

NOOMA - 019 Open

Does God answer prayer? Some, but not all? Sometimes, but not all the time? Or does God always answer prayer and it's just that sometimes God says no. Could prayer be bigger than God listening and answering? Maybe we need a fresh perspective on how we approach the things in life that compel us to pray.



NOOMA - 020 Shells

(forthcoming)

Do you often find yourself saying, "I'm so busy" or "I just have so much to do"? It's easy to get overwhelmed with appointments, gatherings, to-do lists. But what are we really doing with our time? Many of us are running from place to place and it seems like life is just passing us by. We're doing so many things, a little bit of everything, and yet it doesn't feel like much of a life. But most of us find it hard to say no. We feel obligated. There are so many good things to do. So many good causes to join. But while we're busy doing all these good things, are we missing out on something great? Maybe saying no would be easier if we knew what it meant to say yes.

For more information or to borrow one of these titles please contact Sarah Brush at

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What is Nooma?

Nooma is a revolutionary product that is changing the way people experience spirituality – a series of short films on DVD with a 32 page discussion guide.

It's not a book or a cassette tape. And it's not a CD or a two-hour movie. It's a new format called NOOMA® — short films, between 10 and 14 minutes long, about God and our lives. Since its limited online release in November 2002, NOOMA has impacted millions of people. Because of this initial success and great potential, Zondervan has partnered with NOOMA to bring these films to the world.

How can I use Nooma?

Noomas are appropriate for personal and small group settings, congregational meetings, and much more. Like parables, they use the experiences of our lives to teach about the fullness of life through Jesus, tackling issues like forgiveness, discipleship, and unconditional love. The study materials accompanying each NOOMA encourage meaningful discussion with relevant questions and biblical references.

Who's behind Nooma?

Rob Bell, a leading pastor and breakthrough communicator in the Christian community, is featured in the first series of Noomas. He is the author of *Velvet Elvis* and *Sex God*.

How do I access Nooma?

You can contact the Department of Children Youth and Education on 01905 732825 or by email on education@cofe-worcester.org.uk and request a particular dvd from the following selection. We will then send the DVD out to you or hold it for you to collect. There is no charge for hire. We only request that you return the DVD by post or hand in good condition. We will charge for replacement or damage to ensure the resource remains available to other parishes.

NOOMA 001 - Rain

Things don't always work out the way we want them to, or the way we think they will. Sometimes we don't even see it coming. We get hit with some form of pain out of nowhere leaving us feeling desperate and helpless. But that's the way life is. Still, it makes us wonder how God can let these things happen to us. How God can just stand by and watch us suffer. Where is God when it really hurts? Maybe God is actually closer to us than we think. Maybe it's when we're in these situations, where everything seems to be falling apart, that God gets an opportunity to remind us of how much He really loves us.



NOOMA - 002 Flame

I love those shoes. Really? The same way I love my wife? What's up with the word "love"? It doesn't have much meaning when we use it so loosely. Maybe we don't really get it. Maybe we don't understand what real love is. What it involves to really love somebody. What it means to give yourself to someone else. We mistake things like friendship, commitment, or lust for love. But God wired us a certain way to experience all that love was really meant to be. Not to hold us back or to make us miss out on the best life has to offer. God created love, and wants us to feel it all in the way it's meant to be felt.

NOOMA - 003 Trees

We want to know why we are here. If our lives really matter. How our religion is relevant to this life today. We want to understand what significance this minute, hour, week, month, and year has to our lives. To our world. We need a God who cares about this life, in this world, right now. We want to understand why everything we think, everything we say, and everything we do matters. We don't want to just sit back and wait for something to happen or someday to come. We want to know if all the choices we make now will shape our world and lives for eternity. Because we want our lives to have meaning today, and our lives today to have meaning forever.

NOOMA - 016 Store

We all get angry about things from time to time – some of us more often than others. But what is really the root of our anger? Maybe if we learn where our anger comes from, we can channel it towards something constructive – something that's bigger than ourselves.

How much energy do we spend on wishing things were how they used to be, thinking that our best days may be behind us?

Maybe if we're too hung up on the past we fail to live our lives to the fullest, right here, right now.

NOOMA - 017 Today

How much energy do we spend on wishing things were how they used to be, thinking that our best days may be behind us? Maybe if we're too hung up on the past we fail to live our lives to the fullest, right here, right now.



NOOMA 018 - Name

We all compare ourselves to others. Some of us even wish we were someone else. But why are we so concerned with what other people think, say, or look like? Maybe if we really knew our true selves, we wouldn't focus so much at other peoples' lives and live more in tune with the life God wants for us.

NOOMA - 013 Rich

There's a popular bumper sticker that reads "God Bless America," but hasn't America already been blessed? It's easy for us to fall into a mindset of viewing "our" world as "the" world, because it's all we generally see. We're constantly bombarded with images of the latest styles and models of everything, and it can easily leave us feeling like what we have isn't enough because we see people that have even more than us. But how does what we have compare to what most people in the world have? Maybe what we have is enough; maybe it's more than enough. Maybe God has blessed us with everything we have so we can bless and give to others.



NOOMA - 014 Breathe

With everything that we've got going on every day, how many of us ever think about our breathing, about the meaning of breathing? Yet, for thousands of years, people have understood that our physical breath is a picture of a deeper spiritual reality. In the Bible, the word for "breath" is the same as the word for "spirit." There's an inherent dilemma at the core of what makes us human. We've all been created in the image of God and possess immense power and strength. And at the same time our lives are incredibly vulnerable and fragile. Maybe if we had more insight into the meaning of breathing, we would better understand how God created us as human beings.

NOOMA - 015 You

Many people often debate the central claims of the Christian faith. But maybe a better understanding of the history of the early Christian movement would give new perspective to these discussions.

NOOMA - 004 Sunday

Why do we do things we do? Why do we go to church or give money away? Because we're supposed to or because we think God needs it? Do we honestly put on our best clothes for an hour once a week, stand and sit at all the right times, and sing all the appropriate songs for God's sake, or because it'll make us look better to the world around us? We're tired of all the empty rituals and routines. And so is God. God hates it when we call ourselves Christians but ignore all the things He really cares about. He hates it when we go through hollow religious routines out of some feeling of duty or obligation. God doesn't want the meaningless rituals. God wants our hearts.

NOOMA - 005 Noise

Why is silence so hard to deal with? Why is it so much easier for us to live our lives with a lot of things going on all the time than to just be in silence? We're constantly surrounded by "voices" that are influencing us on how to think, feel, and behave. Movies, music, TV, internet, cell phones, and a never-ending barrage of advertising. There's always something going on, always noise in our lives, but maybe there's a connection between the amount of noise in our lives and our inability to hear God. If God sometimes feels distant to us, maybe it's not because he's not talking to us, but simply because we aren't really listening.



NOOMA - 006 Kickball

We always think we know what's missing from our lives in order to really make us happy, don't we? If only I had that car, or that job, or if only I could lose those 15 lbs, then I'd be happy. Really? How often do we want something only to find out that it wasn't that great after all? Sometimes we ask God for things and if He doesn't deliver right away, we start questioning whether God really understands or even cares. Do we really trust God? Do we trust that God is good and sees a bigger picture than we ever could? It's easy to want what's right in front of us, but maybe God knows what's better for us, and sometimes we just can't see it.

NOOMA - 007 Luggage

Maybe a friend turned their back on you. Maybe someone you loved betrayed you. We all have wounds and we end up carrying around these things that people have done to us for weeks, months, and sometimes even years. It isn't always easy to forgive these people and after a while these hurts can get really heavy. So the only way to feel better seems to be somehow getting back the people that hurt us, to get revenge. But does revenge ever truly satisfy? Maybe forgiving isn't something you do for someone else to let them off the hook. Maybe forgiveness is about you. God didn't create you to carry these wounds around. God created you to be free.



NOOMA - 008 Dust

Believing in God is important, but what about God believing in us? Believing that we can actually be the kind of people we were meant to be. People of love, compassion, peace, forgiveness, and hope. People who try to do the right thing all of the time. It's easy for us to sometimes get down on ourselves. To feel "not good enough" or feel like we don't have what it takes. But maybe if we had more insight into the culture that Jesus grew up in and some of the radical things He did, we'd understand the faith that God has in all of us.

NOOMA - 009 Bullhorn

God loves everyone, so a Christian should, too. In fact, Jesus said that the most important thing in life is to love God with everything we've got and love others the same way. But it's not always easy to love everyone around us, is it? Sometimes we strongly disagree with other people's political views, religious beliefs, behaviours or something else, and it makes it hard to love them when we feel like we're right and they're very wrong. But Jesus doesn't separate loving God and loving others. So maybe that best way for us to show our love for God is actually by loving other people no matter how hard it sometimes is. Maybe it's the only way.

NOOMA - 010 Lump

A lot of us have done things in our lives that we're ashamed of. Some are small things, and some of us have really big and devastating things. Some of us even have things that people close to us don't know about. Personal junk that we keep to ourselves so we don't have to deal with it. Because we don't know how to deal with it, do we? We're afraid that if we try it's just going to make everything worse. But no matter how big our junk is, no matter how much what we've done has impacted the way other people feel about us or how we feel about ourselves, it hasn't changed how God feels about us. God loves us, he always has and always will, and there's nothing we can do to change that.

NOOMA - 011 Rhythm

What does it mean to have a relationship with God? What does it look like? For a lot of us it's a hard thing to fully understand. If God is an infinite spirit with no shape or form, how can we possibly relate to that? And what about Jesus? He said he came to give everyone life in its fullest. He came to show us how to live. Maybe it's through trusting Jesus and living the kind of life he taught us to live – a life of truth, love, justice, compassion, forgiveness, and sacrifice – that we have a relationship with God. Maybe the way we live every day, every single choice we make, determines how in tune with God we are.



NOOMA - 012 Matthew

Losing someone we love can be the most difficult thing to go through in life. All the explanations and comforting words in the world don't really help and everything can seem hopeless. But what might help us is to know, that in facing this kind of loss, Jesus wept.