

## **What Is Lent?**

There are both truths and misconceptions about Lent. When people think of Lent, several things come to mind – painful religious experiences of forced ritual, or the mystery of our faith, or an important spiritual preparation period preceding the celebration of the resurrection of our Savior.

In the early centuries of the church, the forty days before Easter came to be recognized as the season of Lent (a Latin word that means “spring”), when new converts were prepared for baptism. This preparation included biblical instruction, prayer, repentance, and fasting. In time, the entire church embraced the practices of Lent. Its purpose has always been self-examination and spiritual preparation leading to an exuberant celebration of Easter.

Early believers felt that the magnitude of Resurrection called for special preparation. Second-century believers fasted for several days as part of that preparation. Over the next few centuries, 40 days became the accepted length of the Lenten Season, perhaps in remembrance of Jesus’ fasting for 40 days in the wilderness - Matthew 4:1-11. Because early Christians considered it inappropriate to fast on the day of the Resurrection, Sundays were not included in the 40 days. Therefore, the Wednesday 46 days before Easter came to be regarded as the beginning of Lent.

## **What are some of the misconceptions regarding Lent?**

- Treating it as a mandatory observance.
- Treating it as a way to obtain grace or favor from God. Lent is not part of the way of salvation. Jesus has already paid the price for our salvation (Ephesians 2:8-9). It is an expression of our devotion to Jesus and being sober-minded about his devotion to us.
- Treating it as a one time, temporary, “assuage our guilt observance” that doesn’t spur us on to greater devotion and intimacy with Jesus.

## **Why celebrate Lent at Trinity?**

1. Lent provides us an opportunity to open our hearts to Jesus’ sacrifice afresh.
2. Lent can be a meaningful time of preparation for the celebration of the resurrection of our Savior, Jesus Christ.
3. Easter is too important a celebration & opportunity not to spend time preparing for it.
4. We have never spent time preparing for Easter in this way. This could be a new way of preparing for the most significant day on the Christian calendar.
5. Lent gives us an opportunity to highlight undervalued elements of the Christian faith – fasting, moderation, biblical self-examination, confession, and repentance.
6. It gives us an opportunity for our entire congregation to participate. Lent gives us an opportunity to practice spiritual disciplines as a corporate body.
7. This season can prompt us to pray for those who do not know Jesus and invite them to our Easter services, with the hope that they will hear the gospel, repent, and surrender their lives to Jesus.
8. Lent could be a spark for personal and corporate revival and greater spiritual intimacy with Jesus in our own lives and in our church.

## **How can we celebrate Lent as a church family?**

This Lenten season is an invitation for each of us. It is a call back to the basics of faith. It is an opportunity to not just know the truth of Scripture, but to live out what it means to follow Christ. As we walk through the Gospel of Mark, we want to encourage you to examine what it means to be a disciple, to be someone who recognizes the way of the Savior and models their life accordingly. You will find throughout this guide not only instructions for discipleship, but also questions to consider, action steps to take, and real life stories to contemplate. Mark this guide up and let it be a handbook you refer to again and again as you follow the Lord and seek to learn His ways.

Lent is an invitation to confront the temptations that seek to pull us off the path to Christ-likeness, to acknowledge what leads us astray and seek fresh strength to turn from the darkness. The spiritual disciplines of praying, fasting and giving that we focus on during this season offer a rhythm to our daily discipleship. Prayer is the actual experience of turning to God in dependence. Fasting is a symbol of the discipline it takes to turn away from our sin. Giving is the virtue we take on to replace our sin.

### **Prayer and Scripture**

During Lent, we set aside extra time to read Scripture and pray. We encourage you to daily ask God to reveal how the truth of His Word impacts your life and guides you in His grace to move forward. Thank Jesus for walking ahead of us to endure the cross and lead us to a future with God.

Choose three people in your life who do not know Jesus. Pray daily for your interactions with them, that the Spirit would encourage them to begin a journey of faith with Jesus.

### **Fasting**

Lent is a time for self-examination, contemplation, and repentance. To facilitate this, Christians often fast - giving up or setting aside certain foods or nonessential activities. Fasting is not meant to be deprivation or a means of earning grace. Rather, fasting is meant to provide spiritual focus. By setting aside something that is normally a part of your daily life, you are creating space for God. As you voluntarily deny yourself, you are reminded of Jesus as the source of your true sustenance.

Fasting is not limited to food (though many people may choose a meal or specific food group to fast from). Abstaining from certain practices can help us loosen the grip that unhealthy appetites and destructive addictions have on our lives. You may consider fasting from buying books, wearing makeup, listening to the radio/podcasts, or eating processed foods. To abstain from these things - things that are not in and of themselves bad - helps us resist subtle idolatry and refocus our lives on God.

### **Giving**

During the Lenten season we spend time in prayer considering how God would have us give, both of our finances and our time.

Ask God if there are ways that you can deepen your giving. Consider ways that you can express your faith in sacrifice, following the example of Jesus both in His life and ultimately in His death.

## Resources

**For more information on the season of Lent and the practice of observing the church calendar, consider reading the following resources:**

*Ancient-Future Time* by Richard Webber

*Living the Christian Year* by Bobby Gross

*The Oxford Dictionary of the Christian Church*

*Holman Illustrated Bible Dictionary*

### **RightNow Media Recommendations:**

- Seeds of Easter (worship music videos)
- 5-Minute Family Devotional-Easter Week from Jelly Telly
- Holy Moly Easter Collection
- What's in the Bible? Episode 21: The Messiah Has Come!

*Not sure what RightNow Media is? It's a FREE resource that is packed full of great Bible studies and great Christian content. Go to [wearetrinity.com/rightnow](http://wearetrinity.com/rightnow) to sign-up for FREE!*

### **Worship Playlist**

Go to [wearetrinity.com/easter](http://wearetrinity.com/easter) for a Spotify playlist of worship songs for this season.

# Week One

**Date:** March 6, 2019

**Passage:** 2 Peter 1:16

**Title:** Introduction

*<sup>16</sup>For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty.*

2 Peter 1:16

Without question, Mark is credited with writing the story about Jesus that bears his name. Scholars believe, however, that Mark was writing down the stories Peter shared with him. False teachers labeled the truths that Christians believe as make-believe, fiction, or simply stories. They claimed the incarnation of Jesus Christ, the resurrection, and his coming kingdom were inventions. Peter responded in 2 Peter 1:16 that he was speaking and writing about spiritual truths and certainly was not embellishing the facts or inventing a story.

The gospel of Christ was no myth, because the apostles were eyewitnesses of his majesty. Peter had observed the majesty of Christ firsthand at the Transfiguration. He knew that Christ had come in power; he was no mere literary character invented for a mythological narrative.

## **Reflection:**

In what ways might viewing the Gospel of Mark as an eyewitness account change the impact it has on you?

What do you expect or hope will change in your life over the next several weeks as you contemplate what it means to know Christ and be his disciple (follower)?

## **Next Steps:**

During the Lenten season, ask God to help you to become more like Jesus.

**Date:** March 7, 2019

**Passage:** Mark 1:1

**Title:** Gospel (Good News)

*The beginning of the gospel [good news] of Jesus Christ, the Son of God.*

Mark 1:1

**Reflection:**

How is good news different from just any other interesting news?

When did the story of Jesus become good news for you?

**Next Steps:**

Pray about whether you have fully embraced the good news, both in belief and in daily lifestyle.

If you are unsure whether it really applies to your life, you can hear more at [wearetrinity.com/goodnews](http://wearetrinity.com/goodnews) or you can call or email us at [hello@wearetrinity.com](mailto:hello@wearetrinity.com). We would love to hear your story or answer any questions you might have.

**Date:** March 8, 2019

**Title:** One-Word Adventure

**Passage:** 1 Corinthians 2:12-13

*<sup>12</sup> Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. <sup>13</sup> And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.*

1 Corinthians 2:12-13

### **Reflection:**

For the last several years, the Holy Spirit has given me a word to live throughout the year. Several years ago, he gave me the word moxie. Moxie is the ability to face difficulty with spirit and courage. I believe he gave me this word because he knew that my soul needed a backbone and that I needed to be more courageous in my leadership at church, at home and among my friends. He knew I needed to live out Ambrose Redmoon's definition of courage: "Courage is not the absence of fear, but rather the judgment that something else is more important than fear." The something more important than fear was following Jesus more closely.

So, that year, I embarked upon several adventures to challenge my fears, which spilled over into my life of following Jesus. Among many challenging feats that year, I rode my bike to and from work (30 miles round trip) several times, stepped into difficult conversations, gave up sugar for thirty days, jumped out of an airplane, and climbed a portion of Mt. Kenya (11,000 feet). Through these self-imposed challenges, the Holy Spirit gave me moxie to begin to relinquish my materialism, selfishness, defensiveness, fear and people-pleasing tendencies to Jesus - someone who is more important than the fear that resides in my soul. That year started me on an adventure that continues to this day.

My one-word adventure this year is congruence - agreement, harmony, conformity, or correspondence. In short, I want my words about Jesus and my living for Jesus to be in agreement. I know you desire the same. This is one reason we are observing Lent as a church - to examine our hearts, to see where there is incongruence, repent, and ask the Holy Spirit to bring our lives into conformity with the life of Jesus.

Over the next few weeks, may you experience the life, death and resurrection of the living Christ in unique and profound ways!

Pastor Marvin Williams

Lead Pastor

### **Next Steps:**

Spend some time alone or with family and write a mission statement. Ask the Holy Spirit to guide you. The next couple of pages will walk you through the steps of writing your own mission statement.

## **Writing a Mission Statement**

***Your mission statement doesn't have to be just yours. If you have children and your children are old enough, it can be the mission your whole family has agreed to aim for together. Invite your older children to give input in crafting your family mission so they own it and are motivated by it. Though the instructions are geared towards families, adapt them to fit your own context. For example, substitute "your life" or "yourself" for "your family."***

Plan some time together to talk about the elements of your mission statement. Begin with prayer. Then ask questions like these to prompt discussion:

- 1. What are the end results you want our family to aim for?** *(Examples: to love God and to follow His ways; to show that we belong to God by the way we act; to be loving to everyone around us; to be fun and safe people for other kids.)*
- 2. How can you be part of the vision leading to these end results?** Think of some words or phrases that give you a place in the process. *(Examples: love others, follow God, obey my parents, be encouraging, know my identity, be a servant, say I'm sorry when I need to.)*
- 3. How can we parents be part of that vision? What do we need to do?** *(Examples: model, nurture, encourage, hold accountable, demonstrate, come alongside of, inspire.)*

At the end of your meeting, pray about what you've discussed. Invite feedback from those closest to you.

### **Questions to Consider:**

- What kind of atmosphere do you want to have in your home?
- What kind of family life do you desire?
- What kind of parent do you envision yourself being?
- What behaviors do you want your family members to demonstrate?
- What goals do you have for your child at various stages in her life?
- What are some of your fondest childhood memories?
- What painful experiences did you have in your family that you feel would not benefit your child if replicated?
- What biblical qualities do you desire to see manifested in your child?
- What mode of discipline do you feel is best in your home? How did you arrive at that decision?
- What changes do you need to make in order to allow your family to have more time and fun together?
- What perspectives (culture, economics, politics, etc.) should your child encounter other than the ones she is naturally exposed to?

### **Sample Family Mission Statements:**

We want to be, with God's help, a family who loves God and follows His ways, and, because we know we belong to God, we want to be obedient to Him and the authorities He's placed over us. We also want to be encouraging and kind to the people in our communities who are like us and who are different from us. In all things, we want to model truth through the power of God's Spirit.

We will endeavor, with God's help, to be a family that models lives lived in accordance with God's laws and grace, to come alongside those who are poor, both in life and spirit, and to nurture our children to reflect the character of God by demonstrating a life of love in all circumstances.

### **Guide to Writing a Family Mission Statement:**

1. As you begin to think through your mission statement, write down three things you want for your family/children as an end result-what do you hope to see in your child's life when he is a young adult someday? (*Examples: to live a life according to God's laws and grace, to reflect God's character, to demonstrate a life of love, etc.*)
2. Think about your desires and vision for your family, based on the end results you wrote above. Refine the words. Play with them.
3. In what ways could you be a part of the vision leading to these end results? Think of three words or phrases that give you a place in that. (*Examples: model, nurture, encourage, hold accountable, demonstrate, come alongside of, inspire, etc.*)
4. Pray about what you've written. Attach these action words to the end results from step 1. Add linking words to create a rough draft of a mission statement.

**Extra Space for Mission Statement Activity**

## Week Two

**Date:** March 11, 2019

**Passage:** Mark 1:12-13

**Title:** Temptation

Before you begin your devotional, put something in front of you that you want (Examples: phone, device, sweet treat, etc). Throughout the devotional, ignore the item in front of you.

*<sup>12</sup> The Spirit immediately drove him out into the wilderness. <sup>13</sup> And he was in the wilderness forty days, being tempted by Satan. And he was with the wild animals, and the angels were ministering to him.*

Mark 1:12-13

### **Reflection:**

Look up Matthew 4 and read the complete story of Jesus being tempted. What do you notice about Jesus' response to Satan?

When you feel tempted, what is your thought process? What do you do to resist temptation? How did you do with the temptation challenge?

### **Next Steps:**

Just as Jesus stated Scripture to Satan when He was being tempted, we can do the same thing when we feel tempted. On the next page are a few verses that you can cut out and post somewhere to have as a reminder. Pray that the Holy Spirit will bring Scripture to mind the next time you are tempted.

IF ANYONE  
IS  
IN **Christ**,  
HE IS A NEW  
Creation,  
THE OLD HAS  
GONE, the new  
has COME.  
-2 Corinthians 5:17-

MY GRACE IS  
SUFFICIENT  
FOR YOU  
FOR MY  
POWER  
IS MADE  
PERFECT IN  
WEAKNESS  
II COR 12:9

Create in me  
a clean heart,  
O God,  
and renew  
a right spirit  
within me  
Psalm 51:10

FOR GOD GAVE US A  
**SPIRIT**  
NOT OF  
**FEAR**  
BUT OF  
POWER AND  
**LOVE**  
& SELF-CONTROL  
2 TIMOTHY 1:7

**Date:** March 12, 2019  
**Passage:** Mark 1:14-15  
**Title:** Kingdom

<sup>14</sup> Now after John was arrested, Jesus came into Galilee, proclaiming the gospel of God,  
<sup>15</sup> and saying, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel."

Mark 1:14-15

**Reflection:**

The kingdom of God is the reign and rule of God in a person's life. Another way of saying it is: "God is large and in charge of my life." What specific areas of your life are not under the reign and rule of God right now?

What is one specific sin you need to walk away from right now in order to experience the fullness of God's reign in your life?

**Next Steps:**

Pray about the sin you identified, confessing it to God and asking for His help to turn away from it. Tonight before you go to sleep, look back at your day. Talk to God about whether you were able to bring that area of your life under His reign and rule for this one day. Repeat this self-examination every night.

**Date:** March 13, 2019

**Passage:** Mark 1:16-18

**Title:** Follow

*<sup>16</sup> Passing alongside the Sea of Galilee, he saw Simon and Andrew the brother of Simon casting a net into the sea, for they were fishermen. <sup>17</sup> And Jesus said to them, "Follow me, and I will make you become fishers of men." <sup>18</sup> And immediately they left their nets and followed him.*

Mark 1:16-18

**Reflection:**

What does Christ expect us to give up to follow Him?

What does it mean for a person to sacrifice personal achievements, friends, or even family for the sake of Christ?

**Next Steps:**

What is one action or obstacle in your life must you eliminate in order to follow Jesus more closely? Pray about this, asking God for your next move.

**Date:** March 14, 2019

**Passage:** Mark 1:19-20

**Title:** Leave

*<sup>19</sup> And going on a little farther, he saw James the son of Zebedee and John his brother, who were in their boat mending the nets. <sup>20</sup> And immediately he called them, and they left their father Zebedee in the boat with the hired servants and followed him.*

Mark 1:19-20

**Reflection:**

Peter left his nets and James and John left their father and business to follow Jesus. From yesterday's devotional time, what has Jesus asked you to leave in order to follow him?

How difficult or easy is it to leave it behind?

**Next Steps:**

Spend time asking the Holy Spirit to strengthen you this week to follow Jesus wholeheartedly.

**Date:** March 15, 2019

**Passage:** Mark 1:35

**Title:** Solitude

*<sup>35</sup> And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.*

Mark 1:35

**Reflection:**

Jesus got up early and left distractions behind so that he might be alone with the Father. Following Jesus' example, what can you do this week to spend more quality time with the Lord in prayer?

**Next Steps:**

When and where can you pray on a regular basis this week? What can you do to increase your consistency in prayer during the Lenten season?

The next page features a guide of how to do a prayer walk around your home. Prayer walks are a simple way to have focused prayer for specific areas in your environment. Ask God which prayer walk He wants you to take.

## **Here is a simple guide for praying Scripture over your home during your prayer walk:**

### **Entire house**

Pray that your home would be built on the solid foundation of Jesus Christ (Matthew 7:24-27, 1 Corinthians 3:11).

Pray for your family to serve God (Joshua 24:15) and glorify Him in all you do (Psalm 115:1).

### **Kitchen and Dining Room**

Thank God for His provision (Matthew 6:31-32).

Pray that your family's true nourishment would come from God (Matthew 4:4, John 4: 13-14, John 7:37-39).

### **Bedrooms**

Pray for the Salvation of each family member, if they have not already committed their lives to Christ (John 3:16).

Pray the Armor of God would cover each family member (Ephesians 6: 10-18).

Pray that your family finds rest in God (Matthew 11:28-30, Psalm 4:8).

Pray for each family member to exhibit the fruit of the Spirit (Galatians 5:22-23).

### **Living room**

Pray for peace within your family and with those around you (Romans 12:18).

Pray for your home to be a welcoming place where you can host and serve others in the name of the Lord (1 Peter 4:10, Hebrews 13:2, 1 Peter 4:9).

### **Office**

Pray that you work as if for God and not for man (Colossians 3:23).

Pray for hearts of financial stewardship and giving that glorify God (Deuteronomy 16:17, 2 Corinthians 9:7).

Pray that you and your family do not develop a love of money (1 Timothy 6:10, Matthew 6:24, Hebrews 13:5).

### **Doorways and Windows**

Pray for protection from evil and its influences (2 Thessalonians 3:3, 2 Samuel 22:3-4, James 4:7, Isaiah 41:10).

Pray for a peaceful home full of God's presence (Hebrews 12:14, Philippians 4:6-7, John 14:27).

## Week Three

**Date:** March 18, 2019

**Title:** Compassion

**Passage:** Mark 1:40-42

*<sup>40</sup>And a leper came to him, imploring him, and kneeling said to him, "If you will, you can make me clean." <sup>41</sup>Moved with pity, he stretched out his hand and touched him and said to him, "I will; be clean." <sup>42</sup>And immediately the leprosy left him, and he was made clean.*  
Mark 1:40-42

### Reflection:

I help run a soccer program with kiddos from all around the world that come together at Summerplace, a housing complex in Lansing. We call ourselves Summerplace United because no matter where we come from or what we believe, we are united through soccer.

On an unusually warm Sunday, I thought, what better day than today to go see the kiddos and play a game of soccer? After the game, I walked over to Dollar Tree with a couple kids to buy some batteries for a remote control car that one of the kids had received for Christmas. We were in the checkout line, when some of the boys walked in from playing soccer. Mind you, there were about seven of them and they barely reached my shoulders. They walked to the back of the store and collectively picked out a bag of chips and a small jar of salsa. They walked back up to the checkout line next to me, and sweetly asked, "Could you lend us a dollar to buy some juice? We are throwing a party." I made them sweat for a few seconds and then told them to go pick it out.

The boys came back with a Diet Pepsi for me to purchase and got back in line. I heard them count out their change to the cashier, making sure they had \$2 for their chips and salsa. My line took a bit longer, so they waited outside for their pop. I walked out the door and was immediately swarmed. They all said thank you and each gave me a hug. Now, that's saying a lot. I had never seen them hug ANYONE.

I'm normally in a behind-the-scenes type role and don't always get to see things come together so beautifully. But that Sunday, I was where I was supposed to be and I can't thank the Lord enough. I saw what it truly means to join someone, to go along with them, not just give and be done.

We should pray with them, not just for them.

We should give with them, not just to them.

We should build with them, not just for them.

How many times do we DO things, when we should JOIN them in what they are doing? It would have been easy for me to hand over \$20 and let them go to town in the Dollar Tree store, but we would have lost the partnership we had developed. They could have asked me to cover their entire purchase for \$3, but they scrounged up \$2 in change to get a snack for 7 kids. They were proud of their accomplishment. They were comfortable with asking me for a \$1 loan because I had joined them relentlessly for months. I knew their families. I knew their favorite soccer players. I knew their likes and dislikes.

We all want to do something for someone. We want to be the hands and feet of Jesus. I believe He wants us to invest in the long term, not just the quick make-myself-feel-good short term. In the end, when it all comes down to it, do we want to look back and see all the things we had or the relationships we built?

McKennah

**Next Steps:** Ask God, "Lord, what person in our church or community do you want me to show compassion to and 'be with,' not just 'do for,' this week?"

**Date:** March 19, 2019

**Passage:** Mark 2:5

**Title:** Forgiven

*<sup>5</sup>And when Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven."*

Mark 2:5

**Reflection:**

Jesus tells the paralytic that his sins are forgiven. How is Jesus' viewpoint different from our viewpoint regarding the forgiveness of our sins?

What does God require or not require to forgive us of our sins?

**Next Steps:**

Read and memorize 1 John 1:9 and thank God for his complete forgiveness through Jesus.

**Date:** March 20, 2019

**Passage:** Mark 2:14-15

**Title:** Unqualified?

*<sup>14</sup> And as he passed by, he saw Levi the son of Alphaeus sitting at the tax booth, and he said to him, "Follow me." And he rose and followed him. <sup>15</sup> And as he reclined at table in his house, many tax collectors and sinners were reclining with Jesus and his disciples, for there were many who followed him.*

Mark 2:14-15

**Reflection:**

Why do you think Jesus chose to ask Levi, the reputed tax collector, to be one of His followers?

Why do you think that "these types" of people - tax collectors and sinners - were so attracted to Jesus?

Have you ever felt unqualified to follow Jesus? Why?

**Next Steps:**

In what specific way can you honor or recognize a person of "lower status" this week? Ask the Lord to show you *who* and *how*.

**Date:** March 21, 2019

**Passage:** Mark 2:17

**Title:** Doctors

*<sup>16</sup> And the scribes of the Pharisees, when they saw that he was eating with sinners and tax collectors, said to his disciples, "Why does he eat with tax collectors and sinners?" <sup>17</sup> And when Jesus heard it, he said to them, "Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners."*

Mark 2:17

**Reflection:**

Jesus said sick people (tax collectors and sinners) need doctors, not people who are well (who think they are righteous). When have you ever acted the same way that the Pharisees did in this story?

How can you follow Jesus' example of associating with people of low reputation?

**Next Steps:**

To whom will you take the medicine of the gospel this week? Pray about it!



On **Sunday, May 5**, the whole Trinity Church family will meet for breakfast and a short worship service, then hit the streets of Lansing to LOVE our neighbors!

People of all ages and abilities can participate.

Teams will head out to Gardner School, Summerplace Town Homes, The Aria Rehabilitation & Assisted Living Center, and MORE!

Jesus said that when we feed the hungry, welcome the stranger, clothe the naked, or visit the sick or those in prison, we are caring for HIM.

*Plan to join us for this amazing morning when we will go out in force to love our neighbors!*

**Date:** March 22, 2019

**Passage:** Mark 3:13-15

**Title:** Chosen/Appointed

*<sup>13</sup> And he went up on the mountain and called to him those whom he desired, and they came to him. <sup>14</sup> And he appointed twelve (whom he also named apostles) so that they might be with him and he might send them out to preach <sup>15</sup> and have authority to cast out demons.*

Mark 3:13-15

**Reflection:**

Jesus chose twelve to be with him and learn from him and to extend his ministry. What difference does it make to you that He chose imperfect people to share in his ministry?

What specific ministry has God given you and how are carrying out that assignment?

**Next Steps:**

Ask God, what specific steps can you take this week to help one other person use a skill that God has given him or her to serve our King and His Kingdom?

## Week Four

**Date:** March 25, 2019

**Passage:** Mark 3:7-8

**Title:** Crowds

*<sup>7</sup>Jesus withdrew with his disciples to the sea, and a great crowd followed, from Galilee and Judea <sup>8</sup> and Jerusalem and Idumea and from beyond the Jordan and from around Tyre and Sidon. When the great crowd heard all that he was doing, they came to him.*

Mark 3:7-8

### **Reflection:**

Why do you think large crowds followed Jesus?

What do you think is the biggest difference between “the crowd” and “disciples?”

What happened in your life that moved you from the crowd to becoming a disciple?

### **Next Steps:**

What specific actions can we take to move people from being part of the crowd to becoming disciples? Pray about what your role is in this.

**Date:** March 26, 2019

**Passage:** Mark 3:31-35

**Title:** Family

*<sup>31</sup> And his mother and his brothers came, and standing outside they sent to him and called him. <sup>32</sup> And a crowd was sitting around him, and they said to him, "Your mother and your brothers are outside, seeking you." <sup>33</sup> And he answered them, "Who are my mother and my brothers?" <sup>34</sup> And looking about at those who sat around him, he said, "Here are my mother and my brothers! <sup>35</sup> For whoever does the will of God, he is my brother and sister and mother."*

Mark 3:31-35

**Reflection:**

What did Jesus' biological family think of him?

Who does Jesus say is his true family?

When has your commitment to Christ caused conflict in your family?

**Next Steps:**

In what areas of your family and work should your behavior reflect a deeper commitment to relationships in the family of Christ? How? Pray about what you can do each day to cultivate a family relationship with Christ and with other believers.

**Date:** March 27, 2019

**Passage:** Mark 4:14-20

**Title:** Soil

*<sup>14</sup> The sower sows the word. <sup>15</sup> And these are the ones along the path, where the word is sown: when they hear, Satan immediately comes and takes away the word that is sown in them. <sup>16</sup> And these are the ones sown on rocky ground: the ones who, when they hear the word, immediately receive it with joy. <sup>17</sup> And they have no root in themselves, but endure for a while; then, when tribulation or persecution arises on account of the word, immediately they fall away. <sup>18</sup> And others are the ones sown among thorns. They are those who hear the word, <sup>19</sup> but the cares of the world and the deceitfulness of riches and the desires for other things enter in and choke the word, and it proves unfruitful. <sup>20</sup> But those that were sown on the good soil are the ones who hear the word and accept it and bear fruit, thirtyfold and sixtyfold and a hundredfold."*

Mark 4:14-20

**Reflection:**

Which soil best describes the condition of your heart right now?

What can you do to cultivate "good soil" in your heart?

**Next Steps:**

What is one biblical truth that you want to cultivate in your life each day this week? Ask God to give you a plan and the strength to carry it out.

**Date:** March 28, 2019

**Passage:** 4:35-41

**Title:** Storms

*<sup>35</sup> On that day, when evening had come, he said to them, "Let us go across to the other side." <sup>36</sup> And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. <sup>37</sup> And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. <sup>38</sup> But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" <sup>39</sup> And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. <sup>40</sup> He said to them, "Why are you so afraid? Have you still no faith?" <sup>41</sup> And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"*

Mark 4:35-41

**Reflection:**

What storms are you going through right now?

How have you responded to these difficulties? In what ways has God shown his care for you in the midst of your storms?

In what ways is Jesus inviting you to trust in his authority over these storms?

**Next Steps:**

Spend some time talking to God about the areas of your life that seem out of control. Choose to trust him with those areas. The next page gives some examples of how you can pray using Scripture when you feel worried or afraid. Pray them for yourself or someone you're concerned about.

**The following 5 blessings are based on Scriptures you can pray for yourself or others: (Insert a name in each blank)**

Thank you, God, that You are our refuge and our strength, a very present help in any type of trouble. May \_\_\_\_\_ be still and know that You are God, may \_\_\_\_\_ lie down and sleep in peace, for you alone, O Lord, make \_\_\_\_ dwell in safety. (Psalm 46: 1, 10, Psalm 4:8)

\_\_\_\_\_, may you go to sleep tonight thinking about things that are true and honorable and lovely and worthy of praise. And as you keep your mind fixed on God and trust Him, may you be kept in perfect peace, knowing the peace that Jesus gives so that your heart will not be troubled and you will not be afraid. (Isaiah 26:3, John 14:27, Philippians 4:8)

\_\_\_\_\_, may you rejoice in the Lord always. Rejoice! Because the Lord is near, may you not be worried about anything, but in everything seek God with thanksgiving. As you sleep, may the peace of God, which goes far beyond all understanding, guard your heart and your mind in Christ Jesus. (Philippians 4:4-7)

\_\_\_\_\_, may you seek the Lord who answers you and delivers you from all your fears. May your face be radiant and never ashamed as you look to Jesus and may the Lord hear you and save you from all of your worries. (Psalm 34:4-6)

\_\_\_\_\_, may the Lord bless you and keep you; the Lord make His face to shine upon you and be gracious to you; the Lord lift up His countenance upon you and give you peace. (Numbers 6:24-26)

**Date:** March 29, 2019

**Passage:** Mark 6:1-6

**Title:** Faith

*He went away from there and came to his hometown, and his disciples followed him. <sup>2</sup>And on the Sabbath he began to teach in the synagogue, and many who heard him were astonished, saying, "Where did this man get these things? What is the wisdom given to him? How are such mighty works done by his hands?" <sup>3</sup>Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon? And are not his sisters here with us?" And they took offense at him. <sup>4</sup>And Jesus said to them, "A prophet is not without honor, except in his hometown and among his relatives and in his own household." <sup>5</sup>And he could do no mighty work there, except that he laid his hands on a few sick people and healed them. <sup>6</sup>And he marveled because of their unbelief. And he went about among the villages teaching.*

Mark 6:1-6

**Reflection:**

Jesus goes back to Nazareth, his hometown. The people in the synagogue start off well, recognizing his wisdom and miracles, but they seem to talk themselves out of believing in Jesus. As a result of their unbelief, Jesus did not do miracles there. When have you talked yourself out of (or let someone else talk you out of) believing that God can do the miraculous?

**Next Steps:**

What is one step of faith you think God is inviting you to take today? Talk to Him about it, asking Him to help you trust Him.

## Week Five

**Date:** April 1, 2019

**Passage:** Mark 6:7-13

**Title:** Sent

*<sup>7</sup> And he called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. <sup>8</sup> He charged them to take nothing for their journey except a staff—no bread, no bag, no money in their belts— <sup>9</sup> but to wear sandals and not put on two tunics. <sup>10</sup> And he said to them, “Whenever you enter a house, stay there until you depart from there. <sup>11</sup> And if any place will not receive you and they will not listen to you, when you leave, shake off the dust that is on your feet as a testimony against them.” <sup>12</sup> So they went out and proclaimed that people should repent. <sup>13</sup> And they cast out many demons and anointed with oil many who were sick and healed them.*

Mark 6:7-13

### **Reflection:**

Jesus extends his work in the world by sending his disciples on a journey to heal people and cast out demons. He gives them specific instructions of what to take and what not to take. He wanted them to depend on him, to be content, and to expect rejection and opposition. Where in your sphere of influence is Jesus calling you to extend his work in the world?

In what ways is he calling you to trust him?

### **Next Steps:**

Ask Jesus what specific “journey” He is calling you to take? What is one specific step of faith will you take this week to begin?

**Date:** April 2, 2019

**Passage:** Mark 6:41-44

**Title:** Thankful

*<sup>41</sup> And taking the five loaves and the two fish, he looked up to heaven and said a blessing and broke the loaves and gave them to the disciples to set before the people. And he divided the two fish among them all. <sup>42</sup> And they all ate and were satisfied. <sup>43</sup> And they took up twelve baskets full of broken pieces and of the fish. <sup>44</sup> And those who ate the loaves were five thousand men.*

Mark 6:41-44

**Reflection:**

I am very blessed with a lot of things in this world. Not a lot of people can say they were adopted. My birth mom was fifteen when she had me. Some people may think that being adopted means that your birth mom didn't want you. But, for me, being adopted means that my birth mom loved me so much, and she knew that she couldn't take care of me, that she made an adoption plan for me.

To me, a family isn't necessarily that you have the same genes, or are biologically related to the people who raised you - a family is the people who love you, care for you, support you, and are there for you no matter what. And I'm not just talking about the people I live in the same house with, but I'm also part of a larger family - a family who I'm not biologically related to, but a family with God's DNA.

That's what family is. And I am so grateful for the family that God has surrounded me with.

MaKana

7th Grade

**Next Steps:**

When Jesus faced the prospect of feeding thousands with five loaves of bread and two fish, he looked up to Heaven and thanked God. Write a list of the 3-5 things you are grateful for today. If you wrote down a specific person, let them know you're grateful for them today.

Looking for another way to practice gratitude? Write out an acrostic for the word "THANKSGIVING," picking something you're thankful for that starts with each letter. Then pray through your list, thanking God for each gift.

**Date:** April 3, 2019

**Passage:** Mark 6:31-32

**Title:** Rest

*<sup>31</sup> And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat. <sup>32</sup> And they went away in the boat to a desolate place by themselves.*

Mark 6:31-32

**Reflection:**

Jesus invited his disciples to experience silence and solitude. Why did he do this? When was the last time you retreated and limited distractions in order to experience God more fully?

Why do you think it's so difficult for us to be quiet and alone before God?

**Next Steps:**

What can you eliminate or rearrange in your schedule in order to experience the gift of rest through silence and solitude? Pray about when and how to do this.

**Date:** April 4, 2019

**Passage:** Mark 6:34

**Title:** Shepherd

*When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things.*  
Mark 6:34

**Reflection:**

One of the characteristics of a good shepherd is compassion for the sheep. When Jesus saw the huge crowd as he stepped off the boat, he had compassion toward them. What do you feel when you see people who need Jesus? Why do you feel that way?

**Next Steps:**

Ask God to give you the heart of Jesus - the Good Shepherd - when you look at people this week. Pray for them as you encounter them. Continue praying for the three you identified (see the opening under "Prayer and Scripture") for this Lenten Season.

**Date:** April 5, 2019

**Passage:** Mark 6:35-38

**Title:** Miracles

*<sup>35</sup> And when it grew late, his disciples came to him and said, "This is a desolate place, and the hour is now late. <sup>36</sup> Send them away to go into the surrounding countryside and villages and buy themselves something to eat." <sup>37</sup> But he answered them, "You give them something to eat." And they said to him, "Shall we go and buy two hundred denarii worth of bread and give it to them to eat?" <sup>38</sup> And he said to them, "How many loaves do you have? Go and see." And when they had found out, they said, "Five, and two fish."*

Mark 6:35-38

**Reflection:**

What do you think Jesus wanted to teach His disciples through this miracle?

What do you think Jesus' disciples learned through this experience?

Why do you think Jesus provided much more than enough food for the people, then had the surplus carefully collected?

**Next Steps:**

What is one "impossible situation" that you are now facing? How can you show faith in God to work a "feeding the five thousand" miracle? Ask Him for the miracle --- while expressing to Him that you want His will even more than your own and will glorify Him no matter how He answers.

## Week Six

**Date:** April 8, 2019

**Passage:** Mark 6:47-52

**Title:** Fear

<sup>47</sup> And when evening came, the boat was out on the sea, and he was alone on the land.  
<sup>48</sup> And he saw that they were making headway painfully, for the wind was against them. And about the fourth watch of the night[a] he came to them, walking on the sea. He meant to pass by them, <sup>49</sup> but when they saw him walking on the sea they thought it was a ghost, and cried out, <sup>50</sup> for they all saw him and were terrified. But immediately he spoke to them and said, "Take heart; it is I. Do not be afraid." <sup>51</sup> And he got into the boat with them, and the wind ceased. And they were utterly astounded, <sup>52</sup> for they did not understand about the loaves, but their hearts were hardened.

Mark 6:47-52

### Reflection:

In the darkest part of the night, in the middle of a frightening storm, Jesus saw the disciples, came walking on the water to them, and spoke to them. He invited them to stop fearing and to trust him. Do you believe Jesus sees you in your present circumstances?

Do you believe Jesus is powerful enough and faithful enough to come for you, walking on the very things that frighten you?

### Next Steps:

Ask Jesus to reveal himself as strong and powerful over your greatest chaos and fears this week. What specific fear or anxiety do you need to turn over to the Lord and entrust to Him?

**Date:** April 9, 2019  
**Passage:** Mark 6:56  
**Title:** Healing

*<sup>56</sup> And wherever he came, in villages, cities, or countryside, they laid the sick in the marketplaces and implored him that they might touch even the fringe of his garment. And as many as touched it were made well.*  
Mark 6:56

**Reflection:**

During the week, I would get up, tired. Go to work. Get home. Crash for a nap. Eat dinner. Work some more and go to bed.

I felt like I was on a treadmill that was moving so fast that I could only stay on if I stayed focus. Any distraction, one missed footfall and I would be crashing and burning off the back end of that treadmill.

Then, I ruptured a disc in my back. The pain was excruciating. For the first few days, I was bedridden. And for weeks following, I was unable to stand or walk without the assistance of a walker.

And God showed up in the midst of it and used my back to transform my life...

Because of my back and His prompting, I pursued changing my work schedule. I now have margin for the fullness of life that God had planned for me.

Because of my back, He showed me that I was not meant to do life on my own as I learned to lean into the dear family and friends who rushed in to meet needs that I could not. I have grown in vulnerability and authenticity in relationship.

Because of my back, I experienced His love for me in a new way. God showed me that He poured out the same profound, immeasurable love and delight over me when I couldn't stand up as He had any other time when I was doing great things for His Kingdom. I was/am loved, regardless of my performance.

Because of my back, I grew closer to His heart as I chose, by His grace, to love Him and praise Him and delight in Him and believe Him in the midst of my pain as a sweet and precious gift that I can only offer Him on this side of heaven.

Because of my back - I have learned how to be thankful for and to speak life out over my body (out loud on occasion) - to value the gift that it is and not take it for granted or complain about it when it's functioning at less than 100%.

Because of my back - I have learned empathy. I can pray for and encourage others who experience physical pain in a more powerful way.

Because of my back - I know that I would never want to go back and experience anything like that again. But I would not trade it for anything. The good that God has brought to my life far outweighs the pain I experienced to get here.

My back is still not at 100%. But after seeing God move as He has, bringing GOOD from what the enemy meant for harm, I trust that He's just not done yet...And I'm excited to see the more that He has in store.

Kelly

**Next Steps:**

Where do you need physical and/or spiritual healing? Ask God to heal you in His way and timing. Praise Him for what He will do!

Easter at Trinity Church

**RESTORE**

Sunday, April 21    [wearetrinity.com](http://wearetrinity.com)

**Easter Gathering Times:**

Good Friday Service: 7:00pm

Easter Sunday: 8:15am, 9:30am, and 11:15am

*Who can you invite to Easter this year?*

**Date:** April 10, 2019

**Passage:** Mark 7:5-8

**Title:** Hypocrisy

*<sup>5</sup> And the Pharisees and the scribes asked him, "Why do your disciples not walk according to the tradition of the elders, but eat with defiled hands?" <sup>6</sup> And he said to them, "Well did Isaiah prophesy of you hypocrites, as it is written, "'This people honors me with their lips, but their heart is far from me; <sup>7</sup> in vain do they worship me, teaching as doctrines the commandments of men.' <sup>8</sup> You leave the commandment of God and hold to the tradition of men."*

Mark 7:5-8

**Reflection:**

What did Jesus want His audience to do?

In what ways are some Christians today hypocritical? What church traditions either can or do turn of nonbelievers away from Christianity?

What traditions do you hold onto that can go against the commands of God?

In what ways do you think it is possible to worship the Lord in vain?

**Next Steps:**

Ask the Lord, "what is one specific action I can take this week to guard against hypocrisy?"

**Date:** April 11, 2019

**Passage:** Mark 7:14-19

**Title:** Inside

*<sup>14</sup> And he called the people to him again and said to them, "Hear me, all of you, and understand: <sup>15</sup> There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him."<sup>17</sup> And when he had entered the house and left the people, his disciples asked him about the parable. <sup>18</sup> And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, <sup>19</sup> since it enters not his heart but his stomach, and is expelled?" (Thus he declared all foods clean.)*

Mark 7:14-19

**Reflection:**

What had the disciples misunderstood about religion that had dulled their minds to the truth?

Is there something in your life that has an impact similar to the Jewish dietary laws that the disciples experienced?

About what attitudes in your life would Jesus say: "Are you without understanding?" List two or three areas that you have allowed to become external behaviors rather than internal acts of love and obedience to Christ. Ask the Lord what He wants you to do from here on.

**Date:** April 12, 2019

**Passage:** Mark 8:14-19

**Title:** Remember

*<sup>14</sup> Now they had forgotten to bring bread, and they had only one loaf with them in the boat. <sup>15</sup> And he cautioned them, saying, "Watch out; beware of the leaven of the Pharisees and the leaven of Herod." <sup>16</sup> And they began discussing with one another the fact that they had no bread. <sup>17</sup> And Jesus, aware of this, said to them, "Why are you discussing the fact that you have no bread? Do you not yet perceive or understand? Are your hearts hardened? <sup>18</sup> Having eyes do you not see, and having ears do you not hear? And do you not remember? <sup>19</sup> When I broke the five loaves for the five thousand, how many baskets full of broken pieces did you take up?" They said to him, "Twelve."*

Mark 8:14-19

**Reflection:**

What might have caused the disciples to keep worrying about whether they had brought enough food along?

How might Jesus' rebuke have impacted them?

Where is your heart hardened to the provision that Jesus can and wants to provide?

**Next Steps:**

In what specific ways will you ask God to provide for your needs this week? Pray each day for your "daily bread" --- your needs for that day.

# Week Seven

**Date:** April 15, 2019

**Passage:** Mark 8:31-33

**Title:** Vulnerability

*<sup>31</sup> And he began to teach them that the Son of Man must suffer many things and be rejected by the elders and the chief priests and the scribes and be killed, and after three days rise again. <sup>32</sup> And he said this plainly. And Peter took him aside and began to rebuke him. <sup>33</sup> But turning and seeing his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man."*  
Mark 8:31-33

## **Reflection:**

What might have motivated Peter to not only question the specific predictions of Jesus but to actually take him aside and challenge him about them?

In what ways do you respond when Jesus' teaching doesn't make sense to you?

How might this interaction between Jesus and Peter help you?

## **Next Steps:**

Many years later, Peter probably shared this failure with other believers. What failure in your past would you be comfortable sharing to encourage other believers? Pray about when and where you might share it.

## Simple Resurrection Rolls for Easter

### INGREDIENTS

- 3 tablespoons melted butter
- ¼ cup white sugar
- 2 tablespoons cinnamon
- 1 8oz can of Crescent Rolls\*
- 8 Large marshmallows

### INSTRUCTIONS

1. Line a baking sheet with parchment or aluminum foil and preheat the oven according to the directions on the back of your crescent roll can.
2. Mix together cinnamon and sugar in a small bowl.
3. Pull apart the crescents onto a cutting board and roll each crescent into a ball.
4. Using your fingers stretch the ball into a flat circle shape.
5. Take one marshmallow and dip it into the melted butter and then into the cinnamon sugar mixture, coating it completely and generously.
6. Place the marshmallow in the center of the crescent and pinch the edges of the dough around the marshmallow.
7. Be sure to pinch it completely closed or the marshmallow will ooze out the sides of your roll.
8. Once all the rolls are finished, place on a baking sheet.
9. Gently brush on additional melted butter to the tops of your rolls and sprinkle tops with remaining cinnamon sugar to create a coating on the outside of the rolls.
10. Bake according to directions on your crescent roll can.
11. When they come out of the oven, the inside of the roll will be hollow.

### A few tips for success with these rolls:

- \*You can substitute freezer rolls for the crescents, if you prefer. The outcome will be the same.
- If you want to get the kids more involved, instead of dipping the marshmallows and brushing on the topping, you can put the cinnamon sugar in a Ziploc and shake it on the buttered marshmallow and the buttered roll.
- Be sure the roll is pinched tightly closed and also that there are no super thin spots of dough on the balls or the marshmallow will leak out of the sides. The roll will still be delicious but you lose a little bit of the flavor when the marshmallow leaks out.
- You can make these in the standard crescent shape of the rolls instead of a ball. I prefer the ball shape as I find it easier to make and less likely to have the filling ooze out of the sides. Plus it looks more like the rock that covered the tomb for Jesus.

**Date:** April 16, 2019

**Passage:** Mark 8:31-32

**Title:** Resurrection

*<sup>31</sup> And he began to teach them that the Son of Man must suffer many things and be rejected by the elders and the chief priests and the scribes and be killed, and after three days rise again. <sup>32</sup> And he said this plainly. And Peter took him aside and began to rebuke him.*

Mark 8:31-32

**Reflection:**

As you fast and pray this week (Holy Week), consider the events we remember - the suffering, death, and resurrection of Jesus. How might knowing that Jesus expected these things change your thinking about them?

**Date:** April 17, 2019

**Passage:** Mark 9:9-10

**Title:** Resurrection

*<sup>9</sup> And as they were coming down the mountain, he charged them to tell no one what they had seen, until the Son of Man had risen from the dead. <sup>10</sup> So they kept the matter to themselves, questioning what this rising from the dead might mean.*

Mark 9:9-10

**Reflection:**

After 2000 years of the church, we can get used to the idea that Jesus rose from the dead. What might the disciples have been thinking that Jesus' words meant?

What could be the source of their confusion?

If they had really grasped what he was predicting, how might their experience of the last week of his life have been different?

In what ways does the reality of the resurrection of Jesus impact your life today?

**Next Steps:**

Ask the Lord to expand your understanding of the resurrection and its impact on your daily life. How can you allow the power of the resurrection to operate within you?

**Date:** April 18, 2019

**Passage:** Mark 9:30-32

**Title:** Ask

*<sup>30</sup> They went on from there and passed through Galilee. And he did not want anyone to know, <sup>31</sup> for he was teaching his disciples, saying to them, "The Son of Man is going to be delivered into the hands of men, and they will kill him. And when he is killed, after three days he will rise." <sup>32</sup> But they did not understand the saying, and were afraid to ask him.*  
Mark 9:30-32

**Reflection:**

Jesus clearly wanted his disciples to know what was going to happen. Why might they have been afraid to ask him to explain?

Are there areas of his plan that Jesus wants to help us understand today?

What keeps you from asking for his wisdom?

**Next Steps:**

Think about Jesus' plan of redemption and your role in carrying out your part (Ephesians 2:10). What wisdom do you need to carry it out? Ask the Lord for it (James 1:5).

**Date:** April 19, 2019

**Passage:** Mark 10:32-34

**Title:** Surprise

*<sup>32</sup> And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them. And they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, <sup>33</sup> saying, "See, we are going up to Jerusalem, and the Son of Man will be delivered over to the chief priests and the scribes, and they will condemn him to death and deliver him over to the Gentiles. <sup>34</sup> And they will mock him and spit on him, and flog him and kill him. And after three days he will rise."*  
Mark 10:32-34

**Reflection:**

What would be astonishing to the disciples about Jesus leading the way back to Jerusalem?

What does their astonishment tell us about their hearts and faith?

What difficult things does Jesus lead us into today that surprise you?

**Next Steps:**

In what ways can the outcome of Jesus' final week - his victory over sin and resurrection - encourage you in the difficulties you face? Thank Him for His example.

*Then he asked them, "But who do you say I am?"  
Peter replied, You are the Messiah."  
Mark 8:29*

*"If anyone would come after me, let him deny  
himself and take up his cross and follow me.  
Mark 8:34*

*For even the Son of Man came not to be served but  
to serve, and give his life as a ransom for many.  
Mark 10:45*