



The past six months have had a massive impact on all of us – in some cases our lives have been changed fundamentally. As we begin to experiment with safe and allowable ways to gather as a church family, we need to recognize that for many our re-gathering will carry hope and a sigh of relief; for others we will be carrying some burdens from lockdown which might make us anxious, fearful, even helpless at this time.

1. Please share (as much as you feel able) with your small group how you are feeling at this stage of transitioning from lockdown?

Please read Psalm 146.1-10

2. How does this Psalm re-focus our eye and our attention in such a way as to help us with our anxieties and fears at this time? Please pray for one another and for our town with this perspective of God.

In Luke 9.1-9 Jesus tries to take his disciples away to a quiet place following the news of John the Baptist's murder and following the completion of his disciples' first major venture in stepping out in faith without him present with them. Instead of being able to enjoy a quiet retreat, the crowds follow them and surround them.

Please read Luke 9.10-11 and Mark 6.30-34

- 3. What do you think about how Jesus reacted in this situation? What does it tell us about him?
- 4. Do you feel your need of Jesus' welcome, compassion and healing right now? How does this insight into Jesus' character help you approach him?

It says that Jesus healed those who needed healing, but he spoke to them all about the kingdom of God. **Please read Psalm 146.6-10 again, and Luke 4.14-21**

- 5. How do these passages describe what will be seen when the King of the Kingdom of God comes, and begins to establish his Kingdom on earth as it is in Heaven?
- 6. Do you see evidence today in your life, or in others you know, of the spiritual or physical release, sight, rest, peace or healing of God overcoming darkness, blindness, bondage, burden and weariness? Wherever we see and experience this, let's take time to give thanks for the reality of the presence of the Kingdom of God amongst us.

Please read Luke 9.12-17

In verse 13 Jesus said, 'You give them something to eat' – and of course they couldn't. In verse 17 it says, 'they all ate and were satisfied.'

7. Where we can't, Jesus can. What do you need to trust Jesus for right now?