

WEEK ONE

Contentment Code: Others > Self

Mark 10:42-45

FAMILY ENCOUNTER

SUPPLIES:

- Bible
- Sacred Candle & Matches/Lighter
- Pens, Pencils
- Paper
- Jar (empty and clean)
- Items to decorate jar (optional)

WELCOMING GOD:

Gather together, and welcome God into this time and space through the lighting of a candle. Take this moment to pause briefly and sit quietly in this light for a few moments allowing time for everyone to relax their body, mind, and spirit for this time. In these moments, the invitation is to become aware of God's presence with and amongst you as a family.

Sharing with God and One Another:

Say: "If anything is on our minds that makes it difficult for us to focus, let's share it now and then let it go."

-Whoever leads this portion might share what is on his or her mind to model this. Give time for each person to respond. When everyone who desires to has responded, invite everyone to place their hands out and lift them up as we give these distractions to God

OR

you can invite the family to pray together as one person leads saying the following:

Dear Loving God,

The One who knows our hearts, celebrates our victories, grieves with us during our losses, and gives us the strength to overcome our challenges. Please help us to let go of the distractions we name now, so that we can openly share with our family and may encounter you in a special way today. Our distractions are: (let there be silence here, so everyone has an opportunity to name aloud what is distracting them).

In the name of Jesus, we pray. Amen.

Encountering God:

Read: Read aloud Mark 10:42–45

-Take turns reading the scripture or have a different family member read the scripture each week.

Mark 10:42–45

“So, Jesus called them and said to them, ‘You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many.’”

Encountering Each Other:

Discussion Questions:

-When you think of what it takes to be a good leader, what do you think about?

Say: Jesus is speaking in this scripture, today. He tells his disciples that he (the Son of Man) did not come to be served but to serve. His whole purpose for having a life was to share it—with those around him and with us. Sharing his life by serving others, Jesus showed us how we might truly live: serving others in and with love. One way we can do this is through noticing what others might need done or might enjoy and then doing that thing for them. We might even call this a random act of kindness—only, it’s not random because you noticed the need or the joy it would cause.

Do: As you complete the activity below, answer the following questions together

Discussion Questions:

- Who could we as a family do something kind for?
- What are some ways we can serve each other?
- What are some ways we can serve others in our family? Our neighborhood? Our church? Our city?

Activity: As you answer these questions, work together to create a list of random acts of kindness and ways you can serve those around you. This can include mowing a lawn, making some cookies, cleaning, even writing a note or sending a text. As you come up with

your list, decide what you can do as a family for someone. Then, have each person decide on something they can do for someone else (and who they will do it for). Write those down on individual pieces of paper, and place them in the jar. When you finish the list, put it in the jar, too, and try to pull it out once a month to see if you can add to it and/or mark items off the list. Try to do at least one thing a month together to serve others together.

If you want, decorate the jar using the supplies you brought (paint, markers, paper, etc.).

Encountering God Together:

Say:

May we pray together as a family...

- Let us share our prayers for the world: for our country and leaders, for other countries and their leaders...
- Let us share our prayers for the church, ministers, and spiritual leaders...
- Let us share our prayers for our teachers, first responders, friends, and others in the community...
- Let us share our prayers for our family and our own specific needs...

If you would like to record the people for whom you pray, use the next few lines to do so:

*You can also record these requests in a family prayer journal if you are using one.

Encountering Transformation Together:

Pray aloud together:

God, we welcomed you here and read Your Word,
we prayed and we spent time with you,
we rested in your love for us,
and we did this all together.

Now, we promise to love one another and others as you love us.
In the name of Christ. Amen.

Blessing One Another for our Encounters with the World:

Invite family members to bless one another using any of the examples below or their own blessings.

Examples:

“I love you. God loves you. I pray God blesses you.”

“God loves you exactly like you are—and so do I.”

“I love the gifts God has given you and how you bless the world with them.”