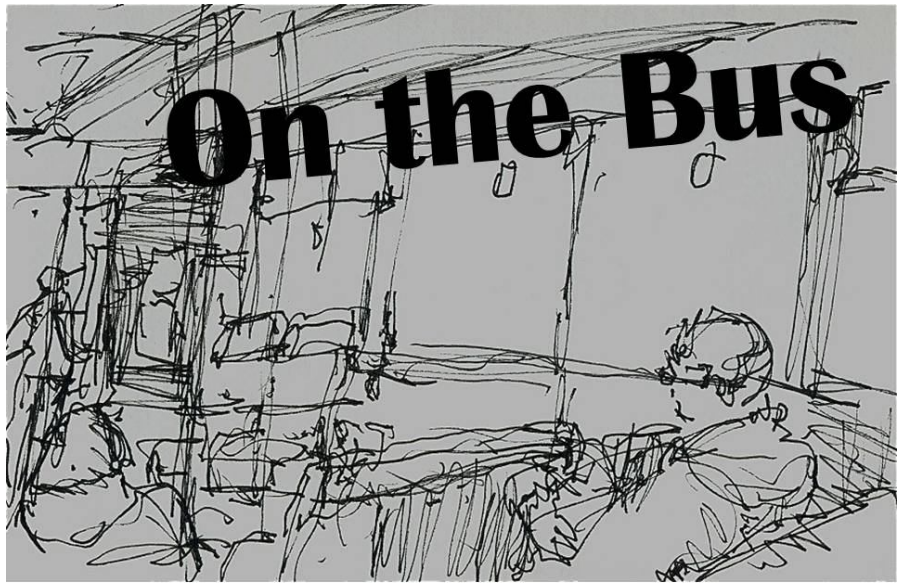




Week beginning
22nd Feb 2010

If you could do any job in
the world, what would it be
and why? (Be imaginative!)

Welcome



Living an 'in sync' life

Worship

Share communion together—but do it a little differently. Give everyone a little wine and put the bread, on a plate, in the middle of the room. Take 10 minutes in 2's and 3's to discuss, and complete the sentence below whilst drinking wine and sharing bread together (allow people to break off bits of bread throughout the 10 minutes until you are finished. Then get someone to pray and give thanks at the end.

Discuss—When I think about the cross of Jesus Christ, I want to...

Read Ephesians 6v10-20 together.

- Make a list of all the 'armour of God' from these verses.
- What are the benefits of wearing the armour (in its various parts) and what are the implications if we don't?
- What does it mean to 'put on' the armour of God?
- How does it make you feel to think that we are in a spiritual battle? How does the reality of this effect you in a normal week?
- What particular piece of armour do you struggle to put on? Spend some time praying for each other.

Word

Witness

This week, David Sinclair and a team are going in to NDRC (behind Salvation Army on Cork Street) to spend some time with members and share something of the Christian message with them. Pray that they would know God's presence and have a fruitful time building friendships and sharing their faith. Pray that God would work in the lives of the members.