



Week 1 - John 16v16-33

1) What has been the most confusing thing about our time in lockdown?

Read - Richard Rohr “In the practical order of life, if we have never loved deeply or suffered deeply, we are unable to understand spiritual things at any depth. Any healthy and ‘true’ religion is teaching you how to deal with suffering and how to deal with love. And if you allow this process with sincerity, you will soon recognise that it is actually love and suffering that are dealing with you. Like nothing else can! even God has to use love and suffering to teach you all the lessons that really matter. They are his primary tools for human transformation.”

2) How do you understand love and suffering in your life right now?

3) Be of good cheer - How might that be an encouragement to do things differently in this strange time?

Prayer for Guidance - *Charles Kingsley (1819-75)*

Lord, guide me, teach me, strengthen me,
‘till I become such a person as thou would have me be;
pure and gentle,
truthful and high-minded,
brave and able,
courteous and generous,
dutiful and useful. Amen.