



**Daily** Bible readings, a memory verse and a prayer for individual contemplation  
**Weekly** worship song, reflection and small group questions

**CONTENT:**

<b>Sunday 5 Sept</b>	<b>Week 1</b>	<b>God of all comfort</b>
Sunday 12 Sept	Week 2	Learning to be content in all circumstances
Sunday 19 Sept	Week 3	Heal the wounds of my people
Sunday 26 Sept	Week 4	It's ok to grieve
Sunday 3 Oct	Week 5	When all is gone, we remain hopeful



Sunday 5 September  
**Week 1**  
 GOD OF ALL COMFORT

**BIBLE READING:**

**Sunday 5 September** Deuteronomy 18: 5-8, 2 Cor 1: 3-4, John 16:33

**PRAISE AND WORSHIP:**

🎵 Breathe – Hillsong Worship - <https://youtu.be/XwPZHscjiv4>

*Reflection* **by Rev Kamogelo Monoametsi**  
 John 16:33 Raises a poignant point about the reality of life in which we will experience during our lifetime. Jesus seeks to be more truthful and honest with the disciples, he is not brainwashing their minds with unrealistic perceptions of life. He is telling the bitter, uncomfortable truth. When he asserts that “they will experience trouble in this world”, he is really meaning it. Pain, suffering, turmoil, and trials are guaranteed in this

world. It is inevitable to be a follower of Jesus and you don't go through darkest valleys, cross rivers of tests, experiences mountains of problems and unbearable pain.

When someone you love dies, you'll go through many feelings. Being overwhelmed in your loss is one of them. You'll start to worry that you will not be able to make it without your loved one. If you've lost your husband, maybe he made decisions which are now yours to make. If you've lost your parent, you ache inside, just wanting to talk to them one more time. And if you've lost a child, you feel that part of you has died as well. And yet, God knows how you feel right now. He's the only one who really does, no matter how many others claim to know. God made that heart of yours that is now shattered. Give him your cares. Jesus did not only inform us about troubles to make us scared of pain (that naturally goes with it), but He also told us about his comfort that is always promised. We live with this dualistic dimension of life: troubles and comfort. Yes, troubles are guaranteed but comfort is guaranteed as well, and victory is ours!

### SMALL GROUP QUESTIONS:

1. Think about the troubles you have experienced since lockdown and the comfort you received from God? What coping mechanisms did you use in the situation?

*Nagana ka dikgwetlo tse o ne o kopane le tsone, o gopole le tsela eo Modimo a go tshedisetseng ka yone. O fetile jang mo dikgwetlong tseo?*

2. In your understanding how does God comfort us during times of trouble?

*Ka tsela e o tshaloganyanag ka yone, Modimo o re tshedisa jang mo Nakong ya mathata.*

3. Having experienced God's comfort in your life, do you extend the comfort to others?

*O amogetse matshedisho go tswa go Modimo, a o kgothatitse batho ba bangwe jaaka Modimo a go kgothatitse?*



### DAILY BIBLE READING:

#### Monday

**Key Verse: Jeremiah 31:15** "A voice is heard in Ramah, mourning and great weeping, Rachel weeping for her children and refusing to be comforted, because they are no more."

**Prayer:** Dear God, sometimes our reality changes in ways that changes our lives forever. Please help me to cling to you and your love when life gets too much for me. Amen.

#### Tuesday

**Key Verse: Isaiah 41:10** "Don't be afraid, for I am with you"

**Prayer:** My God, your presence is a certainty; my feelings are not. Abba help me feel you in the darkest times and the best times of my life. Make me aware of your loving touch. Amen.

#### Wednesday

**Key Verse: Lamentations 1:21** "People have heard my groaning, but there is no one to comfort me. All my enemies have heard of my distress; they rejoice at what you have done. May you bring the day you have announced so they may become like me."

**Prayer:** Jesus, some days I feel so alone, a victim of my circumstances and it takes all my reserves to reach out to you. Please give me the comfort of your presence and the conviction in my heart that you have a plan for me and that this too shall pass. Amen.

#### Thursday

**Key Verse: Isaiah 40:1-2** "Comfort, comfort my people, says your God. Speak tenderly to Jerusalem and proclaim to her that her hard service has been completed, that her sin has been paid for, that she has received from the LORD's hand double for all her sins."

**Prayer:** Thank you so much Lord that I can hear your tender voice telling me I am forgiven; I am loved and cherished. Keep me close today as you do every day. Amen.

### Friday

**Key Verse: Psalm 9:9-10** *“The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.”*

**Prayer:** Thank you Jesus that I can always seek shelter in your arms. You are my rock! Help me to let go and let God, enhance my trust, and help me know in my heart of hearts that you will never forsake me. Amen.

### Saturday

**Key Verse: Jeremiah 29:11** *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

**Prayer:** My life is in your hands Lord, and there is no safer space in the universe. Thanks so much that I am important enough to you that you want to journey with me every day. I love and adore you! Amen.



It is important for parents to take time to lead the conversations of family time and to be honest with their children in these conversations.

**BY JENNY BLAKE – CHILDREN’S PASTOR**  
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### Sunday 5<sup>th</sup> September

**Pray daily:** Set up family time for prayer and devotions and stick to this arrangement. All devotions should always begin by with a prayer. Ask a family member to pray or one of the children.

### Scripture Reading: John 16:33

Allow children/teens to read out loud for the family.

### Activity/Family Moment:

We know that Christ has overcome the world. However sometimes we lose sight of this and as a result lose the peace in our hearts. We may replace this peace with other emotions or fears, that are all valid and real. But our heart is not meant to hold all these fears and troubles.

On a piece of paper draw a large heart, large enough to fill the page.

Inside the heart write down any fears, worries, troubles, burdens and or emotions that you may have. If we can't write yet you can draw what you feel inside.

Give yourself about 5-10 minutes to really write it all out and examine your heart on the paper.

If you want, you can share with the family.

If not, fold the paper and come together as a family and pray over what you are holding in your hearts. Ask for God to replace it with God's peace.

Once you have prayed you could burn the paper as God will deal with all your troubles or you could keep it in a prayer journal and come back to it at the end of the series and see how your prayers have been answered.