

## Ladies Film Night Friday 20<sup>th</sup> March at 7.30pm

We will be showing Strictly Ballroom. All ladies are welcome and please invite your friends. Bring along drinks and nibbles to share.

Please put your name on the list (by the coffee area) or speak to Sue Short for more details.

## Men's Cycling Event Saturday 28<sup>th</sup> March at 11am

All men are welcome to join us for a cycle ride with a pub lunch at The Peacock Inn at Piltdown.

Please speak to Mark Massie for more information (or if you don't have a bike but would like to come).



## Diary Dates

Tue 10 <sup>th</sup> Mar	7.45pm CAP Money Course – Session 2 of 3
Fri 20 <sup>th</sup> Mar	7.30pm Ladies Film Night at King's Church See above for more details.
Sat 28 <sup>th</sup> Mar	11am Men's Cycling Group See above for more details.
Sat 4 <sup>th</sup> Apr	10am – 11:30am Easter Family Eggstravaganza! Kid's Art and Crafts, Easter Story, Refreshments and Eggs.
Sun 5 <sup>th</sup> Apr	10am Easter Sunday Guest Service

Sunday 8<sup>th</sup> March

## CONNECT WITH THE MESSAGE

### Why Am I So Tired?

Genesis 2:1-3

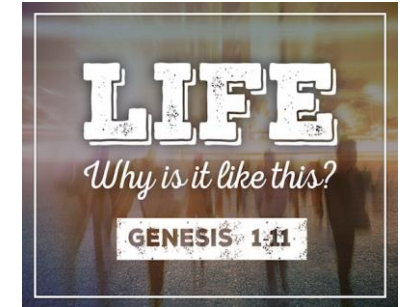
1) How do you like to relax and rest at the moment?

2) In what ways has Rich's message on Sunday helped you in thinking about rest?

3) How easy do you find it to take adequate rest and relaxation at the moment?

Read Matthew 6:25-34

4) What does this teach us about God's love and provision for us?



5) How could this help you personally to rest appropriately?

6) Do you lean more towards drivenness or towards laziness? Why?

### Read Psalm 62:8

7) What difficulties do you think David was experiencing when he wrote this psalm?

8) How does he find rest and peace in the midst of this situation?

9) In what ways can you personally use this psalm to help you find rest in difficult situations?

10) In light of this message/study, how might your approach to rest and relaxation need to change?

## DIGGING DEEPER

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### Read Hebrews 3:7 – 4:11

- a) What incident was the psalm quoted originally written about?
- b) In this context, what was the 'rest' that they were forbidden to enter?
- c) For what reason were they forbidden to enter this rest?

In **Chapter 4**, the writer then broadens the application of the warning to his current readers:

- d) What do you think this rest that is still available refers to? Why?
- e) Why do you think the write of Hebrews calls this a 'Sabbath rest'?
- f) How could we potentially miss out on entering this rest that is still available?
- g) What are the conditions given in the passage for someone to genuinely be a Christian?
- h) How seriously do you personally take the warnings in this passage? Why?

## CONNECT IN PRAYER

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### Easter Events

- Pray this Easter would be a fantastic time for us to celebrate and reflect on the death and resurrection of Jesus to give us new life with God.
- Pray about who you could invite to the Family 'Eggstravanga' or the Easter Sunday Guest Service.
- Pray that families who came at Christmas would want to come again.
- Pray that God brings new life through faith in Jesus to people this Easter.

### Needs in Lewes

- Pray for our CAP Money Course continuing after a great start last week.
- Pray for the Malling Foodbank which runs from the King's Church Building on Mondays, serving 40-50 people each week.
- Pray for all the work going on locally, through various agencies and churches, helping the poor, vulnerable, mentally ill or elderly.
- Pray for the work of the Citizen's Advice Bureau, including Tim and John from King's volunteering there.