



Small Group/ Reflection Notes

	02-07-2023		YOLO! The three cords everyone needs
Start Discuss	 Today is all about the strength of healthy relationships. Being around others is not always easy. It requires generosity and grace. It can be tempting to 'go it alone'. Who has blessed you this week? How? Why do teams generally win over an individual in a quiz or football/ netball match? When do you feel most connected to others? What difference does that make to you? Others? What tips do you have for making a connection with people? 		
Read	Ecclesiastes 4:7- 12	J Listen again	ChesterRoadBaptist.org.uk/Watch
Explore	 v.7: What does this mean? Have you ever felt this in your connection with others? v.8: Few have no relationships/ people in their life. Why is loneliness so harmful, even life-shortening? What can we do about it? v.9: What are the advantages and disadvantages of being self-employed? Have you ever 'worked for yourself'? What were the pressures, limitations? What does Ecclesiastes see in team working/ having colleagues? v.10: What are the marks of a good friendship? When have you received or given the friendship support that Ecclesiastes speaks of? v.11: What are the marks of a good marriage/ intimate partnership? How can we support those who experience separation or bereavement? Those who are married are in the minority at Chester Road. Does that surprise you? v.12: What's stronger: one thread or two threads? What might the one thread represent? [me] What about the two threads? [you & me] Why are three threads stronger still? What might that represent [you, me & Jesus]. How does God model/ exemplify this? [Trinity, God the Father, Son & Holy Spirit. God <u>is</u> relationship] 		
Go further	 Watch the Bible Project overview of the <u>Book of Ecclesiastes</u> (8 mins) Why are relationships at the heart of God? What is the Trinity? How would you explain it? How do you imagine the relationship between Father, Son, & Holy Spirit? 		
Reflect	 Which one verse stands out to you? Why do you think it grabs your attention? Which verse(s) will you need to think more about? Why? How healthy are your relationships? Reach out to someone this week. This week, pray daily for each member of this/ your small group. 		
Do			

	Franciscans repeat frequently: Glory to the Father, and to the Son, and to the Holy Spirit.		
Pray	As it was in the beginning, is now, and shall be for ever. Amen.		
	Say it. Say it slowly. And say it again. And again Try it! (Guess where Danny's been this week!)		
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My questions:			

If you're not yet in a small group, why not join one! Check out: <u>ChesterRoadBaptist.org.uk/SmallGroups</u> Can't see a group to suit your availability/interest? Start one! <u>SmallGroups@ChesterRoadBaptist.org.uk</u>.