

**May these words of my mouth and this meditation of my heart
be pleasing in your sight, LORD, my Rock and my Redeemer.**

As you walk, think of a time you have been lost.

- Can you remember how you felt when you realised that you were lost?
- What caused you to lose your way?
- Did getting lost impact the rest of your day? Were you late for something? Did you discover something unexpected?

Read Matthew 16:24-28

24 Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. **25** For those who want to save their life will lose it, and those who lose their life for my sake will find it. **26** For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

27 "For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. **28** Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

This is another tough piece of scripture to take on face value. Jesus is saying that the way of his followers is not an easy one. It is one that involves carrying a cross and acting not for ourselves but for God. Jesus wants his followers not to be preoccupied by trying to live as long as possible, but to use their lives for what God is calling them to do. Again, Jesus is encouraging his disciples not to look for possessions or fame, but to look for the true value of life, a life that serves God, is lost in God.

- Have you ever said, *I would give my life for/to..... ?*
- If you have, did you really mean it or is it just a passing thought or saying? What does it mean, to give up your life for something or someone else?
- What is God asking of you?
- How many signposts or way markers, well-worn paths have you seen?

Although it can seem a very lonely thing to do, to walk with God, there are many paths and markers along the way, from those who have walked there before, that can point us in the right direction.

Pray for those who feel lost, ask God to help you be a marker on their path to encourage them as you serve God with your life.

Activity

If you were a way marker, what words or pictures would you have on you? How would you point the way

**for others? Use the space below to design your own.
(Some ideas below)**

