

Love Running

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Luke 15.11-24

But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms round him and kissed him.

- Why does 'seeing' come before 'loving'? How can we as Christians become more 'far sighted' – seeing the broken and hurting who are 'a long way off'?
- How does the picture of the running Father affect your view of God? Is this how you see him? Or is your view of God a less active and passionate one?
- "The church has no place promoting a health and fitness agenda. It's worldly and distracts from the gospel and people's more pressing spiritual needs." Discuss.
- Have you ever done Love Running before and, if so, what was your experience?
- What things motivate you to do Love Running and what things deter you?
- How can we as a group make the most of Love Running, both for ourselves, and as a way to include our friends, neighbours and colleagues?

For more information, take a look at the www.loverunning.org website.

Break down into twos and threes to pray. Ask God to give us his eyes to see those that are a far way off. Ask Him to share his heart of compassionate love for them. Ask Him to give us the grace to get active in demonstrating this love in a practical, sacrificial way.

Pray for your friends, for those outside the church. Pray that we would see them engaged in this adventure with us. Pray for boldness and sensitivity to invite them. Pray for an openness in them to receive the invitation.

Pray for the needs that we are going to be addressing. Children of the Syrian refugee crisis in the Azraq camp and those in need in Bristol – the homeless, vulnerable women, asylum seekers, ex-offenders, single parent families, the disabled, needy communities and those experiencing food poverty.