

Theme & Passage(s)	<p>Theme: CAP Sunday</p> <p>Passages: Psalm 44, Matthew 11: 28-30, Romans 12: 1 & 9-13, Philippians 2: 1-11</p>
Welcome	<p>At CAP Sunday this year, we touched on the theme of mental ill health and how it links to those who find themselves in debt.</p> <ol style="list-style-type: none"> 1. 1.6 million households in the UK live in extreme debt 2. 1 in 4 people will suffer from mental ill health at some point in their lives. <p>What do you think of these statistics? What are we doing in our church to practically help people in these situations?</p>
Worship	<p>Suggestions:</p> <ul style="list-style-type: none"> ● Use Psalm 44 - the writer remembers God's faithfulness and love and yet speaks candidly about being in a difficult place. ● Listen and read the lyrics from Rend Collective's My Lighthouse song https://www.youtube.com/watch?v=IFBZJGSgyVQ ● Celtic prayer: you may wish to read this together. <p>Lead me from death to life, from falsehood to truth. Lead me from despair to hope, from fear to trust. Lead me from hate to love, from war to peace. Deep peace of the Son of peace fill our hearts, our homes, our workplaces, our world. Bless us now Lord, in the midst of each day. Be with us and all who are dear to us Keep us in the beautiful attitudes, joyful, simple and gentle. May the Three of limitless love be in the eye of each one we shall meet, and pour upon us more and more generously hour by hour.</p>
Word/ Read & Reflect	<p>Three areas to reflect on from Ruth. You may wish to remind yourselves of the story and the main characters: Naomi, Ruth and Boaz.</p> <p>Admitting when life is hard - Naomi "Don't call me Naomi, call me Mara because the Almighty has made my life bitter" How do you draw near to God when life is a struggle? Share your experiences. Spend time reading and reflecting on Matthew 11: 28-30 Supporting someone practically - Ruth Ruth went out to get food for Naomi and herself (chapter two), this was difficult and risky. What are your experiences of supporting a friend or family member through a difficult time? Read and reflect on Romans 12: 1 & 9-13 Being a community which goes above and beyond the minimum - Boaz Boaz was a man of standing in his community who risked damaging his reputation by marrying Ruth. If you feel comfortable, have an honest conversation about your own reputation. Does it bring you a certain status and standing in our community/your workplace? What if God called you to risk it for him? Read and reflect on Philippians 2: 1-11</p>
Working it out	<p>From your discussions, continue into prayer for one another. Also please pray for the work of CAP. Here in Mole Valley we are currently supporting 22 clients to work their way out of debt. Pray that God will make himself real to each person and they will have the strength to continue their journey.</p>

Working it out (con't)	Other areas for prayer - pray that those who need our help will hear about us. Fran is working very hard to increase publicity about this service.
Extra	Have you ever considered being involved with CAP, either as an individual or a small group? Fran is always interested to speak to anyone who would like to volunteer to visit clients or join the regular prayer meeting. She is also looking for one small group to commit regularly to pray for the work of CAP.