

**BodyBuilders**  
**11 March 2018 – Fourth Sunday in Lent**

**Share:**

- *How's your "wilderness" (Lenten) experience/journey going so far?*
- *Where and how do you need help?*



**Readings:** Numbers 21:4–9; Ephesians 2:1–10; John 3:14–21.

**Theme:** *Lift Jesus higher* – John 3:14, "And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up."

**Talk/Reflect:**

- How did the people sin (Numbers 21:7)?
- What do we learn from this example (1 Corinthians 10:6-10)?
- How does Jesus model his need to us (John 5:19, 30)?
- What does Moses do first to alleviate the people's suffering (Numbers 21:7)?  
How does Jesus do the same (Luke 23:34)?
- Why do we or don't we lift up holy hands (1 Timothy 2:8)?
- How is Jesus similar to the bronze serpent (John 3:15-16)?
- How and why has God lifted up the Body of Christ (Ephesians 2:6-7, 10)?



**Pray:**

- *That we lift Jesus higher.*
- *That we acknowledge our sin and grow in our dependency upon God.*
- *That we learn to pray and worship with greater freedom and confidence.*
- *That we focus on Jesus (the Head), and better lift up the Body of Christ.*



**Bless each other by reading Psalm 107:1–3, 17–22.**

Oh give thanks to the LORD, for he is good,  
**for his steadfast love endures forever!**

<sup>2</sup> Let the redeemed of the LORD say so,  
**whom he has redeemed from trouble**

<sup>3</sup> and gathered in from the lands,  
from the east and from the west,  
**from the north and from the south.**

<sup>17</sup> Some were fools through their sinful ways,  
**and because of their iniquities suffered affliction;**

<sup>18</sup> they loathed any kind of food,  
**and they drew near to the gates of death.**

<sup>19</sup> Then they cried to the LORD in their trouble,  
**and he delivered them from their distress.**

<sup>20</sup> He sent out his word and healed them,  
**and delivered them from their destruction.**

<sup>21</sup> Let them thank the LORD for his steadfast love,  
**for his wondrous works to the children of man!**

<sup>22</sup> And let them offer sacrifices of thanksgiving,  
**and tell of his deeds in songs of joy!**