

BodyBuilders
25 March 2018 – Passion/Palm Sunday

Share:

- *When is the last time you cried out or shouted about something?*
- *If you can, share what that was about.*

Readings: Isaiah 50:4–9a; Philippians 2:5–11; Mark 15:1–39.

Theme: *Last loud cries.*

Talk/Reflect:

- Why were the people shouting on Palm Sunday (Mark 11:9-10)?
What was Jesus' response (Luke 19:39-40)?
- What do you imagine Jesus was crying out in Hebrews 5:7?
- Can you imagine the prayer of Jesus in Mark 14:35-36? What makes it unique?
- Why did the people shout in Mark 15:13-14?
- Why did Jesus cry out in Mark 15:34?
- What were the last words of Jesus before he died, Mark 15:37 or Luke 23:46?
- How would you like to die, and what might your last words be?

Pray:

- *We can identify with Jesus in the final week of his life.*
- *Our last words would be as God would want them to be.*
- *Our passing from this life into the next would bring glory to God.*

Bless each other by reading Psalm 31:9–16.

⁹ Be gracious to me, O LORD, for I am in distress;

my eye is wasted from grief; my soul and my body also.

¹⁰ For my life is spent with sorrow, and my years with sighing;

my strength fails because of my iniquity, and my bones waste away.

¹¹ Because of all my adversaries I have become a reproach,
especially to my neighbours, and an object of dread to my acquaintances;

those who see me in the street flee from me.

¹² I have been forgotten like one who is dead;

I have become like a broken vessel.

¹³ For I hear the whispering of many—
terror on every side!—

**as they scheme together against me,
as they plot to take my life.**

¹⁴ But I trust in you, O LORD;

I say, “You are my God.”

¹⁵ My times are in your hand;

rescue me from the hand of my enemies and from my persecutors!

¹⁶ Make your face shine on your servant;

save me in your steadfast love!

