

Week beginning: 17<sup>th</sup> January

## A Praying Church – Pray or Worry



### WELCOME

When do you feel closest to God?

### WORSHIP

Go round the group and read Psalm 34v 1-10, each person reading one verse. Pause for a few minutes to meditate. Then ask each person to share which verse speaks to them. Pray these verses back to God

### WORD

Bible Verse: Philippians 4:6-7

What a fantastic command – to pray instead of worry! Putting it into practice is our challenge

Q1 – What do you do to relieve stress from worry in your life? What does Paul say to do?

Q2 – How does what you think about affect how you feel? How does it affect your relationship to God?

Q3 – What things have you prayed for a long time and eventually seen an answer? What has yet to be answered?

Q4 – How can we stop worrying and keep trusting God for things that aren't answered immediately?

Q5 – Have you learnt any keys to trusting God rather than worrying?

Q6 – Lets put this in practice: Try praying in two's or three's for five minutes asking for the things that you need for your life and for your family and flatmates. Be specific in what you ask God for.

### WITNESS

Ask everyone to think of one person who isn't a Christian. Then ask them to think of one practical thing they could do to bless them – demonstrating God's love.

Week beginning: 24<sup>th</sup> January

## Our Preparation for a wonderful life



### WELCOME

Can you recall a time when someone did something wrong, but you were punished for it instead? How did you feel?

### WORSHIP

As a group make a list of as many attributes of God as you can – loving, creator, etc, add the names of God that you know- provider, redeemer etc. Ask people to close their eyes while you read the list slowly. When you finish ask everyone to pray, thanking God for these attributes.

### WORD

#### Joshua 7

Q1 – Why was God angry with all the Israelites (see Josh 6:18-19)

Q2 – How would you describe Joshua reaction to the stunning defeat at Ai: Cowardly? Surprised? Angry? Whining? Or What? What elements of each do you see in your groups reaction (had you been there)

Q3 – How did the Lord get Joshua and the Israelites back on track? What emotions does God express in the conversation with Joshua?

Q4 – What exactly was Achan's sin? Why do you think he did it even though he know God's orders?

Q5 – Why do you think the punishment was so severe?

Q6 – What kind of things happen in our lives when we sin and try to hide it?

Q7 – Has the Lord ever had to get tough with you

Q8 – Do you think it was fair for God to punish all Israel because just one person sinned? Why or Why not?

### WITNESS

Please Pray for Light and Life that is on Wednesday of this week

### HIGHS AND LOWS

Opportunity for people to share about their lives and areas that they would like prayer for. (see notes in email)

Week beginning: 31<sup>st</sup> January

## Church - Community: God's Methods



### WELCOME

What was the largest dinner party you ever had? What did you serve? Did everyone have enough to eat

### WORSHIP

If your group is blessed with a musician have them lead you in a time of worship, singing songs that reflect the compassion and love of God, i.e. "everyone needs compassion"

### WORD

Mark 6: 30- 44

Q1 – What is the difference between the way Jesus looked on the crowd and the way the disciples viewed them?

Q2 – Why would Jesus tell the disciples "you give them something to eat" (v37)? How did the disciples respond?

Q3 – What would you feel as a disciple when you gathered the leftovers? What was the lesson to be learned?

Q4 – V31 Jesus takes them to a quiet place to rest – how do you rest?

Q5 – If you went to a solitary place with Jesus, what would you talk about?

### WITNESS

Think and share about a very practical way that you could show compassion to someone in your circle of contacts this week.

### HIGHS AND LOWS

Time of prayer for each other

Week beginning: 7<sup>th</sup> February

## The Church, Community: God's Might



### WELCOME

Do you know how to ice skate? Windsurf? Water Ski? Float on an Inner Tube?  
Have you had any memorable experiences while doing any of these things?

### WORSHIP

Write or print out the following phrases on to separate pieces of paper – Things Left Behind; Future Events; Citizens in Heaven; The Promise of Transformation; Examples to Follow; Goals and Prizes; Maturity; A Saviour Lord Jesus Christ. Ask Jesus to thank God for the things in their lives that are prompted by the words. Pass the words around until the time of worship ends.

### WORD

Mark 6:45-56

Q1 – Who is Jesus revealing himself to be?

Q2 – What would you do if you saw Jesus walking on a lake? What miracle would you like Jesus to do in your life, or in the life of someone you know?

Q3 – In what situation in your life do you need to hear Jesus' words, "Don't be afraid"?

Q4 – What can we learn about prayer from this story – particularly reflecting back on Jim's message from Sunday. Prayer and Problems; Prayer and Power; Prayer and People

### WITNESS

Alpha starts next week, spend time praying for people you are planning to invite and for the Alpha Course, those leading and helping.

### HIGHS AND LOWS

Week beginning: 14<sup>th</sup> February

Cells at Prayer



We suggest you divide up the evening you may wish to pray for some of the following

## The World

Refer to local papers about world issues that need prayer.  
Missionary Projects that the church support i.e BMS

## East Kilbride and Surrounding Areas

Police – Social Work – Schools  
Community Issues

## EMBC

Alpha Course that starts this week (**Keep praying for Alpha regularly during the weeks ahead**)  
Children's and Young people ministries i.e YF, Light years, Bible Class, uniform organizations etc  
Cell Group life of EMBC  
Worship Bands

## Ourselves

Highs and Lows  
At this time you might one to place someone on a chair and have other gather round and pray for them.

Week beginning: 21<sup>st</sup> February

## Church, Community – God's Message



### WELCOME

Describe a time when you felt right about breaking the rules?

### WORSHIP

Focus on heaven, as we worship God tonight. Each person read John's description of heaven in revelation 7 verses 16-17. Meditate on the verses – what do you think is the best part of this picture of heaven? Turn these into prayers of praise to God.

### WORD

Acts 4:1-22

Q1 – Why would the Sadducees oppose the disciples preaching (v2)

Q2 – What would you feel if you were one of the believers who saw Peter and John taken away? If you were Peter or John?

Q3 – When, if ever, do you feel that Peter's response to his political and religious leaders would be appropriate for Christians today?

Q4 – On a scale of 1 (low) to 10 (high) how sure are you of Peter's statement in verse 12? What has built your assurance the most? What doubts still linger?

Q5 – From this story what about the Holy Spirit is most striking to you?

Q6 – In what way do you need the power of the Holy Spirit?

### WITNESS

Pray for boldness to speak for Jesus to our your friends. Pray for the persecuted Church across the world.

### HIGHS AND LOWS

Week beginning: 28<sup>th</sup> February

## Community – God’s Messengers



### WELCOME

Are there any bold moves that you are contemplating?

### WORSHIP

Time to get your musicians out and have them lead you in some worship, if you do not have any musicians you could put a CD on and sing along to it, or spend some time “soaking” in God’s presence.

### WORD

Acts 4:23-36

Q1 – Why would the disciples begin the prayer by recalling God’s sovereignty(24-28).

Q2 – What is one purpose of the Holy Spirit (v31)

Q3 – How are your prayers in crises like and unlike this prayer (vv24-30)

Q4 – Why would it be beneficial to recall God’s character and actions in history?

Q5 – How is your Christian life characterized by boldness?

Q6 – Compare verse 32-35 with Act 2:42-47 What qualities mark this Church?

Q7 – How well does v32 describe your relationship with others in your church? What would have to change for such sharing to be possible?

### WITNESS

Next week is a social evening. Plan what you are going to do and whom you are going to invite. Is there someone you know in EMBC who is new or is not in a cell group who you could invite?

### HIGHS AND LOWS

Week beginning: 7<sup>th</sup> March

**SOCIAL EVENING!!!**

