

May 2025

Philippians 4:6-7

What a Friend We Have in Jesus (ELW 742)

Week 1

"Are we weak and heavy-laden, cumbered with a load of care?"

What phrases in this song bring to mind heavy burdens Jesus has helped you carry? How do these lyrics relate to your faith story?

Week 2

"What a privilege to carry, everything to God in prayer."

Write a prayer about your worries, joys and gratitude. Reflect on how trusting in Jesus as a friend affects your life of faith.

Week 3

"Can we find a friend so faithful, who will all our sorrows share?"

What act of kindness can you do this week to reflect the friendship Christ shows to you? Reach out in encouragement, help someone in need, or connect with a lonely friend.

Week 4

What a friend we have in Jesus, all our sins and griefs to bear!

Sing or listen to this hymn with a group or alone as an act of worship. Reflect on how the themes in this hymn's message have impacted you and your relationship with Jesus.