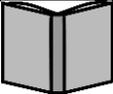




Small Group/ Reflection Notes

	w/c 23rd October 2022	To Inclusion & Beyond: Rubber bands and unity	
 Start	<input type="checkbox"/> With an assortment of elastic bands, play the Elastic Olympics <ul style="list-style-type: none"> • Who can flick a rubber band the <i>longest? Highest?</i> • Who can hit a target? e.g. a paper cup • Who can lift the <i>heaviest</i> weight? 		
 Discuss	<input type="checkbox"/> It's healthy for a rubber band to be <u>stretched</u> . How are we/ you being stretched in our thinking/ attitudes, particularly towards inclusion? Good/ bad? <input type="checkbox"/> Stretched too far, and a rubber band will <u>snap</u> . There are limits. What are the limits to inclusion? <input type="checkbox"/> When a rubber band is stretched, there is <u>tension</u> . Should we be surprised if there is tension when we or others are stretched in our thinking/ attitudes? <input type="checkbox"/> A stretched band wants to ' <u>ping back</u> '. To what extent are our views/ attitudes shaped by our inherited upbringing, culture, church background, media..? Why, when stretched, do they sometimes want to 'ping back'?		
 Read	Romans 15:1-13	 Catch-up	ChesterRoadBaptist.org.uk/Watch
 Explore	<input type="checkbox"/> v.4 If the <i>content</i> of Scripture does not change, can our <i>understanding</i> of it? Have you ever changed your view on something? What? How? Why? <input type="checkbox"/> v.9-12 How had Jewish Christians missed the inclusion of Gentiles (the rest of us)? Is it possible, we might have missed other things too? How do we guard against this? <input type="checkbox"/> v.5 Read Philippians 2:1-11 What was Christ's attitude towards us? What does it mean for us to have the same attitude toward each other? <input type="checkbox"/> v.5 Why is stretching towards inclusion both a challenge and a joy, so hard work and yet so rewarding? Is it worth it? Why? <input type="checkbox"/> v.6 What's the difference between <i>uniformity</i> and <i>unity</i> ? What's more powerful? How can we be 'one' with Christians who think differently to us? <input type="checkbox"/> v.7 Why should we accept others? If we don't accept others, what might that imply about the way we see ourselves? Others? <input type="checkbox"/> v.13 What is this hope, joy and peace? Where does it come from?		
 Go further	<input type="checkbox"/> Who does Psalm 139:13-14 apply to? Who can say this? To what extent do we convey this?		
 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 e? Why? <input type="checkbox"/> How are <i>you</i> being stretched? Why? How is it making you <i>feel</i> ? Why do you think this is?		

 Do	<input type="checkbox"/> Wear a rubber band on your wrist. Feel the stretch, the tension. Use it as a reminder of, or even a discussion starter about, inclusion and oppression.
 Pray	<p><i>Dear God,</i> <i>Thank you that You are stretching me in my _____. Help me to be more _____ and less _____.</i> <i>May the God of hope fill m/us with all joy and peace as I/we trust in Him, so that I/we may overflow with hope by the power of the Holy Spirit 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