

Session 5 – The Triumphant Jesus

LEADER'S NOTES

Gathering (5 mins)

Welcome the group back for the final session. If anyone is new to the group, make sure everyone introduces themselves. Ask if anyone has any reflections on last week's session.

Prayer (3 mins)

Leave a short time of silence for people to gather their thoughts and then open with this or another prayer:

Heavenly Father,
you reveal yourself to us in your Son Jesus Christ.
We thank you for this precious time of prayer and study.
As we attend to your Word and listen to each other,
help us to learn more about your Son Jesus
and come to a deeper understanding of his saving work
Above all help us to know him for ourselves,
to love him,
to trust him,
and to offer him our hearts.
For you live and reign with Him and the Holy Spirit.
One god For ever and ever.
Amen.

Introduction (2 mins)

Introduce the session in these or other words.

In this course we have sought to do two things.

First we want to know *about* Jesus, in other words grow in our understanding of who he is, what he has come to do and how he sets us free.

But second we want to *know* Jesus, in other words explore what it means to be in a deeper relationship with him and to offer our whole lives to him

This week we end on a high note as our theme is the Triumphant Jesus.

Bible Study (15 mins)

This week's Bible passage is from Acts Chapter 16 verses 25 to 34. It tells the story of Paul and Silas who have been imprisoned.

Read the passage slowly and clearly.

²⁵ About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. ²⁶ Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. ²⁷ When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. ²⁸ But Paul shouted in a loud voice, 'Do not harm yourself, for we are all here.' ²⁹ The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. ³⁰ Then he brought them outside and said, 'Sirs, what must I do to be saved?' ³¹ They answered, 'Believe on the Lord Jesus, and you will be saved, you and your household.' ³² They spoke the word of the Lord to him and to all who were in his house. ³³ At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay. ³⁴ He brought them up into the house and set food before them; and he and his entire household rejoiced that he had become a believer in God.

Ask the following questions or others as you see fit:

- Paul and Silas are in prison and soon to be condemned. How do you think they are in the mood to sing hymns and praise God?
- The jailers holds the key and has the power. Why is he so anxious?
- The jailer asks, 'Sirs what must I do to be saved?' What does it mean to be saved? What answer would you give him?

Video (15 mins)

Now watch the video. It can be seen on the Diocesan Website or on the Fruitful app.

The text of the talk is also on the Fruitful app if you are struggling with the technology.

Discussion – Reflecting on the Talk (25 mins)

These questions are intended to prompt conversation. You don't need to use all of them and you may have better questions that you think of yourself. Just go with the flow of the conversation and pick out the questions you most like.

- What struck you in that talk? Did anything challenge you?

- In the talk, Bishop Philip says we are not judged according to our behaviour but are set free from judgement through what Jesus has done for us on the cross. Does this make sense to you? How does it challenge you?
- What does it mean that Jesus the judge is also Jesus your friend?
- What motivates you to live in the way that Jesus wants you to?
- How do you go on rejoicing even when life is hard?
- What steps can you take next to live your life more closely to Jesus?

Hymn or Song (10 mins)

It really helps some people to reflect on the words of a well-known hymn or song. Either play the hymn or song, sing it or read it out.

This week there is a choice of hymns.

For the groups who prefer a contemporary worship song, 'I Stand Amazed' can be found [here](#).

Those who prefer something more traditional 'King of Glory, King of Peace' can be found [here](#).

Afterwards ask people to reflect on what the words of the hymn have said to them about offering their whole hearts and loves to Jesus. Those who have listened to King of Glory may like to explore what is meant by the 'Cream of all my heart.'

Act of Commitment (5 mins)

Before the closing prayer, invite the group to make a deeper personal commitment to Jesus Christ.

Keep a time of silence in which you invite people, in the secrecy of their hearts, to invite Jesus more deeply into their hearts.

*Then pray over them **one or other** of these two prayers:*

*Take Lord, and receive all my liberty,
 my memory,
 my understanding,
 and my entire will,
 all that I have and possess.
 Thou hast given all to me.*

*To Thee, O lord, I return it.
All is Thine, dispose of it wholly according to Thy will.
Give me Thy love and thy grace,
for this is sufficient for me.*

A prayer of St Ignatius Loyola

*I am no longer my own but yours.
Put me to what you will,
rank me with whom you will;
put me to doing,
put me to suffering;
let me be employed for you,
or laid aside for you,
exalted for you,
or brought low for you;
let me be full,
let me be empty,
let me have all things,
let me have nothing:
I freely and wholeheartedly yield all things
to your pleasure and disposal.
And now, glorious and blessed God,
Father, Son and Holy Spirit,
you are mine and I am yours. So be it.
And the covenant now made on earth, let it be ratified in heaven.'*

Methodist Covenant Prayer

Prayer (10 mins)

Close with a time of prayer.

- *You can devise your own. If you are in the Diocese of Blackburn, try and incorporate the Diocesan Centenary Prayer which is below.*
- *A daytime group could end with Prayer during the Day which can be found [here](#).*
- *An evening group could end with Compline which is printed below:*

Preparation

The Lord almighty grant us a quiet night and a perfect end.
Amen.

Our help is in the name of the Lord

who made heaven and earth.

*A period of silence for reflection on the past day may follow.
The following or other suitable words of penitence may be used*

**Most merciful God,
we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ. Amen.**

**O God, make speed to save us.
O Lord, make haste to help us.**

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

The Word of God

Psalmody

One of the following psalms may be used.

Psalm 4

- 1 Answer me when I call, O God of my righteousness;
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory;
how long will you love vain things and seek after falsehood?
- 3 But know that the Lord has shown me his marvellous kindness;
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not;
commune with your own heart upon your bed, and be still.
- 5 Offer the sacrifices of righteousness
and put your trust in the Lord.

6 There are many that say, 'Who will show us any good?'
Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart,
more than when their corn and wine and oil increase.

8 In peace I will lie down and sleep,
for it is you Lord, only, who make me dwell in safety.

Psalm 91 verses 1-7

1 Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the fowler
and from the deadly pestilence.

4 He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.

5 You shall not be afraid of any terror by night,
nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side
and ten thousand at your right hand,
yet it shall not come near you.

Psalm 134

1 Come, bless the Lord, all you servants of the Lord, ♦
you that by night stand in the house of the Lord.

2 Lift up your hands towards the sanctuary ♦
and bless the Lord.

3 The Lord who made heaven and earth ♦
give you blessing out of Zion.

At the end of the psalmody, the following is said or sung

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Scripture Reading

Then he brought them outside and said, ‘Sirs, what must I do to be saved?’ They answered, ‘Believe on the Lord Jesus, and you will be saved, you and your household.’ They spoke the word of the Lord to him and to all who were in his house. At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay.

Acts 16, 30-33

Silence is kept

Responsory

Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.
I commend my spirit.

Glory to the Father and to the Son
and to the Holy Spirit.
Into your hands, O Lord, I commend my spirit.

Keep me as the apple of your eye.
Hide me under the shadow of your wings.

The Gospel Canticle

The Nunc dimittis (The Song of Simeon) is said

All Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

1 Now, Lord, you let your servant go in peace:
your word has been fulfilled.

2 My own eyes have seen the salvation
which you have prepared in the sight of every people;

3 A light to reveal you to the nations
and the glory of your people Israel.

Luke 2.29-32

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

**All Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.**

The Prayers

Intercessions and thanksgivings may be offered here.

The Collect

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us and guard us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.

Amen.

The Diocesan Centenary Prayer (for those in the Diocese of Blackburn)

Heavenly Father,
in our Centenary year
we rededicate ourselves and our Diocese to you.
Send the Holy Spirit to give us
confidence in our witness,
generosity in our service,
and love for our neighbours,
that your Church may be renewed
and many come home to you,
through your Son our Saviour Jesus Christ.

Amen.

The Lord's Prayer (here) may be said.

The Conclusion

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,
for the night is at hand and the day is now past.

As the night watch looks for the morning,
so do we look for you, O Christ.

The Lord bless us and watch over us;
the Lord make his face shine upon us and be gracious to us;
the Lord look kindly on us and give us peace.

Amen.