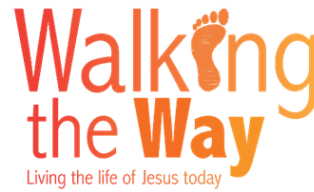




Triologue



Read the passage in a different translation

Go Deeper: wonder | question

Pray: in | out | up

Connect: think | write | doodle



Ep 1: Relationships

Bible Text: **Matthew 5**

Helpful Links: [Journaling](#) | [Colouring 1, 2, 3](#)

Go the Extra Mile - make an effort to go beyond what is expected in your response to other peoples requests.

Salt - How could you be distinctive and make a difference to situations around you?

Love for Enemies - Find a way to treat someone, a stranger or someone you dislike or find difficult.

If this was the only teaching we knew, **wonder what this says about Jesus?**

Does this leave you with **further questions for Jesus?**

Which parts are **important to you**, and what would you leave out?

IN - Pray the [BEATITUDES](http://www.ninefoldpath.org): <http://www.ninefoldpath.org>

Rolling images of nine simple body postures to adopt as you read the nine blessings. Starting with **TRUST** (open hands) '*for blessed are the poor in spirit*', and ending with **RADICAL LOVE** (arms out wide in a cross) '*for blessed are you when people insult you.*'

Try holding these positions as you say the words. There are also nine short films introducing each blessing as a challenging way to live if you wish to explore this further.

OUT - Think of people who are being like **SALT** (bringing out the God flavours) or **LIGHT** (bringing out the God colours) at the moment. Write a short prayer or blessing for them and send it to them straight away or share it (if it is for a group of people, eg care workers).

UP - Listen to (or sing along with) '[Way Maker](#)'.

Engage deeply with who God is, and spend time in God's presence worshipping.