

The Parish Church of St. Barnabas, Swanland - 'Sharing Christ through friendship'

CELL GROUP NOTES: 16th Sunday after Trinity, w/beg 19th Sept. 2010. Readings: Ephesians
Parish weekend – God's vision for His church – faith and life - being a healing community

Welcome/ icebreaker	Share one thing (not necessarily very profound) that makes you feel good about yourself – or any way you have found of picking yourself up when someone or something has left you feeling discouraged? (eg if you were Jiminy Cricket it would be 'give a little whistle') Any common experiences here?
Worship	Songs that remind us of God's love for us (eg 950 O Father of the fatherless, 433 O Lord, your tenderness,
Word (<i>refs.</i> ↓)	An opportunity to reflect on the parish weekend (or just your experience of God over the past week if you weren't able to be at it) – <i>some starters here</i>
Eph. 1:3	'Blessed with every spiritual blessing'. Can you name 5 things that God has blessed you with to be thankful for, particularly anything that struck over the last week. If you have a bracelet from the weekend, use that as a prompt if you feel able to share.
Eph. 2:10	'You are God's masterpiece' Do you believe this? What things do you say to yourself that make it difficult for you to hold on to this truth? Or to remind yourself of it?
Eph. 4:1	'Live a life worthy of your calling' Did any of these images from the weekend help you: <ul style="list-style-type: none"> ➤ Caterpillar – butterfly ➤ What is your song the Father is singing over you? ('No-one else can sing your song') ➤ An eagle chick being pushed out of its nest in order to learn to fly ➤ Playdough shapes: times of blessing; times of pain; giving them both to God to reform something new for his glory
<i>Wind (prayer)/</i> <i>☞ Witness</i>	If you prayed last week for God to help you bring Jesus' light to someone living in darkness, share any ways in which he answered your prayers. And/or think of any signs of hope in the people or situations you pray for regularly – and encourage one another with any stories about them. Pray for more signs of hope this week, and for more opportunities to be a healing community as a group and as a church – and for Back to Church Sunday .
	Remember it's Back to Church Sunday this Sunday (26 th) – be praying for opportunities to invite people to St B's (look/listen out for the publicity in the media). Be ready, as always, "to give an answer to anyone who asks about the hope that you have" (1 Peter 3:15). And remember – please do actually invite them! (cards are still available in the church foyer)