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| **LIFE GROUP NOTES**  **Building Strong in tough times**  **Colossians 2:1-7** |

Start with open ended question moving to more specific responses before focusing on a Next Step. Encouraging everyone to be a ‘doer’ of the Word.

1. On Sunday Maurice referred to us coming out of the tunnel of this challenging season with the end in sight.

* How has this felt for you and those around you?
* How does the feeling of the end of the tunnel in sight make you feel?

1. Maurice spoke from Colossians 2:1-7 (read) - These are Paul's goals for a church coming out of a tough season.

* Discuss how we can live out each of these characteristics both as individuals and as a church:

- encouraged in heart (v2)

- united in love (v2)

-characterised by knowledge and understanding (v2)

- discerning in difficult times (v4,8)

- disciplined in our discipleship (v5)

- consistent in daily living (v6, 7)

- overwhelmed with gratitude (v.7)

* Get people to decide on AN ACTION in response

1. End with a time of prayer of gratitude.