

Sunday 22nd March

Theme: Coping with Change

Approximate Time: 20 – 30 mins



Session Summary:

In the current climate lots of things have changed very quickly and many of the things that we take for granted; school, shops full of food, freedom of travel, etc are no longer a given. With the rate that we are having to make changes to limit the spread of the Corona Virus it is easy feel overwhelmed. This session gives you an opportunity to stop and reflect on how you process change and how you can trust that God is with you in the midst of it all.

Icebreaker: Observing Change

Watch the following videos;

<https://www.youtube.com/watch?v=ubNF9QNEQLA>

<https://www.youtube.com/watch?v=cW8UiTQtiwA>

How did you get on?

Point: As people we are very routinised and noticing or coping with lots of rapid change can be difficult for us to process.

Pause for thought: (Or you can do this in pairs or as a discussion)

1. Are you a person that generally likes or dislikes change?
2. Of all of the recent changes brought in to combat the coronavirus, are there any changes you are happy to see?
3. Are there any changes that worry you?

Quote of the Day:

Ronald Niebuhr (1892 - 1971) wrote what is known as the serenity prayer;

God grant me the serenity to accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

Living one day at a time; enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world as it is, not as I would have it;
Trusting that He will make all things right if I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him, forever and ever in the next. Amen.

Scripture Quotes:

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

2 Corinthians 4:16-18

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:6-8

Read the two passages.

1. What are the signs of hope in these passages?
2. What are the promises of God contained in the two passages?
3. How are we encouraged to respond?

Prayer Time:

If you have safe access to a candle, consider lighting a candle as a reminder that Jesus, the light of the world is present with you

Play the song 'Praise you in this storm' by Casting Crowns

<https://www.youtube.com/watch?v=vCpP0mFD9F0>

Spend some time in quiet.

What worries and anxieties would you most like to offer to God?