

Cell Notes

January 17th 2010

(Ephesians 1 is printed over the page)

Notice how all the statements in **Ephesians 1** have Jesus at the centre of them.

1. Mark the statements that have most meaning for you?
2. Mark in a different way the statements that don't mean a lot to you? Spend time over these. See Paul's prayer for the Ephesians (vs 15 to end) We can pray for ourselves and each other, that we may *'know him better'* that all these statements will come alive for us.
3. Sort out which statements refer to the past, the present and the future.
4. Can you trace God's 'plan' (vs 11) in these statements, and express it in your own words?

So what's the secret of a happy and fulfilled life? What is the secret of a healthy and fruitful church?

We need to understand that each and every one of us, and all together we have a place in God's plan. We need to be willing to be shaped and reshaped, have our characters changed so that we begin to reflect the bigness and wonder of God's plan in who we are and what we do.

Haiti Appeal

- Haiti is the poorest country in the Americas with 70% of the population having no formal job, land or tools to survive. Christian Aid supports livelihood projects to help people feed themselves and their families and also prepare for disasters before they strike – Haiti's rapid deforestation has helped to increase the severity of the country's frequent hurricanes.

The earthquake, measuring 7.0 on the Richter scale, has devastated Haiti, leaving thousands dead and many more buried alive. The quake struck 15km southwest of the capital Port-au-Prince. The Christian Aid office building collapsed and our staff had to be rescued from the rubble. They are shaken but safe and are now working tirelessly to help those still trapped, injured and left homeless.

In the area in which the Christian Aid offices once stood 97% of the buildings have been completely destroyed. The need for water, food, and body bags for the many corpses littering the streets is very urgent indeed.

I am calling all the churches, community groups, schools, businesses and individuals across Hampshire to join us in putting words into action and to give as generously as we can to help those left with nothing. We have the capacity to create a wave of compassion across the region. We have done it before, we can do it again.

Your support is desperately needed to provide relief and reconstruction on the ground. Christian Aid has already released £100,000 and we will send more as soon as we can. We hope to raise £1 million for this vital work.

There are many ways in which we can all help to bring hope and healing to the people of Haiti in the wake of this disaster:

• **Please donate** to our **Haiti Earthquake Appeal** online or by calling **08080 004 004** (9am-8pm).

• Please **circulate this email** to your own networks encouraging others to do the same.

• Please consider holding a collection in your church, school, office or local community. You can order emergency envelopes from Christian Aid by calling **08700 787788** or by e-mailing orders@christian-aid.org [<mailto:orders@christian-aid.org>](mailto:orders@christian-aid.org)

• (we will have envelopes available next week)

• Please visit **our website** for more information and **add this link** to your website **Christian Aid Haiti Earthquake Appeal** <http://www.christianaid.org.uk/emergencies/current/haiti-earthquake->

Eph 1:4-23 (NIV)

4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love
5 he predestined us to be adopted as his sons through Jesus Christ, in accordance with his pleasure and will--
6 to the praise of his glorious grace, which he has freely given us in the One he loves.
7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace
8 that he lavished on us with all wisdom and understanding.
9 And he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,
10 to be put into effect when the times will have reached their fulfilment-- to bring all things in heaven and on earth together under one head, even Christ.
11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will,
12 in order that we, who were the first to hope in Christ, might be for the praise of his glory.

13 And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit,
14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession-- to the praise of his glory.
15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all the saints,
16 I have not stopped giving thanks for you, remembering you in my prayers.
17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.
18 I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints,
19 and his incomparably great power for us who believe. That power is like the working of his mighty strength,
20 which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,
21 far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.
22 And God placed all things under his feet and appointed him to be head over everything for the church,
23 which is his body, the fulness of him who fills everything in every way.