

ST. BARNABAS CHURCH, SWANLAND - 'Sharing Christ through friendship'

SMALL GROUPS NOTES

Easter 3: w/beg 18 April 2010. Bible passages: Phil 4:4-9; Luke 24:13-36

Words of Eternal Life (3): "Peace be with you"

Welcome/ icebreaker	What do you do to relax? Who prefers 'active' relaxing and who 'passive' relaxing?
Worship	Whatever you are doing for refreshments (coffee, biscuits, cake, etc.), take a few moments to bless God for the food/ drink. Thank him for his provision for all our needs. <i>Suggested songs: Songs of Fellowship 303 Jesus stand among us (point out that the words in v.3 could apply to the 'refreshments');</i> 551 Thine be the glory; 1562 This is the air I breathe; etc.
Word (refs.↓)	
Phil. 4:4-9	Is peace with God (Romans 5:1) the same as the peace of God ? How are the two phrases related? Which is more important, knowing the peace of God (v.7), or the God of Peace (v.9), or are both equally important?
Phil. 4:4-9	How do you experience 'the peace of God'? How does the following structure of vv.4-9 help (if at all)? - v.4 – Praise; v.6 – Pray; v.7 the Peace of God; v.8-9 (and v.5) Practice; v.9b the God of Peace.
Luke 24:13-31, and 32-36	Take 2 minutes to read through vv.13-31 in silence. Then read v.32-36 together or in as many translations as are in the room. What was it that turned the disciples despair (v.17) to joy? Was it what Jesus said on the road (v.27, v.32), recognising him as he broke the bread (v.31, v.35) or were both experiences equally important? Which of the two is closer to your own experience of feeling inspired to tell others that Jesus is alive?
Luke 24:32-36	Who do you think experienced 'peace' here more: the disciples who'd just rushed up from Emmaus, Peter who'd already met Jesus, or the other ten who met Jesus for the first time and said 'peace be with you' (v.36)n What helps you experience God's peace – the Scriptures, direct encounter with God, reassuring words or something else?
Witness	Think of someone at work/ school/ club, or a neighbour, family member, etc. who you know or sense lacks peace in their lives (or perhaps it's you). What simple encouragement can you give them (or use yourself) to help them find that peace? Can you identify a time this week when you would be able to share that encouragement with them? Be ready to 'report back' next week! Now spend some time praying about this together, or in groups of two or three.

Planning ahead: why not think about getting together as a group for a social event, perhaps even with another cell group, either over one of the forthcoming Bank Holiday weekends (May 1st-3rd or 29th-31st) or during half term (30 May – 6 June)?