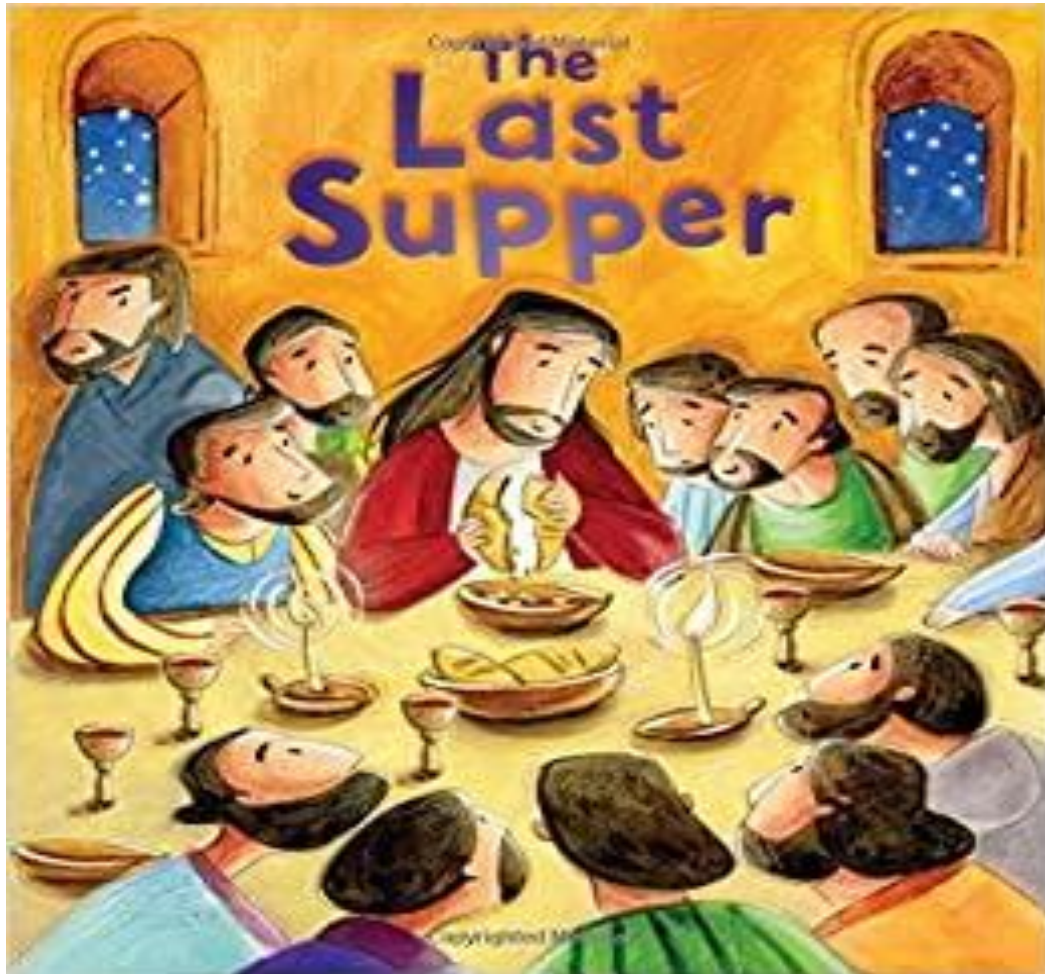


Tuesday 31<sup>th</sup> March

Christian Value of the Week - Humility

Jesus eats with his disciples - the Last Supper



Matthew 26 vs 26

While they were eating Jesus took the piece of bread and gave thanks...he said 'take, eat, this is my body....

Then he took the cup and said, 'drink it, all of you..this is my blood which seals God's promise, my blood poured out for many for the forgiveness of sins..'

Jesus knew he was going to die and this shocked his disciples. They found it hard to believe what they were hearing.. Jesus was patient and explained that what was going to happen needed to happen.

## Let us reflect..

What things are worrying you today?..it is good to talk to someone about them.

How can you help someone else with their worries?

The disciples would have really needed to look after each other when they heard what Jesus said to them..

How can you comfort someone today who may be sad?

Eat this bread, drink this wine, come to me and never be hungry..

Eat this bread, drink this wine

Come to me and you will not thirst..

Heavenly Father

Thank you for showing us that you care and love us as Jesus loved and cared for his disciples.

We are sorry that sometimes we forget to take care of each other's needs.

Please help us to have patience with each other and show comfort.

Amen

