



## Restoring Your Soul

### Welcome (10 mins)

What particular aspect of creation inspires you the most and why? i.e. clouds, stars, ocean, babies...

What do you think / feel God is saying to you through that aspect of his creation?

### Worship (20 mins)

Perhaps with candles lit, or in almost complete darkness and with some appropriate music (Barber - Agnus Dei would be a great choice if you have it!)

Have someone read Psalm 23 out loud quite slowly. Encourage people to sit with their hands out open in front of them and to be aware which particular phrase or word from Psalm 23 stands out the most as it is read (this will very likely be the Holy Spirit speaking to them!!) Encourage people to not only listen to the words but to also picture what the Psalmist is writing about, let their God-given imagination run wild! Allow 5 or more minutes of silence afterwards.

At the appropriate moment, encourage people to share what they have felt God say to them. Pray together - short prayers!

And/or:

Have someone read Psalm 148 and encourage people to respond after each phrase by together saying 'Praise the Lord' or 'Jesus be at the centre' (have we got out of the habit of saying things like that because we think it's cheesy?!). This Psalm is a declaration to creation - God be praised in every aspect of what he has made! Don't just say it, declare it!!

### Word (40 mins)

1. Is there any part of your life that you think is non-spiritual? Is there any part that you think does not matter to God?
2. Each reflect on a time when you know something of creation has inspired or refreshed you. Recall how you felt - share with the group.
3. What do you find the biggest challenge(s) to finding space to listen to and experience God? i.e. what are the biggest distractions? It might be useful to rank or choose from these particular options:  
Work commitments; family; boredom; television; computer; housework; etc.
4. What is 'the pool of living water' that refreshes you - silence? Reading



Scripture? Noisy worship songs? Staring at the stars? (It can be all of these!)

5. Decide on something you are each going to do to explore how you will allow God to restore your soul this week.

### **Witness (20 mins)**

Have a sheet or blanket (or something similar) - blue and/or green to represent streams of living water (blue!) and fields of fresh pasture (green). Write your own names down and also the names of people you are praying for. Place these names either on the blue or green sheet - and pray God's refreshing, God's restoration for them.

### **Notes**

It would be really beneficial to create a different set up than your cell might be used to. Maybe you want to encourage people to sit on the floor; or only have candles lit; or put on some classical music. Something different to help people meet with God in a fresh way. Be creative and do whatever will be helpful rather than a hindrance!

# Cell Plan