed, nor is anything secret that will not become known and come to light'.

Luke 8.17

Jesus doesn't make it clear when this disclosure will happen; he might be referring to a final judgement, but equally he might be describing a general principle of life. The point is that secrets will always out.

Questions

- What effect can secrets have in relationships?
- Do things that are done in secret always come to light?
- What might it mean for you to live more openly?

Challenges

- Make a change to put a little more honesty and openness in a relationship.
- Live today as if all your actions, words and thoughts were known to everyone!

Thursday, 4th March
Living selflessly

Jesus said, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me'

Luke 9.23

Some challenging words from Jesus! If we are to follow Jesus fully, we need to let go of things which we hold onto tightly. These can be things such as our ambitions, our fears, our pride or our small mindedness.

Questions

- What words would you use to describe what it means to follow Jesus?
- In what ways can 'denying oneself' be a positive thing (and in what ways negative).

Challenges

- Is there something you can let go of today, in order to follow Jesus more closely? If so, do it.
- Do something practical to put someone else first today; maybe someone near you or someone in another part of the world.