

Week  
beginning  
9th May  
2010

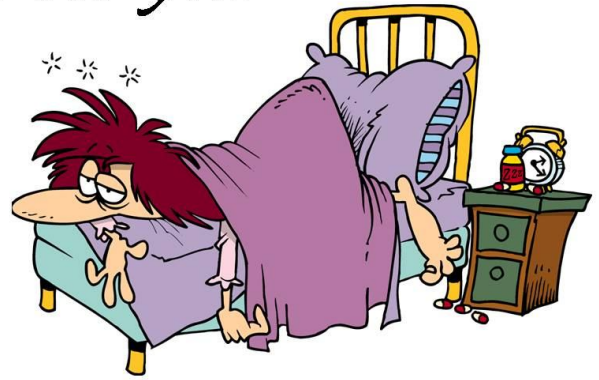


At the end of  
the day...



## Welcome

Are you a morning or an evening person. If you had to choose animals to describe you early in the morning or late in the evening, what would you choose?



Share communion together, asking one person to pray thanking God for what he *has* done through Jesus on the cross, and the other for what he *will* do when his Kingdom is finally seen. Remind each other that the key event in history is the death and resurrection of Jesus!

## Worship

## Word

Start by spending some time discussing a few statements Dave made on Sunday. Do you agree / disagree. Why? Or Why not?

**Our spiritual well being, as well as our physical and emotional well being is tied in with the rise and fall of the Sun and Moon.**

**Our society is driven by a love for panicking.**

**We are built to rest—to stand back and enjoy the God who made all things, and enjoy what we have done too!**

**Do you know how to glorify God when you are going to sleep? Go to sleep!**

Read Psalm 121 together

- How does the phrase 'the Lord watches over you' make you feel?
- In what ways does this Psalm allow us to value and benefit from sleep?

Remember that next week we will be meeting centrally at 'the Place' in Sunnyside from 7.30pm until 8.45pm on Tuesday 18th May. Most cells will be not meeting that week, but gathering together instead on that evening. Please make it a priority—it will be a good time together, and a great opportunity to worship God in prayer.

## Witness