

Welcome

Go round the room and ask everyone to describe how their week has been including one highlight and one lowlight.

Works

Spend a few minutes praying for our church with all that has happened since the fire.

Prayer points:

- The leaders and staff for energy and wisdom
- The community groups affected by the disruption
- The church that we will continue to rise and pull together as we have done
- The forthcoming Alpha course

Word

Turn to Psalm 23 and ask someone to read it.

Last week we looked at the first phrase now we look at v.2-3 which highlight the enemies of our soul, 'hurry and worry'

- What do you think of when you hear the word 'soul'?

Discuss the components of the soul talked about on Sunday (will - mind - body - relationships)

- How does this change how you think about your soul?
- How can we know if our soul is healthy? What are the signs?
- What are the warning signs that your soul is not healthy for you?
- What are the damaging affects 'hurry and worry' can do to us from your experience?
- In what ways does our culture contribute to 'hurry and worry'?
- How does the shepherd lead us to green pastures and still waters in real life?

Spend some time reading then discussing the following verses, ask what do they say, what do they mean and how can we apply them?

Isaiah 30 v.15 Matthew 6 v.25 Matthew 6 v.34 Matthew 11 v.28-30 Isaiah 55 v.1

Worship

Finish with a time of worship and prayer for one another. Be open to the spirit and speak into each other's lives.