

Family Cycle Ride along the Cuckoo Trail

Sat 14th July 10am – 1.30pm

Meet at the Cuckoo Trail car park
(Station Road, Hellingly, BN27 4EU)
Gentle pace with stops towards
Heathfield then back again. Lunch
stop at: lakesidehoram.com
Info: kingschurchlewes.org/cycling



Monthly Prayer Evening

Wed 18th July 7.45pm – 9.15pm
(drinks from 7.30pm)

Let's come and seek God together as
we worship and pray for God's
Kingdom to grow and advance in
Lewes and beyond.

Future Dates

Sun 8 th July	7.30pm Connect Group Leaders' Meeting
Sat 14 th July	10am Family Cycle Ride along the Cuckoo Trail details above
Wed 18 th July	7.45pm Monthly Prayer Meeting & end of the Connect Group Summer Term
Sat 21 st July	10am Clean Up Lewes – Litter Picking details above

Contact the Church Office or see ChurchSuite for more information.

CONNECT SHEET

King's CHURCH

kingschurchlewes.org

Sunday 8th July

CONNECT WITH THE MESSAGE

Here are some follow-up questions to help you get the most out of today's Bible Message.

If you're in a Connect Group, it would be helpful to look through it beforehand and note down a few thoughts.

BETTER
TOGETHER
PHILIPPIANS

How to Banish Anxiety (Philippians 4:1-9)

- 1) What did you find most helpful from Sunday's sermon?
- 2) In what ways can you ensure that you make space to have a conversation with God in prayer?
- 3) What good truths can you think about when you feel anxious?
(for example, see Matthew 6:25-34 & 1Peter 5:7 & Romans 8)
- 4) Have you experienced God's supernatural peace?
If so, how and when?

5) What are you feeling anxious about now? Let it rise to God and pray specifically to him about it.

6) How can you still be thankful to God even in times of anxiety?

PRAY

- Thank God for who he is and how he works in us through Jesus.
- Ask God to help you identify areas of anxiety in your life.
- Take time to have a conversation with God about your anxieties. Be specific.
- Find some truths in scripture which combats your fear and spend time thinking about that and praising God for it.

Taking It Further

Read 1 Peter 5:1-11

- 1) What similarities do you see here compared with Philippians 4:1-9?
- 2) What good things in this passage can you “think” about?
- 3) What things from this passage can you “do”?
- 4) What reasons does Paul give to cast your anxieties onto Jesus?
- 5) How does this passage show us it is better together?

CONNECT IN PRAYER

Outreach Events

- Thank God for a good evening watching the football (55 people) despite England losing! Andy did a good talk. Pray God uses it and the whole event to attract people to other events and to explore faith in Jesus.
- Pray for plans for other future outreach events to come together.

Youth Worker

- Pray for Rich, Al and others meeting and interviewing the 3 shortlisted applicants. Pray for God to provide the right person for the role.

Connect Groups

- Thank God for the success of the Connect Groups this term and that many more people than usual have benefitted from being in a group.
- Pray as we develop the programme for next term and as the Connect Group Leaders meet this evening to pray, review and look ahead.

CONNECT WITH CHURCH LIFE

Clean Up Lewes Litter Picking

Saturday 21st July, 10am-12

Let's show our love for Lewes by picking up litter and plastic for a morning together. Children welcome. Meet at 9.45am at King's, wearing gloves and Hi Viz vests if you have them. Spares available. Sign-up at: kingschurchlewes.org/litter



Youth at Newday Festival

30th July – 5th August

Pray for our Youth at this Annual Event, together with their leaders. Pray for lots of fun, friendships to grow and big steps forward in their relationships with God and being equipped to live for Jesus.