



R REFLECT

Think back over last month's teaching, Where Jesus Meets the Poor, by Paul.

Share anything that has particularly stayed with you, and reflect on which parts of the teaching have shaped how you've lived out your discipleship journey over the past few weeks – and why.

R RECEIVE

Watch or listen to our latest teaching, Life to the Full, by Dan Pooley:

- YouTube: <https://bit.ly/3CWvZhf>
- Spotify: <https://bit.ly/4oe7LS8>
- Apple: <https://bit.ly/479CgCL>

Quick Tip: You can access a complete transcript of this teaching by going to the YouTube video and clicking 'more' in the video description, then clicking 'Show transcript'.

R RESPOND

Take time to work through the following activities, including questions that go deeper into the teaching you've just watched or listened to:

Questions

1. What does 'life to the full' mean to us?
2. Where have we experienced God's grace and love in our lives?
3. In what areas of our lives is God wanting to extend more of His grace and bring greater healing to us? Is there anything preventing us letting God do this at this time?
4. Are there ways we can live more aware and mindful of God's grace towards us, and by extension to those around us?
5. Who around us could we extend God's grace and supernatural abundant life to?

Activity

Pray together for situations and people around us where we want God to use us to extend his grace and love, and to see transformation.

Prayer

God,

We invite your searching gaze into our hearts. Examine us through and through; find out everything that may be hidden within us. Put us to the test and sift through all our anxious cares.

See if there is any path of pain we're walking on, and lead us back to your glorious, everlasting way— the path that brings us back to you, and may your abundant life and grace fill us and overflow wherever we go, bringing transformation into lives and situations around us.

Amen