

Introduction

As God's children we are expected to always be growing spiritually. It's a repeated theme – we're to no longer be spiritual babies ^(Eph 4:14), to move on to maturity ^(1 Cor 13:11), to lay aside the old life ^(Col 3:9-10), to grow ^(Eph 4:15), and to bear spiritual fruit ^(Col 1:9-10). It's being a disciple, it's our walk of faith in Jesus.

But that walk can be difficult. Sometimes there are temptations that we keep on falling over. Other times we may struggle with coming to Him daily in prayer and the word. At other times we might struggle to understand God's purposes for us or struggle with disappointment or anxiety. And, we may be facing illness or bereavement. Jesus told us *"In this world you will have trouble"* ^(Jn 16:33). He warned us not to be surprised if we encounter difficulty ^(Jn 15:18-21).

How are we to walk in Jesus, in difficult times? God calls every believer within a church to *"go and make Disciples"* ^(Matt 28:19). Eph 4:2-16 tells us that we have been put together as a body of God's people in a local church to commit to one another, to use our gifts, to build one another up

This leaflet explains how you can find that spiritual care and help within Cambray Baptist Church for your walk with the Lord. We long to be those who 'Love, Grow, and Go' for His glory.

Walking with others

As you will see over the page, there are a number of places you can find help in your walk with the Lord. Primarily you should seek to be a part of a **Small Group** (we include 20s&30s, Bible Study Groups and Ladies Fellowship in this). Small Groups are vital. In a larger church it is in Small Groups that you can get to know others in a deeper way, where you can be more ⇨ ⇨

open about yourself and your walk with the Lord. It is here that you can pray for one another. And it is here that you nurture (disciple) one another, just as Jesus gathered 12 disciples to grow and be sent out.

Where you cannot be part of a Small Group you can still be part of a **Care Group**. Care Groups are simply a list of people under the care of a Small Group. Being a part of a Care Group means you can seek prayer support and encouragement from a Small Group even if you cannot physically attend.

We want every adult in CBC to be a part of a Small Group or a Care Group so that we can all disciple one another and grow together in Jesus – every person a disciple-making disciple.

We also encourage every adult to be part of a **Ministry Team**. It is serving together where we are accountable to one another, and Ministry Leaders have a particular concern for the spiritual health of their team.

Deeper Difficulties

There are some issues which need people with more experience or insight than available within a Small Group, like **facing emotional difficulties, dealing with past abuse or suffering bereavement**. In these situations the Small Group leader may pass you to the Pastors or a member of the **Pastoral Care Team**. They will seek to find a person with appropriate skills and experience to walk with you as you grow in the Lord in the difficulty. If your situation is confidential, you can approach the Pastors or Pastoral Care Team directly.

PASTORAL CARE



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Registered Charity 1156858

cbc CAMBRAY
BAPTIST CHURCH
CHELTENHAM
LOVE + GROW + GO

Small Groups *

Small Groups are the heart of our Pastoral Care. It's there that we grow together, are accountable to one another, and share our lives, our love and our needs. When a Pastoral need arises, you should share this with your Small Group or Small Group Leader. If the need requires additional input, they will approach the Pastoral Care Group, Pastors or Elders.

*(incl 20/30s, Ladies Fellowship, Bible Study groups)

Contact Lee Willcox
smallgroups@cambray.org

Care Groups

If you are unable to be part of a Small Group, you will be allocated to a Care Group. Each Care Group is associated with a Small Group and they will be your point of contact for a prayer need or Pastoral need. If additional Pastoral input is required they will approach the Pastoral Care Group or Pastors/Elders.

Contact Lee Willcox
smallgroups@cambray.org

Ministry Teams

One of the most effective ways to grow in the Lord is to serve alongside others. Each Ministry Team is concerned about the well-being and Spiritual Growth of those serving alongside them. These are places of accountability, prayer, fellowship and growth. We encourage every person to be a part of a Ministry.

Contact office@cambray.org

Welcome Team

The Welcome Team greet you at the door of church and seek to encourage you as you join us to worship. They identify newcomers and help them journey into the life of the church. Newcomers are helped through the process of getting to know the church, its leaders and ministries, directed to Small Groups, and towards serving the Lord with us.

Contact george.boyd@cambray.org



Sunday Prayer Team

This team are available after each morning service (look out for their lanyards). They will pray with you as you respond to the word ministry, or for needs that you may want to raise.

Contact Anne Hardie
prayerministry@cambray.org

Prayer Chain

The Prayer Chain passes on upcoming urgent prayer needs to a 'chain' of people who will pray for that need for a time. Many ministries and Small Groups also have WhatsApp groups for prayer for one another.

Contact Margaret Jones prayerchain@cambray.org

Pastoral Care Group

The Pastoral Care Group meet monthly to pray for all regular attendees. Two people are assigned to every 40 families and they try to keep up to date with the needs of those people. They provide a 'first-line of defence' prayer and care, passing on needs to Small Group leaders, Pastoral Visitors or Pastors.

Contact alan.pilbeam@cambray.org

Pastoral Visitors

The Pastoral Visitors individually visit and support those with ongoing spiritual needs or draw alongside, for a time, those who have temporary needs. The Pastoral Visitors are drawn from across the church. They may be 'assigned' to a particular situation by a Pastor if there is a longer term need.

Contact pastors@cambray.org

Pastors & Elders

The Pastors and Elders are available to draw alongside in particularly difficult or challenging situations. They have oversight of all the Pastoral work, linking with the Small Group Deacon, Welcome Deacon, liaising with the Sunday Prayer Team and Prayer Chain, and are part of the Pastoral Care Group. They will also match people in need to those who can visit them to help them in their Spiritual need.

Contact pastors@cambray.org