**Sunday 28th February – Who is Jesus and why did He come?**

Spend some time with your family talking about these questions.

What does Jesus mean when he says the disciples need to pick up their own cross?

What does a life with Jesus look like?

What does Jesus mean by saving your life by losing it?

**Challenge**

One of the things Jesus asks us to do when we pick up our cross is to serve Him and the community we live in.

How can you help your community this week? You may help the community or household you live with by washing up, sweeping or taking the bins out. Or you may help to choose to help your wider community, taking some food to foodbank or checking up on a neighbour.