

# Way of Life

- a range of resources for adults, young people and families
- for groups, families or individuals
- six sessions to get you started
- helps you to shape YOUR *Way of Life*
- resources and events to support you



The Church of England  
Diocese of Ely

ely2025

Introducing the Ely Diocesan *Way of Life*



# Way of Life



For groups of adults seeking to explore the *Way of Life*, these resources provide material for six sessions to get you started.

Although it may look a bit like a study course, it is not meant to be treated that way. The aim is not to get through a course – the aim is to use the structure of the *Way of Life* to develop a way of living.

To suit the different ways in which people engage with new ideas, the *Way of Life* has two alternative approaches.

## ***Way of Life: explore***

This version of *Way of Life* is most suited for people who prefer a more visual or interactive approach.

Using a series of daily text messages, accessible media and six facilitated interactive sessions, it seeks to invite us into a daily conversation with God. If you prefer a more word-based approach, why not look at *Way of Life: reflect*.

## ***Way of Life: reflect***

This version of *Way of Life* is most suited for people who enjoy engaging with words and study.

Based on the words of the Commission in the services of baptism and confirmation, the six sessions look at the themes of being one body, devotion, holiness, witness, service, and justice.

## TOGETHERNESS: ONE GOD, ONE BODY

### PRAYER POINTS

- Wisdom for the team in starting the series and growing good relationships within the group
- For each group member to realise they are not alone. We are all part of One body with God – we share this journey together

### YOU WILL NEED:

- Material for junk modelling
- Bibles & Journals
- Church Video
- Wooden building blocks
- Marker Pens (ideally Sharpies)
- Sellotape/Scissors etc
- Balloons
- Paper / Pens
- Small team prize

### The warm-up (5 minutes)

- In teams create the best junk model structure using assorted items (newspapers/ milk bottles/cereal boxes/jam jars etc.)
- Award points for design/structure/teamwork and give a small prize to the winning team.

**Point:** Many parts can come together to make one very unique, very interesting thing – just like the Church!

### Starting out (10 minutes)

- Ask the group the following questions and then share their answer with the group.
  - If you could have any job what would it be and why?
  - What word/s come to mind when you think of 'church'?

**Point:** We all have different ideas, opinions, thoughts and interests. The Church can still be united and come together. The Church is made up of all sorts of jobs and interests!

## Way of Life: explore Facilitator's Guide

### One Body

This topic "sets the scene" for the following sessions. The materials below are offered in case leaders believe their groups would benefit from an extended exploration of the theme as an introduction to the Way of Life, but it may be equally appropriate to incorporate it in an abbreviated form in the first session. The complete text of the Commission could be reviewed to provide a general overview of what is to come.

#### Dwelling in the Word: Acts 2:37-47

##### Background

Although the Bible tells stories about many individuals, their lives are woven into a much greater story about the whole People of God, from Israel in the Old Testament to the Church in the New Testament, and stretching forward to the fullness of time when all things in heaven and on earth are united in Christ (Ephesians 1.10). The message is clear: a godly life is a shared life. That's why our congregations greet people who have just been baptised with the words, "We welcome you into the fellowship of faith; we are children of the same heavenly Father...". Baptism marks our entry into the church, the Body of Christ, the household of God. When we become Christians we do not lose our individuality, but our faith and life is not a private thing: we are the body of Christ and individually members of it (1 Corinthians 12.27). And, like a material body, each part of Christ's Body, each "member", only grows together with the whole. That's why our diocesan vision statement begins, "We pray to be..."; and we hope that our diocesan Way of Life will enable us to experience a stronger sense of belonging and being transformed together.

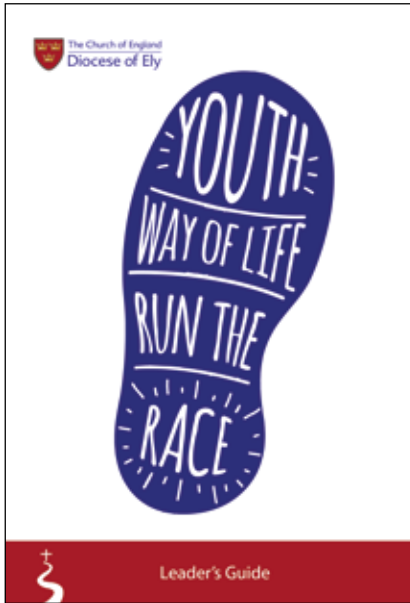
##### Things to think about...

- Is your experience of Christianity more like a shared life or a private commitment?
- To what extent do you think the life of your church or church group reflects the life of the earliest church described in Acts 2? Do you find the picture in Acts inspiring or challenging?
- Is there anything in the Commission's description of Christian life which you hadn't thought of before, or which you find a particular challenge?

## Way of Life: reflect Handbook



## The Youth Way of Life: Run the Race



The *Youth Way of Life: Run the Race* is designed to encourage young people (aged 11-14 years) to stop and think what life might look like if it was lived with and for Jesus.

Using a series of daily texts, accessible media and six leader-led interactive sessions, *Run the Race* seeks to invite young people into a daily conversation with God.

Interpreting the six core values of the *Way of Life*, it looks at the themes of togetherness, wholeness, holiness, witness, kindness and boldness over six

sessions, designed to invite young people to begin a journey that we pray will last a lifetime.

The leader's guide has been created to help encourage a relaxed exploration of faith, using a series of ice-breakers, games, Bible studies, discussion questions, prayer responses and challenges.

## WHOLENESS: GIVING YOUR ALL TO GOD

### PRAYER POINTS

- For the team as they lead discussion & offer encouragement
- For each young person to realise their gifts and to think about how they might be able to use them for God and for good

### YOU WILL NEED:

- Bibles & Journals
- Wrapped 1p pieces
- Playdoh
- Balloons
- Dice
- Paper / Pens

### The warm-up (5 minutes)

- In teams, play a game of Charades/Playdoh/Pictionary using the list of suggested words. Fastest team to guess all 10 wins!  
Painting / Cake / Football / Listening / Book / Hospital / Ballerina / Car / Calculator / Smile

**Point:** Any of these words might link to things we could be good at. There are all sorts of gifts and they all come from God.

### Starting out (10 minutes)

- Ask the group the following questions and then encourage them to share their answer with the group.
  - If you could have any skill, what would it be and why?
  - What are you already good at?

**Point:** We all have gifts and get better through learning discipline - so it is with following Jesus. Reading the Bible and meeting together are great ways to start!

### Pushing on (20 minutes)

- Read: Romans 12:1-8 and 1 Corinthians 12:1-11

## Youth Way of Life

### Run the Race Leader's Guide

## WHOLENESS: GIVING YOUR ALL TO GOD

WE ARE ALL GIFTED. YOU ARE GIFTED.  
HOW CAN YOU USE THAT FOR GOOD AND FOR GOD?

DOODLE PAGE

#made4u

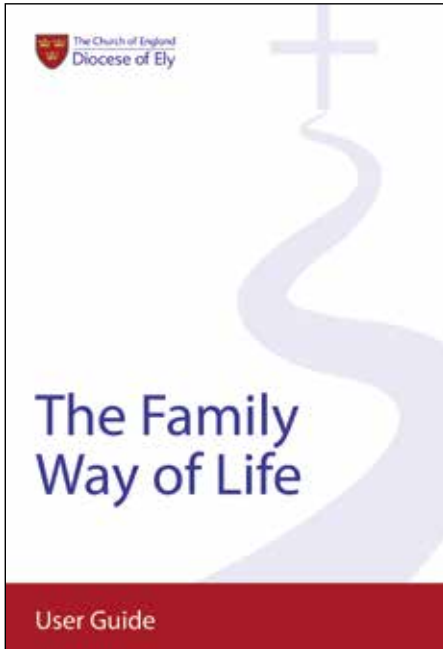
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## Youth Way of Life

### Run the Race The Journal



## The Family Way of Life



**Children and adults can explore how their individual stories are part of God's story, and can shape how their families reflect God's likeness in their churches and communities.**

Interpreting the same core values as the *Way of Life* for adults and youth, the *Family Way of Life* looks at the six themes of being the body; being a disciple; being a light; being a friend; being fair; and being holy. The essential concept is that of 'being' or 'becoming' the people God created us to be. The focus is on learning and developing faith together to reflect God's image in each one of us.

Each session contains a bible reading, questions to consider, activities to explore the theme, things to discuss, and a challenge. In addition, the resource pages suggest different ways of recording your family sessions using photographs, key thoughts, doodles and scrapbooking.

The *Family Way of Life* is designed to be easily used at home.

## SESSION 5: BEING FAIR

### READ THE BIBLE

Micah 6: 8 What God wants from us.

### OPENING QUESTIONS

Who are the people in our country who work to make sure we keep the law? Are they the only people who make sure things are fair? Who else needs to make sure things are fair? Do you think everything should be fair? Can you think of times when things didn't seem fair to you? What happened? How did it make you feel at the time? How do you feel about it looking back? What kind of person do you want to be? What values are important to you and the family?

### ACTIVITIES TO EXPLORE

#### Watch

Fair trade in East Africa  
<https://binged.it/2IRM36G>

Freddy and Flora's quest for fairness (preschool children)  
<https://www.youtube.com/watch?v=dFpeU-YAnM>

For older children (KS2+) One Human Family, Food for all.  
<https://www.youtube.com/watch?v=qhUSJEd-XRo>

#### Play

Visit <http://www.traidcraftschools.co.uk/teaching-resources/>  
Activities and games. Select Interdependency Game or at a local playpark) or Unfair Games.

Explore the themes suggested.

Alternatively explore the chocolate production and PowerPoint and enjoy learning how to recognise

## RESOURCE SHEET E - RECORDING OF ACTIVITY

If you would like to keep a record of some of the things you did as a family, here are three ideas that might help you get started: picture frames, pinboard and scrapbooking.

For each of the sessions, it would be good to answer these questions:

- What did we do?
- How did we do it?
- What difference did it make?

#### Pinboard

You will need:

- Post - its in a variety of colours or coloured paper or card cut into different sizes
- Drawing or tack pins
- Pens/Pencils
- Printed out photographs of activity (if taken)
- Printed out photographs of each member of the family
- Narrow ribbon or cord



Variety is the key to making this look interesting! The pinboard should be displayed in a place that everyone can see e.g. kitchen or hall. Encourage each person in the family to contribute and perhaps to add to it during the week as they think of new things they want to add.

- Write in a sentence what you most enjoyed.
- Draw pictures of the activities or pin up something you collected (e.g. leaf).
- Add photographs of the activity that the whole family enjoyed the most.
- Write one word that stands out to you.
- Jot down questions or thoughts.
- Use photographs of family members and link them to their post-its.
- Write down any suggested actions that were decided upon and tick when they have been completed.

# HELPFUL CONTACTS

## **Diocese of Ely website**

To see more of what is happening in the Diocese of Ely, including events happening near you, visit:

[www.elydiocese.org](http://www.elydiocese.org)

There are lots of resources and ideas you can follow-up at the *Way of Life* section of the Diocese of Ely's web site: [www.elydiocese.org/way-of-life](http://www.elydiocese.org/way-of-life)

## ***Way of Life* email**

Please let us know if you are using the 6-week introductions or other *Way of Life* materials and do please tell us your *Way of Life* stories.

For this and for any enquiries about *Way of Life*, please email:  
[lisa.tulfer@elydiocese.org](mailto:lisa.tulfer@elydiocese.org)

Nurturing a confident people of God