



Small Group/ Reflection Notes

	w/c 29 th January 2023	Treasure for living														
 Start	<input type="checkbox"/> Play a game of <i>Never have I ever...</i> Select from/ add to: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td><input type="checkbox"/> <i>Never have I ever got a tattoo</i></td> <td><input type="checkbox"/> <i>Never have I ever rode a motorbike</i></td> </tr> <tr> <td><input type="checkbox"/> <i>Never have I ever broken a bone</i></td> <td><input type="checkbox"/> <i>Never have I ever played the lottery</i></td> </tr> <tr> <td><input type="checkbox"/> <i>Never have I ever been on TV</i></td> <td><input type="checkbox"/> <i>Never have I ever cheated on a test</i></td> </tr> <tr> <td><input type="checkbox"/> <i>Never have I ever lied to get out of work</i></td> <td><input type="checkbox"/> <i>Never have I ever cheated on anyone</i></td> </tr> <tr> <td><input type="checkbox"/> <i>Never have I ever got caught speeding</i></td> <td><input type="checkbox"/> <i>Never have I ever peed in the shower</i></td> </tr> <tr> <td><input type="checkbox"/> <i>Never ever have I forgotten where I parked</i></td> <td><input type="checkbox"/> <i>Never have I ever fallen asleep in church</i></td> </tr> <tr> <td><input type="checkbox"/> <i>Never have I ever had a crush on a celebrity</i></td> <td><input type="checkbox"/> <i>Never have I ever lied in this game</i></td> </tr> </table>		<input type="checkbox"/> <i>Never have I ever got a tattoo</i>	<input type="checkbox"/> <i>Never have I ever rode a motorbike</i>	<input type="checkbox"/> <i>Never have I ever broken a bone</i>	<input type="checkbox"/> <i>Never have I ever played the lottery</i>	<input type="checkbox"/> <i>Never have I ever been on TV</i>	<input type="checkbox"/> <i>Never have I ever cheated on a test</i>	<input type="checkbox"/> <i>Never have I ever lied to get out of work</i>	<input type="checkbox"/> <i>Never have I ever cheated on anyone</i>	<input type="checkbox"/> <i>Never have I ever got caught speeding</i>	<input type="checkbox"/> <i>Never have I ever peed in the shower</i>	<input type="checkbox"/> <i>Never ever have I forgotten where I parked</i>	<input type="checkbox"/> <i>Never have I ever fallen asleep in church</i>	<input type="checkbox"/> <i>Never have I ever had a crush on a celebrity</i>	<input type="checkbox"/> <i>Never have I ever lied in this game</i>
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 Discuss	<input type="checkbox"/> What gets you worried/ anxious? What effect does anxiety/ worry have on you? Physically? Mentally? Spiritually? <input type="checkbox"/> Why are <i>some</i> worries helpful, even occasionally life-saving? <input type="checkbox"/> Why is worry more often about the <i>past</i> (what has happened) or the <i>future</i> (what might happen), less about the <i>present</i> ?															
 Read	Luke 12:22-34	 Catch-up ChesterRoadBaptist.org.uk/Watch														
 Explore	<input type="checkbox"/> v.22 What do we worry about? Why? What else do we/ you worry about? <input type="checkbox"/> v.24 How can nature help us deal with worry? <input type="checkbox"/> v.25 Why is this so true? What effect does anxiety/ worry have on us? You? Physically? Mentally? Spiritually? <input type="checkbox"/> v.28 As well as reflecting on <i>creation</i> , why does reflecting on the <i>Creator</i> help us better deal with worry? <input type="checkbox"/> v.31 What does it mean to seek God's Kingdom? In your home? Workplace? Private life? How does this put everything else into perspective? Does this mean all your needs are then guaranteed? <input type="checkbox"/> v.33 How is worry like a thief? How does it 'mug us'? John 10:10 What does this thief do? How? When have you felt 'mugged' by worry? <input type="checkbox"/> John 10:10 What does Jesus bring? How/ when can/do we experience this? <input type="checkbox"/> v.34 What do you imagine life in heaven to be like? How is this like treasure for us now in the <i>present</i> , here on earth as it is in heaven?															
 Go further	<input type="checkbox"/> v.24 What's the significance of it being a <i>raven</i> ? <input type="checkbox"/> Leviticus 11:15 : how were ravens judged? <input type="checkbox"/> Genesis 8:6-7 : why might Noah have included/ used an <i>unclean</i> bird? <input type="checkbox"/> Acts 11:9 : What was/is God very clear about?															

	<input type="checkbox"/> So, v.24 : what's the significance for <u>you</u> / others of it being a <i>raven</i> ?
 Reflect	<input type="checkbox"/> Which one verse stands out to you? Why do you think it grabs your attention? <input type="checkbox"/> Which verse(s) will you need to think more about? Why?
 Do	<input type="checkbox"/> Set aside a short time to practice Mindfulness. Tune in to your surroundings: what do you hear, see, smell... Be aware of your breathing: feel your lungs breathe in/ breathe out. Don't worry if your mind wanders (past/ future/ elsewhere); simply bring yourself back to the <i>present</i> . Risen Jesus is <i>present</i> , here by His Spirit. Consider yourself <i>present</i> with Jesus.
 Pray	<p><i>Dear God,</i> <i>Thank you that You are here, present; right here, right now. This makes me feel ____.</i> <i>Help me also to be fully present with You; right here, right now. I acknowledge I am worried by ____.</i> <i>I choose to focus my energy instead on seeking first Your Kingdom.</i> <i>Help me to seek your heavenly treasure. Amen.</i></p>
 My questions:	

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