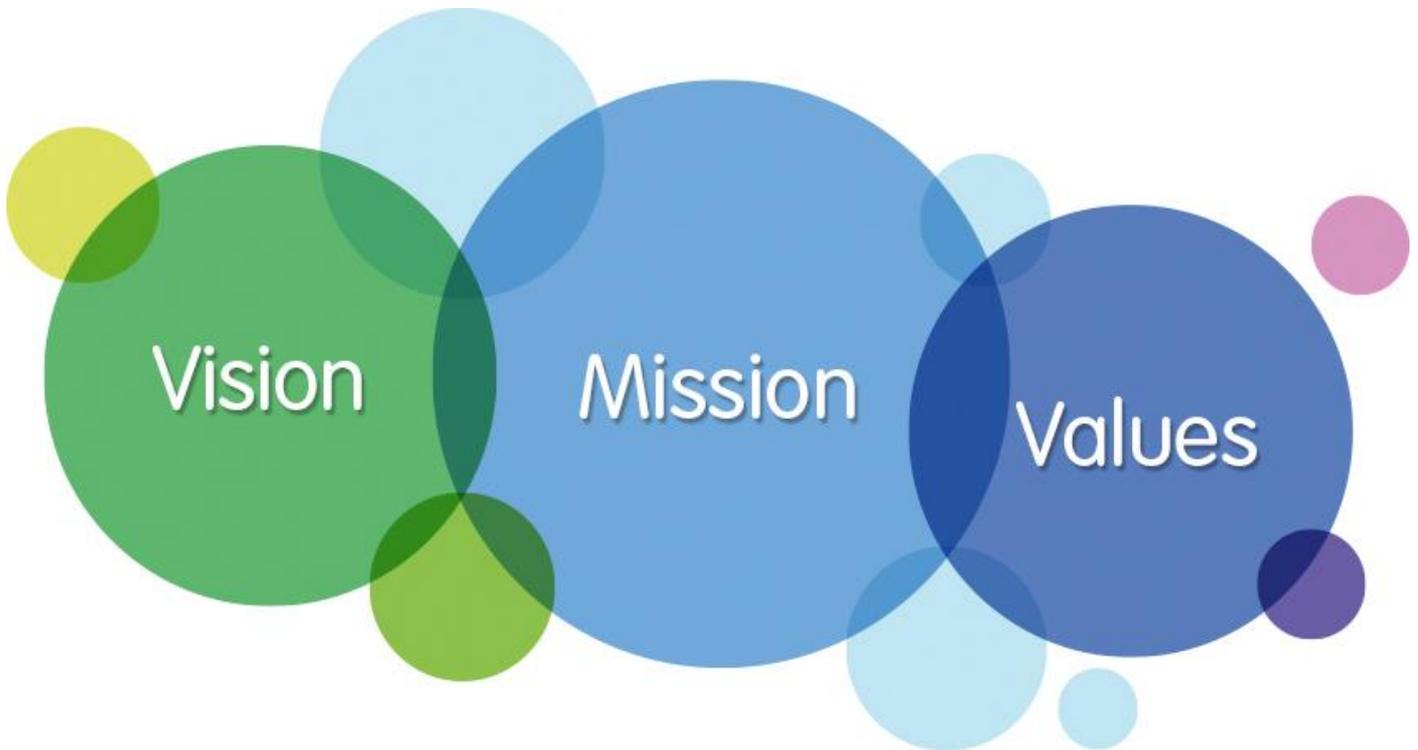




**BECCLES
PARISH**

'VALUES' LENT COURSE 2021 on Zoom



Join the course on **Zoom** details below.
Some of our **Small Groups** will also be gathering
online to do the course together.

Session	Tuesdays 2pm	Thursdays 7pm	 Zoom Login for all sessions ID: 898 5018 4674 Passcode: 641035
1	16 th February	18 th February	
2	23 rd February	25 th February	
3	2 nd March	4 th March	
4	9 th March	11 th March	
5	16 th March	18 th March	
6	23 rd March	25 th March	

Introduction



Core Text

Mark 12.28-31

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, 'Of all the commandments, which is the most important?' 'The most important one,' answered Jesus, 'is this: "Hear, O Israel: the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." The second is this: "Love your neighbour as yourself." There is no commandment greater than these.'

These commandments reflect Jesus' values - what was important to him: - a high view of God, a high view of others, a high view of ourselves, and sacrificial love. We believe that these values can be used to set a life-giving framework in which people can grow and help others to do the same.

Growing in God

Our Vision

Is rooted in the diocesan vision of *Growing in God*,
that as the church serving;
Beccles, Worlingham, North Cove and Barnby, we grow
DEEPER, in **NUMBER**, in **INFLUENCE**, and **YOUNGER**.

Our Mission Statement

BEING GOOD NEWS | LIVING FAITH | SERVING BECCLES & VILLAGES
expresses how we live out our faith in the context we are in.

Our Values

Are in a simple “rule of life” for our parish, the DNA of who we are and how we seek to be as church.

ALL INVOLVED - Everyone is included and valued, whoever they are. Everyone has a role to play.

BECOMING DISCIPLES - Encouraging us to love and live more like Jesus.

CREATING COMMUNITY - We will “be real” with each other - honest about the things we go through ourselves and to respond in a loving way to each other. Caring for each other enables us to care for our wider community too.

DOING EVANGELISM - Being as well as telling good news together. Giving other people the opportunity to learn about Jesus.

ENCOUNTERING GOD - Meeting with God. It is God who helps us and changes us.

This **LENT COURSE** takes us through our parish ‘**VALUES**’ and seeks to explore how these can help us to “be real” and “be light” in everyday life, helping us to grow in our personal faith and grow as church.

Let’s listen, learn and grow together.

Enjoy the course.

Revd Canon Rich Henderson (Rector & Parish Priest)

Growing in God prayer

O Lord, our God,
giver of life and growth,
grow in us a longing for you,
that we might deepen our faith;
grow in us a compassion for your world,
that we might serve our neighbours;
grow in us a vision for your kingdom,
that we might proclaim your love.

By the power of your Spirit, and in Jesus’ name. Amen.

SESSION 1: BEING REAL. BEING LIGHT.

Welcome

Introduce yourselves to each other.

If someone said that they thought it was important to “be real” what would you take them to mean? (Do you think “being real” is important?)

Worship

We remember God is with us. You may wish to light a candle as a sign of gratitude. The pandemic has been tough on everyone, we have all been affected by it. How has your faith been this last twelve months? What has been your biggest challenge? What are you thankful for?

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. James 1.17

Word

Start with a prayer, inviting God’s Spirit to guide your hearts and minds as you listen to the reading from the bible.

Begin with one person reading the bible passage below aloud to the group.

Matthew 5.13-16

¹³ ‘You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

¹⁴ ‘You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Allow some silence to unfold as people let the words have their impact and to allow people to reread the passage to themselves again. All are invited to identify a word or phrase which stands out to them or speaks to their imaginations.

In pairs listen to each other as you tell each other the phrase which struck you and why. (Any reason is ok. There are no wrong answers here if it is real to you). Listen well, because your job will be to report to the rest of the group what your partner has said, not what you yourself said. Note-taking is OK.

Draw back together as a whole group and each tell what you learned from your partner.

Wrestle together as a group. Ask, "What might God be saying to us today?"

Witness

- + In what ways are **you** currently part of being God's salt and light in your community? Or what ways do you feel called to be salt and light in the future?
- + Offer these things to God in a time of prayer or silence



A prayer of adoration

Father God, holy and majestic, what an impression faith in you has made on our lives! God of all wisdom, you are the source of all authority in heaven and earth.

Compassionate Lord Jesus, what an indelible impression you have made on our spirit! Lovingly speaking through your life on earth: your sacrificial authority on the cross breaking through the barriers of sin.

Awesome Holy Spirit, what an impression you make on our life! Through our faith, you continue to impress upon us the supreme wisdom of God, Gracious and Fair.

Father, Son and Holy Spirit, source of all authority in heaven and earth, eternal praise belongs to you. **Amen.**

SESSION 2: ALL INVOLVED

Small groups play an important part in the life of our church. Small Groups are like Cells. The term "Cell" comes from the idea of the church as a body - a living organism made up of smaller cells which multiply and are vital to the life of the whole.

Today we're exploring the first of 5 values of our parish.

All Involved
Becoming Disciples
Creating Community
Doing Evangelism
Encountering God



Welcome

What is the best team that you have been part of or name a team that you know works well? What stands out? What made / makes it work?

Worship

Focus some time on thanking God specifically for the people who are serving in different roles on the body of Christ.

Begin by reading aloud 1 Corinthians 12.4-11

Then take it in turns to pray short prayers of thanks.

Give space for silence. You could possibly intersperse your prayers with reading a verse or two from the rest of the chapter to inspire further praise.

Word

Brainstorm as many gifts/talents / skills/ other things different people can bring to your church (eg. Hospitality, a car for lifts, being able to put things simply so others can understand, making people feel welcome)

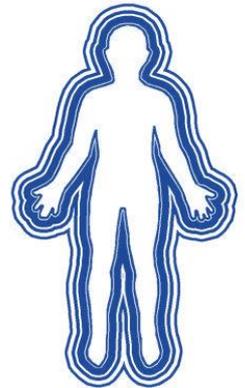
1 Corinthians 12.12-31

¹² Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. ¹³ For we were all baptised by one Spirit so as to form one body – whether Jews or Gentiles, slave or free – and we were all given the one Spirit to drink. ¹⁴ And so the body is not made up of one part but of many.

¹⁵ Now if the foot should say, 'Because I am not a hand, I do not belong to the body,' it would not for that reason stop being part of the body. ¹⁶ And if the ear should say, 'Because I am not an eye, I do not belong to the body,' it would not for that reason stop being part of the body. ¹⁷ If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? ¹⁸ But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. ¹⁹ If they were all one part, where would the body be? ²⁰ As it is, there are many parts, but one body.

²¹ The eye cannot say to the hand, 'I don't need you!' And the head cannot say to the feet, 'I don't need you!' ²² On the contrary, those parts of the body that seem to be weaker are indispensable, ²³ and the parts that we think are less honourable we treat with special honour. And the parts that are unpresentable are treated with special modesty, ²⁴ while our presentable parts need no special treatment. But God has put the body together, giving greater honour to the parts that lacked it, ²⁵ so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶ If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it.

²⁷ Now you are the body of Christ, and each one of you is a part of it. ²⁸ And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. ²⁹ Are all apostles? Are all prophets? Are all teachers? Do all work miracles? ³⁰ Do all have gifts of healing? Do all speak in tongues? Do all interpret? ³¹ Now eagerly desire the greater gifts.



Discuss some of the following with this overall question in mind –

What does this passage mean for us as church?

- What happens to the leg if the eye stops working?
- Why didn't God make everyone good at everything?
- What should you do if you are missing something you think is important?
- What happens in our church if everyone plays their part?
- What happens if some don't play their part?
- Why is it important for everyone to be fully involved?

Here are some other relevant passages - Ephesians 2.10, Ephesians 4.11-16, 1 Corinthians 14.26

Witness

- ✚ Pray about what you have learned. For example, for the involvement of every member - and especially for those who find it difficult to feel "part of things" because their main involvement in ministry is through responsibilities at home or work.
- ✚ Think about the part you currently play in the life of the local church.
- ✚ How could you encourage others to be more involved /connected?

A personal prayer

I pledge myself to play my part in your plans, O Lord.

I immerse myself in the belonging of your body, the Church.

I will not withhold the gifts I have, however humble,
but serve willingly and well in the work of your kingdom. Amen.

A sending out prayer

Though we go our separate ways, we are still one.

Go in the love of God and the unity of Christ's Church,
taking our gifts into the world for his glory,
bound always by the invisible cords of belonging.

Amen.

SESSION 3: BECOMING DISCIPLES

Welcome

Challenge the group to memorise the 5 values. Can anyone recite all 5 values without looking?

Think back to your school days - was your school an effective place of learning? Can anyone remember things that they learned parrot fashion but have never used? What experiences or people have you learned the most from in your life? Go round the group and each share your answers (passing is allowed)

Worship

John L. Bell The Summons Lyrics, reflect on the words or listen to the song

1. Will you come and follow me

If I but call your name?

Will you go where you don't know

And never be the same?

Will you let my love be shown,

Will you let my name be known,

Will you let my life be grown

In you and you in me?

2. Will you leave yourself behind

If I but call your name?

Will you care for cruel and kind

And never be the same?

Will you risk the hostile stare

Should your life attract or scare?

Will you let me answer prayer

In you and you in me?

3. Will you let the blinded see

If I but call your name?

Will you set the prisoners free

And never be the same?

Will you kiss the leper clean,

And do such as this unseen,

And admit to what I mean

In you and you in me?

4. Will you love the you inside

If I but call your name?

Will you quell the fear inside

And never be the same?

Will you use the faith you've found

To reshape the world around,

Through my sight and touch and sound

In you and you in me?

5. Lord, your summons echoes true

When you but call my name.

Let me turn and follow you

And never be the same.

In your company I'll go

Where your love and footsteps show.

Thus I'll move and live and grow

In you and you in me.



In silence, reflect on
Jesus calling your name.

Word

John 15.1-17

15 'I am the true vine, and my Father is the gardener. 2 He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes[a] so that it will be even more fruitful. 3 You are already clean because of the word I have spoken to you. 4 Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

5 'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

9 'As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete. 12 My command is this: love each other as I have loved you. 13 Greater love has no one than this: to lay down one's life for one's friends. 14 You are my friends if you do what I command. 15 I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. 16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last – and so that whatever you ask in my name the Father will give you. 17 This is my command: love each other.



Look in John's gospel at what happens before and after Jesus says these words. What other things does he talk to his disciples about? What do you think was his intention in this section of teaching?

The word "disciple" means "follower", "learner" or "student". What learning opportunities did Jesus give his disciples?

Ideas can be found in John 2.11; Matthew 5.1-12; 10.1-15; 14.22-33; 18.1-6; 26.36-46; Luke 9.18-21

How can we have similar experiences today?

Jesus describes how a branch bears fruit. First it is pruned. How does pruning take place in our lives?

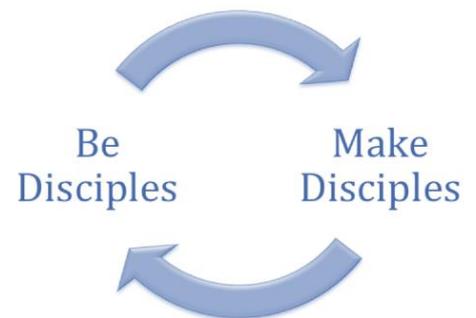
Secondly, it remains part of the vine. How do we do this? (v.10) Which is more important in our discipleship - our behaviour or our relationship with Jesus?

Why are we to bear fruit?

Think about what helps you most in building your Christian life - bible reading alone, in a group, sermons, on-line resources, books, conferences, friends...do you need any help to move on - if so, in what area?

Witness

- ✚ How can we help others deepen their faith?
- ✚ Pray for those on the fringe of church life.



A sending out prayer

In the name of God, Creator, Redeemer, Sustainer,
give us hope, give us love, give us grace,
and give us a voice to spread God's hope, love and grace
to the world around us. Amen.

SESSION 4: CREATING COMMUNITY

Welcome

When and where have you felt most connected to other people?
How would you define 'Community'?



Worship

The Trinity of God the Father, God the Son and God the Holy Spirit create the Divine community each inviting us to relate and connect.

Focus on the image? What are you drawn to?

Throughout scripture we read and experience God relating and creating community. Prayerfully reflect on the stories, characters and themes that you know from the Bible that speak of this.

Word

Acts 2.42-47

⁴² They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. ⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.

1 Peter 4.8-11

⁸ Above all, love each other deeply, because love covers over a multitude of sins. ⁹ Offer hospitality to one another without grumbling. ¹⁰ Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. ¹¹ If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

How did the early church gather? What was their mindset?

What did they do when they were together?

Where did they gather? Does it matter?

What makes a good community of faith?



Witness

- + In the week ahead, on a sheet of paper map out your community connections.
- + Pray for those groups and activities you are connect to.

Prayer of Thanksgiving

God, through your might and power the world was created,
and through it now the world is changed,
and ever changing.

We read in the Scriptures of how you changed people's lives.

We hear it in the stories of saints old and new.

We know it through the experience and lives of our own communities.

We thank and praise you for all that you have done through the changes you have made – and are still making – in our lives.

We thank and praise you for the gift of your Holy Spirit who gives us – your people – strength, and the blessing of peace. Amen.

SESSION 5: DOING EVANGELISM

Welcome

What was the most recent bit of good news you received?

How did you receive it?

Who has encouraged you on your journey of faith?

We give thanks for those who have shared the Good News with us.

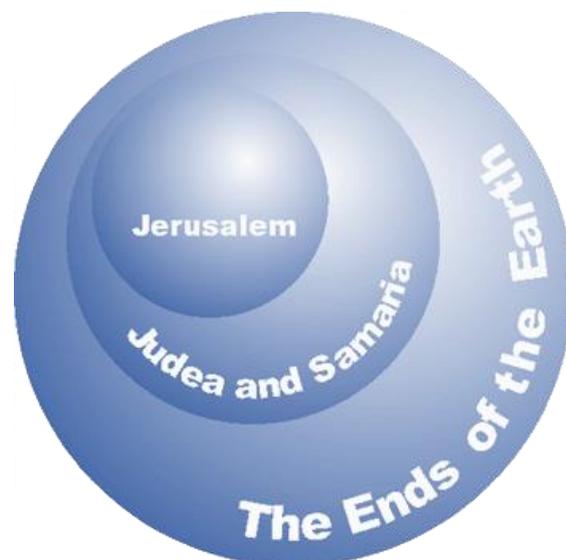
Worship

What are you thankful for today? What has brought you joy?

Word

Matthew 28:18-20

¹⁸ Then Jesus came to them and said, 'All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.'



Acts 1.8

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.



List as many observations as you can from these verses.

How you would define your "Jerusalem?" Is it a neighbourhood, workplace, your circle of acquaintances, or something else?

Do the same with "Judea" "Samaria" and "ends of the earth."

Brainstorm how church members can reach their 'Jeruselems'.

Witness

- + Think about how important your Christian faith is to you.
- + Write down the **Good News** in your own words, just a few brief bullet points.
- + Pray for those you long to know Jesus.
- + Pray about inviting someone to church or a church activity or for the opportunity to share your faith with someone.
- + Commit to pray daily for one another to become more evangelistic.

Creator God,
you made us all in your image:
may we discern you in all that we see,
and serve you in all that we do;
through Jesus Christ our Lord. Amen

SESSION 6: ENCOUNTERING GOD

Welcome

Where do you feel closer to God?

Worship

The heavens tell of the glory of God,
and creation proclaims the knowledge of God.
From the rising of the sun to its setting
all the earth witnesses to the presence of God.

Let us worship the Lord our God.

Today, may the words of our mouths,
and the meditation of our hearts,
be an acceptable sacrifice to God,
our rock and our redeemer.

Let us worship the Lord our God.

Word

Exodus 3:1-12

3 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. **2** There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. **3** So Moses thought, 'I will go over and see this strange sight – why the bush does not burn up.'

4 When the LORD saw that he had gone over to look, God called to him from within the bush, 'Moses! Moses!'

And Moses said, 'Here I am.'

5 'Do not come any closer,' God said. 'Take off your sandals, for the place where you are standing is holy ground.' **6** Then he said, 'I am the God of your father,^[a] the God of Abraham, the God of Isaac and the God of Jacob.' At this, Moses hid his face, because he was afraid to look at God.

⁷ The LORD said, 'I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. ⁸ So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey – the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. ⁹ And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. ¹⁰ So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.'

¹¹ But Moses said to God, 'Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?'

¹² And God said, 'I will be with you. And this will be the sign to you that it is I who have sent you: when you have brought the people out of Egypt, you^[b] will worship God on this mountain.'

What jumps off the page for you?



List what the passage says about who God is and God's activity.

What emerges as the main doubt in the discussion between Moses and God (v10-12)?

What has your experience been of hearing God speak?

How can we ensure that we take seriously both what God says and our doubts?

Witness

-  Commit to continuing to growing deeper in **your** faith.
-  Encourage someone on their faith journey.

Lord Jesus, raise our expectations of what it means to encounter God not just in this place but in every place, in all the places we shall be in the days ahead.

Help us every day to discover something new about God's ways, about what God wants of us –and change the way we see the world, and the way we act. **Amen.**