







## Small Group/ Reflection Notes

	<b>09.01.22</b>	<b>Refresh: Time</b>	
 Start	<ul style="list-style-type: none"> <li><input type="checkbox"/> What is the best time-saving device you have in your life?</li> <li><input type="checkbox"/> What do you do with all that extra time it has created?!</li> </ul>		
 Discuss	<ul style="list-style-type: none"> <li><input type="checkbox"/> What do you think you spend <b>most</b> of your time doing (discounting sleep!)?</li> <li><input type="checkbox"/> What do you wish you had more time for?</li> </ul>		
 Read	<a href="#">Ephesians 5:15-21</a>	 Listen again	<a href="http://ChesterRoadBaptist.org.uk/Watch">ChesterRoadBaptist.org.uk/Watch</a> <a href="http://ChesterRoadBaptist.org.uk/Talks">ChesterRoadBaptist.org.uk/Talks</a>
 Explore	<ul style="list-style-type: none"> <li><input type="checkbox"/> Where and when do you feel busiest? Why does life feel so hectic? Can you remember a time when things were different? What's changed?</li> <li><input type="checkbox"/> What impact does busyness have on us? Can you give any specific examples? Did you find this altered over lockdown? Is it back to full pace for you now?</li> <li><input type="checkbox"/> The Bible tells us that time is a gift from God: how does the creation account in Genesis demonstrate this? What natural rhythms does He put in place for us right at the very beginning of time?</li> <li><input type="checkbox"/> <a href="#">Ecclesiastes 3</a> reminds us that God has created a time for every experience. Verse 11 says that He has made 'everything beautiful in its time'. What do you understand this to mean?</li> <li><input type="checkbox"/> If time is a gift, how do we ensure we enjoy it? How can we ensure we use it well?</li> <li><input type="checkbox"/> Keeping busy can be a way of dealing with difficulties in life; what are some of the pros and cons of this approach?</li> <li><input type="checkbox"/> <a href="#">Psalm 46:10</a> says 'Be still and know that I AM GOD.' How do you do this? What can make it challenging? How do you overcome this?</li> <li><input type="checkbox"/> How do you approach time constraints, deadlines, and being on time? What's the difference between arriving on time and arriving well? How does Jesus approach time? Look at how he behaves at the wedding in Cana, when he raises Lazarus from the dead, when he blesses little children...others?</li> <li><input type="checkbox"/> Luke 5:16 says that Jesus 'often withdrew to lonely places and prayed'. Why is this important? What difference does it make for Jesus?</li> <li><input type="checkbox"/> Ephesians 5:15-16 instructs the church to live wisely - making the most of every opportunity. What could this mean?</li> </ul>		
 Go further	<ul style="list-style-type: none"> <li><input type="checkbox"/> Read <a href="#">Luke 8:22-25</a>. How is Jesus' sense of calm and stillness made very obvious here? What is his response to the raging storm?</li> </ul>		

	<input type="checkbox"/> How could this be translated as a model for us to follow in our own lives?
 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 about? Why? <input type="checkbox"/> What is God putting on <i>your</i> heart?
 Do	<p>Now: Be still. Sit in silence for 10 minutes.</p> <p>For the week ahead: if you don't already have a rhythm of stillness, prayer and seeking God you could try:</p> <ul style="list-style-type: none"> <li>• the Lectio 365 app - 10 minutes a day of Bible reading and prayer and quiet;</li> <li>• joining in with <a href="#">Northumbria Community's daily office</a>, either on your own or with a friend / partner;</li> <li>• a daily devotional - there are a range of these available online or you can buy booklets to help you spend time with God, reading His word and being led in your prayer life.</li> </ul>
 Pray	<p>Father God, thank you for the invitation to come into your presence. I come now seeking to be still, to know that You are God.</p> <p><i>Pause for a moment.</i></p> <p>This week I pray that you would wake me up to your Holy Spirit's prompts to make time to be in your presence. Help me to shut away distractions. Teach me to be still in body, mind and soul.</p> <p>Amen.</p>
 My questions:	

If you're not yet in a small group, why not join one! Check out: [ChesterRoadBaptist.org.uk/SmallGroups](http://ChesterRoadBaptist.org.uk/SmallGroups)  
Can't see a group to suit your availability/interest? Start one! [SmallGroups@ChesterRoadBaptist.org.uk](mailto:SmallGroups@ChesterRoadBaptist.org.uk)