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| ***Welcome***  |
| What family likenesses do you see in yourself that you recognise in your parents or children?  |
| ***Memory Verse***  |
| Ephesians 5:1–4 Get into three groups, each taking a sentence from the memory verse. Meditate on what the sentence means to you. Then feed back to the whole group in order.  |
| ***Worship***  |
| Reflecting on the Memory Verse activity, spend time in worship, thanking God for His transforming love.  |
| ***Word***  |
| Reflect on the message from Sunday and the *Transformed Living* book Read Ephesians 5:1–14 * When you think of imitating others, what comes to mind to you?
* What examples in our culture are we encouraged to follow? What influence do you think this can have on us?
* What difference does it make to know that we are loved by God?
* What does being ‘light in the Lord’ mean to you?
* What experiences can we share of how God has brought us out of darkness and out of the shadows?

Pray that Jesus’ light would shine through the activities of our small group.  |
| ***Witness***  |
| How can we individually demonstrate a life of love in the week ahead to those in our family, workplaces and neighbourhoods? What could you do practically? For example, you could take a colleague out for lunch, do the shopping for a neighbour, treat your children/spouse and so on.What could we plan to do as a group to serve our community and demonstrate Christ's love?  |