

3. In Response to the Pandemic:

In the last church email, I suggested seven 'P's to sum up how we as Christians can respond to the pandemic. The first one is prayer (Philippians 4:6), which is what we are focussing on this week. But, the other six can guide our prayers.

Perspective – <i>James 1:19</i>	Planning – <i>Genesis 41:37</i>
Precautions – <i>Romans 13:1</i>	Proclamation – <i>Matthew 7:24</i>
Pastoral Support – <i>1 John 3:17</i>	Pacing – <i>Genesis 2:2</i>

Spend some time discussing each of the 6 P's and what they might mean in practice. Then on 6 sheets of paper, put the 'P' as a heading and share the sheets out amongst the group.

Each person in the group writes a short prayer on their sheet. The prayer should be related to that particular 'P'. Then pass the sheets around and write another short prayer to do with the 'P' of that sheet underneath the previous person's prayer. Continue this until everyone has written on each sheet. Then you could take it in turns to read all the prayers out for each sheet.

4. Praying for one another

Each person to share:

- one thing that they want to thank God for
- one thing that is concerning them at present

Then pray for one another in the way you normally do as a Growth Team



**Week Beginning
Sunday 15th March 2020**

Growth Team News –Prayer Week

This week Growth Teams will have a stronger focus on prayer as we have the second of our termly prayer weeks. There is still a chance to reflect a little on this week's sermon, but also a chance to focus on prayer, particularly in the light of the present pandemic.

Mon.	8:00pm	<i>Edith Road</i>	07710 638614
Wed.	10:15am	<i>Goodwin Road</i>	
		<i>Contact Vanessa on</i>	01843 592857
	2:30pm	<i>Dane Park Road</i>	
			01843 583305
Thu.	9:30am	<i>The Vicarage</i>	
		<i>Contact: Willow</i>	01843 607157
		<i>or Audrey</i>	01843 592160
	7:30pm	<i>Kings Avenue</i>	01843 592562

**Growing in Christ
to glorify God
and enjoy Him forever**



Flourishing Love

Matthew 5:38-48 (Page 970)

Space to take notes on the talk

How to love your enemies:

- _____
- _____

Why we love our enemies:

- _____
- _____

Prayer Week - Introduction

In this week's sheet there are four different suggestions to guide your prayers as a Growth Team. Each team will no doubt use the suggestions in the way they feel best. However, please do aim to cover all the topics behind the suggestions.

1. Psalm 37:1-20

Read the Psalm together. You may want to take it in turns to read a verse each and have a short pause after each verse to reflect.

Then invite people to pick one of the verses that is a command and say a short prayer based on that command, beginning 'Heavenly Father, help me...'

For example (based on verse 1):

"Heavenly Father, help me
not to fret because of those who do evil."

2. Prayer in response to the sermon. Read Matthew 5:38-38.

Have a short discussion based on the questions below, then turn your answers to the last two questions into prayer.

- What from last Sunday's talk was the main challenge or encouragement for you?
- Who might you count as your 'oppressor,' 'enemy' or 'someone who causes you difficulties'? (You may want to avoid using names.)
- What could you pray for them?
- How might God be calling you to surprise them with an act of generous love?