

## BodyBuilders

7 January 2018 – Baptism of our Lord/1<sup>st</sup> Sunday after Epiphany

### Share:

- *When or where were you baptised?*
- *What meaning does baptism have for you today?*



**Readings:** Genesis 1:1–5; Acts 19:1–7; Mark 1:4–11.

**Theme:** *Torn* – Mark 1:10, “And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove.”

### Talk/Reflect:

- What does it mean for the heavens to be “torn” or “open” for us (Mark 1:10)?
- How was this made possible on Good Friday (Mark 15:38)?
- What is the significance of the dove descending (Mark 1:8, 10)?
- How do we know we have the Holy Spirit (Acts 19:2)?
- How does God speak to us today (Mark 1:11)?
- What does God say (Mark 1:11)? What are you hearing God say? Give some examples.



### Pray:

- *For hearts more open to God.*
- *For a fresh refilling of the Holy Spirit.*
- *For a greater ability to hear His voice.*



**Bless each other by reading Psalm 29. Ascribe to the LORD Glory**

*A Psalm of David.*

- 29 Ascribe to the LORD, O heavenly beings,  
**ascribe to the LORD glory and strength.**
- <sup>2</sup> Ascribe to the LORD the glory due his name;  
**worship the LORD in the splendour of holiness.**
- <sup>3</sup> The voice of the LORD is over the waters;  
**the God of glory thunders, the LORD, over many waters.**
- <sup>4</sup> The voice of the LORD is powerful;  
**the voice of the LORD is full of majesty.**
- <sup>5</sup> The voice of the LORD breaks the cedars;  
**the LORD breaks the cedars of Lebanon.**
- <sup>6</sup> He makes Lebanon to skip like a calf,  
**and Sirion like a young wild ox.**
- <sup>7</sup> The voice of the LORD flashes forth flames of fire.
- <sup>8</sup> The voice of the LORD shakes the wilderness;  
**the LORD shakes the wilderness of Kadesh.**
- <sup>9</sup> The voice of the LORD makes the deer give birth<sup>[c]</sup>  
**and strips the forests bare, and in his temple all cry, “Glory!”**

<sup>10</sup>The LORD sits enthroned over the flood;  
**the LORD sits enthroned as king forever.**

<sup>11</sup>May the LORD give strength to his people!  
**May the LORD bless his people with peace!**