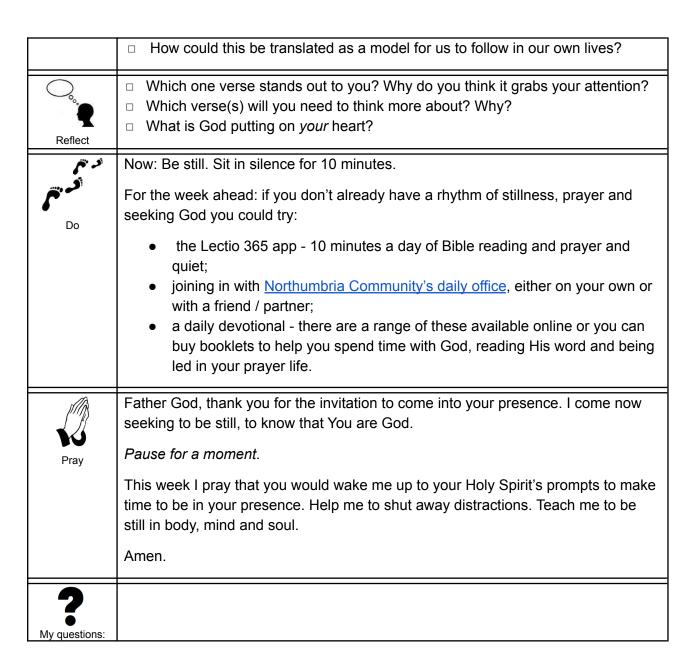




Small Group/ Reflection Notes

	09.01.22		Refresh: Time
	□ What is the best time-saving device you have in your life?		
Start	□ What do you do with all that extra time it has created?!		
12.	□ What do you think you spend most of your time doing (discounting sleep!)?		
Discuss	□ What do you wish you had more time for?		
Read	Ephesians 5:15-21	Listen again	ChesterRoadBaptist.org.uk/Watch ChesterRoadBaptist.org.uk/Talks
Explore	□ Where and when do you feel busiest? Why does life feel so hectic? Can you remember a time when things were different? What's changed? □ What impact does busyness have on us? Can you give any specific examples? Did you find this altered over lockdown? Is it back to full pace for you now? □ The Bible tells us that time is a gift from God: how does the creation account in Genesis demonstrate this? What natural rhythms does He put in place for us right at the very beginning of time? □ Ecclesiastes 3 reminds us that God has created a time for every experience. Verse 11 says that He has made 'everything beautiful in its time'. What do you understand this to mean? □ If time is a gift, how do we ensure we enjoy it? How can we ensure we use it well? □ Keeping busy can be a way of dealing with difficulties in life; what are some of the pros and cons of this approach? □ Psalm 46:10 says 'Be still and know that I AM GOD.' How do you do this? What can make it challenging? How do you overcome this? □ How do you approach time constraints, deadlines, and being on time? What's the difference between arriving on time and arriving well? How does Jesus approach time? Look at how he behaves at the wedding in Cana, when he raises Lazarus from the dead, when he blesses little childrenothers? □ Luke 5:16 says that Jesus 'often withdrew to lonely places and prayed'. Why is this important? What difference does it make for Jesus? □ Ephesians 5:15-16 instructs the church to live wisely - making the most of every opportunity. What could this mean?		
Go further	Read <u>Luke 8:22-25</u> . How is Jesus' sense of calm and stillness made very obvious here? What is his response to the raging storm?		



If you're not yet in a small group, why not join one! Check out: <u>ChesterRoadBaptist.org.uk/SmallGroups</u>
Can't see a group to suit your availability/interest? Start one! <u>SmallGroups@ChesterRoadBaptist.org.uk</u>