

# Next Steps

**“Next Steps”** are ideas and opportunities to help you go deeper in your faith. They are different each week, and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church and the world.

## February 21, 2021: “Red Letter Day” series: “Why have you forsaken me?”

- Read **Matthew 27:37-46**. Reflect on all that is going on around Jesus. Ask yourself:
  - Why might Jesus be struggling to trust God at this moment?
  - When have you struggled to trust that God is with you?
- Read **Isaiah 55:8-9, Romans 8:31-39, Deuteronomy 31:6**. Remember a time when:
  - **God was good.**
    - How does remembering that moment help you trust God in this moment?
    - Write down all the times you can remember when God was good even if the circumstances were not.
  - **God was for you.**
    - How did it feel to know that God was in your corner even if no one else was?
    - How did that give you confidence or courage to keep going?
    - Where do you need to know that God is for you today?
  - **God was with you.**
    - How can remembering that experience give you confidence that God is with you today?
    - How can you see that God is “NOW HERE”?
- Instead of asking God, **“Why?”** ask God **“What?”**
  - *God, what are you doing in this situation?*
  - *What do you want me to learn about you? about me?*
  - *God, what do you want me to do?*
  - *What can I remember to help me trust you more?*
- **Who do you know** that might be in a dark place today?
  - How can you remind them that God is **good**, is **for** them, and is **with** them?
  - How can you comfort and encourage them, and bring God's light into their darkness?
- **Ask God to show you** those areas in your life where you feel alone and abandoned. Ask God to bring you the assurance of his comfort and healing.