

Connecting the Sunday Sparkle at Hearsall Baptist with the Daily Dust of Life

Welcome

- If it's not too traumatic, share a story of a time when a thief stole something from you.

Worship

- Read John 10:10
- Do we sometimes allow the good gifts of God to be stolen, killed off or destroyed?
- In a silent moment consider if you have allowed this to happen in your life. If it feels right, confess your own sin of complicity to God.
- Jesus offers life in all its fullness. Thank him for that promise.
- Open your heart to receive the gift of abundant life.

Word

Read Philippians 2: 1 - 5

- What are the sources of the care Christians are able to offer to one another?
- In your own words describe the qualities of the community Paul is encouraging here.

Read 1 Corinthians 13: 4 - 7

- Love is the supreme Christian virtue. List the qualities of love described here.

Thinking about both readings:

- How would a community modelled on both of these readings support people with mental health problems?
- What challenges might they face?
- How should those challenges be overcome?

Response (personal)

- Divide a new sheet of paper into two.
- On one half, write (or draw) all the things which make you mentally unhealthy.

- On the other half, write (or draw) all the things that make you mentally unhealthy.
- Ponder the list in prayer.
- Write down some actions you can take to be more healthy.