

# St. Paul's Dorking Small Groups. Jan 15<sup>th</sup> 2006

## Freed To Be Me - Freed to Love

### Psalm 23; Mark 11: 22-26



#### Word: Key points from Sunday's sermon

The three valleys that surround Jerusalem, the Hinnon, Kidron and Tyropoean, form a 'W' shape, which is the letter 'shin'; in Hebrew, the first letter of the word for wholeness 'shalom'. In History God had his dwelling place the temple built where these three valleys met. The Kidron was always in shadow (psalm 23, 'I walk through the valley of the shadow of death) Jesus crossed this valley on his way to Gethsemane and after he was arrested. The Hinnon means hell and was where the city's waste was dumped, where babies were sacrificed for pagan worship (Jer 7) ad the Tyropoean held a hidden river (psalm 46) which fed the temple area and gives life to trees planted there. Jesus was crucified some where very near this valley (zech13:1)

A map that depicts picture of the love of God., that He dwells so close to our rejection of him and pours out his life giving water to redeem us.

Kidron valley : A place of fear : our fears, anxieties and sorrows may be many : and they will have a root. We are made to be in the image of God and so have our identity in him. If we do not then we draw out identity from elsewhere, and loses the security of being 'in Christ'. These roots of insecurity will often be fed by the effect of relationships in our child hood : did we learn that love is conditional upon us being good; that we are in fact stupid as our 'friends' in the playground told us ? Did we learn from either a necessary absence, or a sad or a wrong absence of a parent, that we are not good enough for them to have stayed (where work, divorce or death separated them from us?) For what ever reason at some point in our lives we will have been wronged and suffered through no fault of our own. What matters is how we are able to respond to that, and the need to put right our responses now.

We may have built up a picture of ourselves of being unworthy that might have developed into self hatred, We may have ignored the problem and by not acknowledging it let its effect take hold. We may have tried to find our identity in other people by craving their attention, love and affirmation. We need to be set right, made whole, so that we can see and know God is our loving father whose love is unconditional. In Psalm 23 the shepherd leads his flock through the valley to safety. How can this be for us ;

**The key is a) acknowledgement and forgiveness.** We are told by Jesus to forgive others who have sinned against us.

~ Acknowledge there is something that needs to be set right in your life.

~ Acknowledge God is with you

~ Acknowledge that God's love is unconditional that he accepts you exactly as you are and forgives every thing that is confessed.

~ Acknowledge and allow the Holy spirit may search your heart and fill you with God's love

**Then pray with someone** :-Confess your need for God's unconditional love.

~Acknowledge what you recall of all that has happened to you and who did what to you.

~Acknowledge your anger, lack of feeling, desire to act yourself to supply your need .

~Ask God to empower you to forgive and to cancel the debt they owe you.

~Ask God to forgive you your wrongful actions in response to what has happened

**b) be filled by the Holy Spirit** who pours out God's love into our hearts.



#### Witness: Questions to discuss

1. Read Psalm 23 : How does the shepherd guide and comfort us through life ?
2. Why do you think we go through valleys if shadows and darkness ?
3. What does it mean to have our soul restored ? ( psalm 19:1-7)..led besides still waters.
4. Who is the restorer, and how do you allow Him to restore you to being in God's image ?
5. In silence ask the Holy Spirit to come and to open your heart o see and hear the love of Godspeaking to your heart, showing you what needs his restoring touch. In pairs pray for one another as far as you are able to share, so that God's work is done, Use the pattern of acknowledgments to help you .