

<b>Welcome</b> <i>(ice-breaker)</i>	What helps you keep going through challenging experiences (e.g. long-distance running, hiking, etc.)?
<b>Worship ideas</b>	<i>Suggested songs: Songs of Fellowship 139 God of grace and God of glory, 148 Guide me O Thou great Jehovah, 1193 Blessed be your name, 1229 Father hear the prayer we offer (NB: 20 files of 'newer' songs are available to borrow from the office for groups)</i>
<b>Word</b> (refs.↓)	<i>Sunday's 9am sermon is available to download from <a href="http://www.stbchurch.org.uk">www.stbchurch.org.uk</a> (click on Downloads tab)</i>
<b><u>Read</u></b> 2 Cor. 4:13-end	<p>(See last week's notes for the background to this letter.) 2 Cor 4:16 forms the heart of this passage. In v.1 Paul states 'we do not lose heart', and goes on to give four reasons why this is true in vv.7-15 -</p> <ol style="list-style-type: none"> <li>1) God is being glorified (vv.7, 10, 11)</li> <li>2) Christians are being edified (v.12, 15)</li> <li>3) Paul's faith is being fortified (vv.8-9)</li> <li>4) His future inheritance is guaranteed (v.14) – before restating the same truth in v.16a.</li> </ol> <p>What reasons can you identify for not 'losing heart' in Paul's ministry? What parallels do they have in your own experience (e.g. helping other people to move on in the faith even at cost to yourself?) How does this encourage you to keep going through difficult times?</p> <p>Paul then says 'inwardly we are being renewed' (v.16b) and goes on to explain four reasons why this is true in vv.17-18</p> <ol style="list-style-type: none"> <li>1) our affliction is temporary (v.17a)</li> <li>2) our affliction is light (v.17a, compare Rom. 8:18)</li> <li>3) our reward is eternal and solid (v.17b)</li> <li>4) there is an unseen prize to fix our eyes upon (v.18)</li> </ol> <p>What about the times when life's difficulties get you down? Can you really speak of such things as 'light and momentary troubles'? (v.17)</p> <ul style="list-style-type: none"> <li>• If so, what helps you keep things in perspective?</li> <li>• If not, how can you develop resilience to be able to persevere through the hardships?</li> </ul> <p>Finish by reading 2 Cor. 1:3-7 together and pray for any for whom these verses may contain important truths to hang on to at this time.</p>
<b>Witness</b>	<p><b><u>Pray</u></b></p> <ul style="list-style-type: none"> <li>❖ for your mission link person(s) or project;</li> <li>❖ for grace to persevere through difficult times (for yourself/-selves or for others)</li> </ul> <p><b><u>Plan</u></b></p> <ul style="list-style-type: none"> <li>❖ an activity as a group this month or next to which you can invite friends neighbours and family who are not yet Christians (eg picnic, garden party, inter-church cricket match (20 June), Swanland festival events, etc.)</li> <li>❖ Might your group like to consider joining with others for a picnic at Swanland playing fields after the Morning Celebration this Sunday, 17<sup>th</sup> June (Father's Day)?</li> </ul>