

From our couch to

Love Others

Romans 12:10

Be devoted to one another in love. Honor one another above yourselves.

Mark 9:33-35

They came to Capernaum. When he was in the house, he asked them, "What were you arguing about on the road?" But they kept quiet because on the way they had argued about who was the greatest. Sitting down, Jesus called the Twelve and said, "Anyone who wants to be first must be the very last, and the servant of all."

It's so easy to get caught up and be discouraged by all of the hard things going on right now. But, one of the very best ways to combat anxiousness and discouragement is to reach out and care for others. We have two ideas for how you can show love for someone this week:

WoodsEdge has a Backpack Drive going on now until July 26th. Your family can gather supplies and pack a backpack for a student in need! Check out the WoodsEdge website for all the details.

The Channel One Bring Hope Challenge this week is to buy a case of water bottles, put them on ice, and store them in the back of your vehicle in an ice chest. Then, as you are out and about offer a cold water bottle to someone who could use it in the summer heat and say thank you for all they do! Suggestions— cart collectors, delivery truck drivers, construction workers, anyone thirsty!

BIBLE DISCUSSION

In our Bible Reading Challenge for the month of July we have been spending time in the Gospel of Mark, setting aside at least 15 minutes of our day to get to know our God better. It is amazing how robotic our time with Him can become when we have the wrong priorities for our quiet time. Be intentional about what your desire is when you spend time with God, and challenge yourself to *want* to discover more of who God is. This week we are going to focus in on a topic that we all struggle with sometimes: putting others before ourselves. There is a passage in Mark where the disciples are arguing over who among them is the greatest, and Jesus takes some time to teach them a valuable lesson. Gather the family together and read Romans 12:10 and Mark 9:33-35 before answering the following questions:

Family Summer Activities:

- *Go strawberry picking at Atkinson Farms*
- *Take a family bike ride*
- *Craft homemade milkshakes*
- *Put together backpacks for the WoodsEdge Backpack Drive*

1. Name one example from a movie or book (other than the Bible) of someone putting the needs of other people before their own.
2. Why do you think it is so difficult to put others before yourself?
3. Does it surprise you at all hearing that even the disciples struggled with this issue? Why or why not?
4. Why do you think God wants us to serve others? To put the needs of other people before our own needs?
5. What is something you can do this week to serve someone else?



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