

## Small Group Notes

**Date** - 12th Feb 2023 (Staines) / 29th Jan 2023 (Feltham)

**Sermon series** - Flourish

**Talk title** - Friends for Life

**Speaker** - Rob Winmill

### Welcome

How are you doing?

How have you seen Jesus at work in your life this week?

### Worship

Start by spending some time in worship together. If you have someone who can play a guitar or another instrument, ask if they will lead your group in some live worship or choose a couple songs to help lead people into God's presence. Otherwise we have compiled a couple of playlists with a range of songs for you to use during worship and ministry.

[Sunday Morning Spotify playlist](#)

[Sunday Morning Youtube playlist](#)

### Bible

**Bible Texts** - Proverbs 18:24 & 1 Samuel 18:1-4

*Read bible text together*

**One sentence talk summary** - *One of the primary ways we can flourish in life is by committing our finances to Him.*

### Main talk points

Friendships are important because

- We're designed to do life with others (Gen 2:18, 1 Cor 12)
- Good friends draw us closer to God (1 Sam 23:16)
- Good friends help us live better & longer

We can flourish in our friendships by:

- 1) Being intentional
- 2) Investing our time
- 3) Being willing to go deeper

### Questions for application

- For those there, what did Jesus say to you? (*personal*)
- Thinking about the relationship that Jonathan and David had - what can we learn from them?
- We're designed to do life with others, what gets in the way of us doing that?
- Good friends draw us closer to God. Share experiences of this in your own life.
- Now thinking about how we can flourish in our friendships. How can you be more intentional about deepening your relationships with others?
- How can you invest more of your time for others

What themes has this session brought up?

Bring these to the Lord as we head into ministry?

### **Prayer ministry**

Spend time praying for each other. The goal here is not to simply intercede for one another, we believe that the Holy Spirit is present and ready to bring change and healing today!

The following model is based on how Jesus prayed for people. It's not a formula but a model we've found extremely helpful. As we demonstrate it, others will "catch it".

There are 3 simple steps: **ASK – PRAY - ASK**

- i) **ASK** – ask the person what they're asking Jesus to do for them  
And ASK the Holy Spirit what He is wanting to do
- ii) **PRAY** – like Jesus did, pray your best prayers
- iii) **ASK** – what's happening? If the pain was a 10 out of 10 when they walked in tonight, ask them what they would score the pain now? What are the next steps? Thank God and ask for more. You may find it helpful to go through these steps 2-3 times.

Pray for others with your eyes open - we want to see what God is doing and respond accordingly.

### **To ponder or pray about this week...**

*What one thing will you do differently this week as a result of what you've been talking about today?*