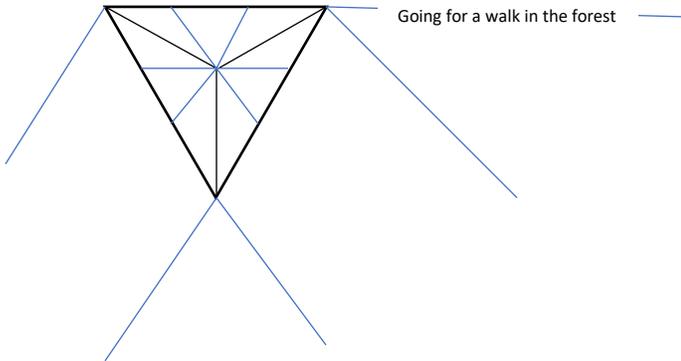


Supplies needed:

1. The page with the spider web you drew from the previous exercise.

A. Add anchor lines out from the corners of your spider web:



B. On the anchor lines write places where you feel close to God. Add ways that you feel cared for by God.

C. Share in small groups or in the larger group 3 ways that you feel cared for by God. Share 3 places where you feel close to God.

Session 1.



Caring for self: Why care?

Scripture: Psalm 139: 13-15 (New Living translation)

You made all the delicate, inner parts of my body
and knit me together in my mother's womb.

¹⁴Thank you for making me so wonderfully complex!

Your workmanship is marvelous—how well I know it.

¹⁵You watched me as I was being formed in utter seclusion,
as I was woven together in the dark of the womb.

Matthew 11: 29

(Jesus said) Take my yoke upon you. Let me teach you, because I am
humble and gentle at heart, and you will find rest for your souls.

Luke 5:16

But despite Jesus' instructions, the report of his power spread even
faster, and vast crowds came to hear him preach and to be healed of
their diseases. ¹⁶But Jesus often withdrew to the wilderness for prayer.

Discussion Questions: How do you look after you? What do you find
relaxing and energizing? Do you think it is helpful to take a break
from activities and technology? What happens when you do?

Create a spider web following the step by step instructions (will be included)

- Make it big enough to write words between the lines
- Put your name at the centre
- Name ways you can care for yourself and place them on the web

Session 2

God cares about us. Do we care about God?

Scripture:
Matthew 22: 34-38

«But when the Pharisees heard that he had silenced the Sadducees with his reply, they met together to question him again. «One of them, an expert in religious law, tried to trap him with this question: «"Teacher, which is the most important commandment in the law of Moses?"» Jesus replied, ""You must love the LORD your God with all your heart, all your soul, and all your mind.'» This is the first and greatest commandment.

Reflection exercise:

Try being absolutely silent for 1 minute. Set a timer or let the leader be the time keeper. Turn off all music and media. Close your eyes, settle your body into a comfortable sitting position so you don't move around. Take some deep breaths. As thoughts come into your mind, let them go and refocus on your breathing. Breath in through your nose and out through your mouth. Slow your breathing down by slowly taking in deep breaths and slowly letting them out.

Imagine a space where you feel close to God.

Pay attention to what it feels like to be close to God in this way.

Is there anything you would like to say to God?

What do you think God wants to say to you?

Do this for the remainder of a minute.

Discussion:

What does it feel like to rest in this way? How hard what it to empty your mind. What did you want to say to God? What do you think God wanted to say to you?

What are other ways you can spend time with God this week?

1. Sunday am worship

Caring for Others Together: Who's in and who's out?

How do we care as church communities for others? How do we decide who deserves our care?

Scripture:

Matthew 22 39

A second is equally important: 'Love your neighbor as yourself.'

Mark 2:15-17

¹⁵Later, Levi invited Jesus and his disciples to his home as dinner guests, along with many tax collectors and other disreputable sinners. (There were many people of this kind among Jesus' followers.) ¹⁶But when the teachers of religious law who were Pharisees saw him eating with tax collectors and other sinners, they asked his disciples, "Why does he eat with such scum?" ¹⁷When Jesus heard this, he told them, "Healthy people don't need a doctor—sick people do. I have come to call not those who think they are righteous, but those who know they are sinners."

<https://www.youtube.com/watch?v=0k4GbvZUPuo#action=share>

2. Saturday am worship

Caring Close to Home: Caring for the inner circle of friends and family

Scripture:

John 15:9-13

⁹"I have loved you even as the Father has loved me. Remain in my love. ¹⁰When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. ¹¹I have told you these things so that you will be filled with my joy. Yes, your joy will overflow! ¹²This is my commandment: Love each other in the same way I have loved you. ¹³There is no greater love than to lay down one's life for one's friends.

Ritual Activity – adding the rope pieces to the giant web

Discussion Questions: How do you show that you care for friends or family? How do they show that they care about you?

Ritual Activity: Tie ribbons from discussion onto the web

Discussion Questions: Write or illustrate on a piece of ribbon, ways you can show you care for people in your community, church community, and neighbourhood. How can we be more welcoming? Share these with your group

