







Small Group/ Reflection Notes

	02.01.22	Refresh: Health	
 Start	<input type="checkbox"/> Happy New Year! What are your hopes for the year ahead?		
 Discuss	<input type="checkbox"/> How healthy do you think you are on a scale of 1-10? <input type="checkbox"/> How did you decide this?		
 Read	Mark 2:1-12	 Listen again	ChesterRoadBaptist.org.uk/Watch ChesterRoadBaptist.org.uk/Talks
 Explore	<input type="checkbox"/> In the account in Mark, whose faith is it that inspires Jesus to act? How do they demonstrate faith? What inspires them? Have you ever experienced anything like this? <input type="checkbox"/> Why might Jesus' first response, to forgive the man's sins, not have been surprising to the friends? Consider the stigma attached to illness and disability at the time. Do you think there is still an element of this in the way we approach praying for healing, for ourselves or others? <input type="checkbox"/> Why is Jesus' first priority the forgiveness of the man's sins? What is being healed in this moment? Is this still relevant for us today? Why? <input type="checkbox"/> How do you think a modern day rerun of this would go? Would our prayers still look to address sin and forgiveness first, before addressing physical healing? [How] have our attitudes to sinfulness shifted since this time? <input type="checkbox"/> What do you think the people are most amazed at when they say ' <i>We've never seen anything like this</i> '? <input type="checkbox"/> How did the four friends in the account demonstrate healthy habits and attitudes? <input type="checkbox"/> Why is forgiveness of sins given precedence in this account over the physical healing? How could this influence our reflections and intentions as we head into this New Year? <input type="checkbox"/> Consider the list of people in need of prayer that is emailed out each week; how could the actions of the friends in the story influence the way we approach this list? How could Jesus' responses inform the way we pray?		
 Go further	<input type="checkbox"/> Read Micah 7:18-19 . Sin is a subject that we don't always like to talk about. How can sin make us unhealthy physically, mentally and spiritually? <input type="checkbox"/> What is God's response to sin? How can we access this?		

 Reflect	<ul style="list-style-type: none"> <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 about? Why? <input type="checkbox"/> What is God putting on <i>your</i> heart?
 Do	<p>As you look to the year ahead, take a moment to reflect on any unhealthy habits you are aware of in your life and commit to making a change.</p> <p>Share your commitment with your small group to help with accountability.</p> <p>You could make a note of these to refer back to in a year's time.</p>
 Pray	<p>Mighty God, it is so awesome that you have made it possible for us to find a way to meet with you, to be whole. Thank you! Forgive me when _____. Please help me to _____. Amen.</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*