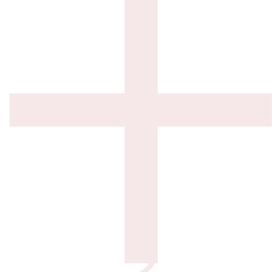




The Church of England
Diocese of Ely



Way of Life

reflect

Workbook

Introduction

This Workbook is for you to use and keep, and re-use over again as you find a path through the *Way of Life*. At some point you might need a new copy if this one gets filled up. There is no need to show your Workbook to anyone else unless you wish to.

Your group leader will guide you through the different parts of the *Way of Life*, giving you background information and insights, and providing opportunities to pray, reflect and make connections. Before you set off along the way, however, it might be helpful to know the basic steps...

At the end of its services for baptism and confirmation, the Church of England provides a kind of road-map for following the way of Jesus, called the "Commission" (see page 4). Our *Way of Life* seeks to draw out what this commission might look like in practice. This Workbook leads through each of these steps in turn.

Although the *Way of Life* Workbook might look like a study course, it is not meant to be treated in that way. The aim is not to get through the course: the aim is to use the structure of the *Way of Life* to develop a way of living which doesn't end on the last page, and will sometimes entail going back to the beginning again. The steps in the *Way of Life* are offered to inspire and challenge, and to raise questions about where the Holy Spirit may be leading you as you journey with God and with others along the way.

Guide to the Workbook



The Workbook has seven sections. The first section, “One Body,” is introductory. It invites you to note any thoughts and feelings you have about the Commission as a whole, and about the idea that Christians follow Jesus together, not alone.

The next five sections engage with the five main parts of the Commission. There is space within them to jot down anything you believe is important as you listen to the Bible, to your group leader, to other group members and to yourself. Pay attention to how you feel as well as what you think: God inspires us with passion as well as ideas.

The final section gives an opportunity to draw all the threads of the *Way of Life* together.



The Commission

Those who are baptized are called to worship and serve God.

Will you continue in the apostles' teaching and fellowship,
in the breaking of bread, and in the prayers?

With the help of God, I will.

Will you persevere in resisting evil,
and, whenever you fall into sin, repent and return to the Lord?

With the help of God, I will.

Will you proclaim by word and example
the good news of God in Christ?

With the help of God, I will.

Will you seek and serve Christ in all people,
loving your neighbour as yourself?

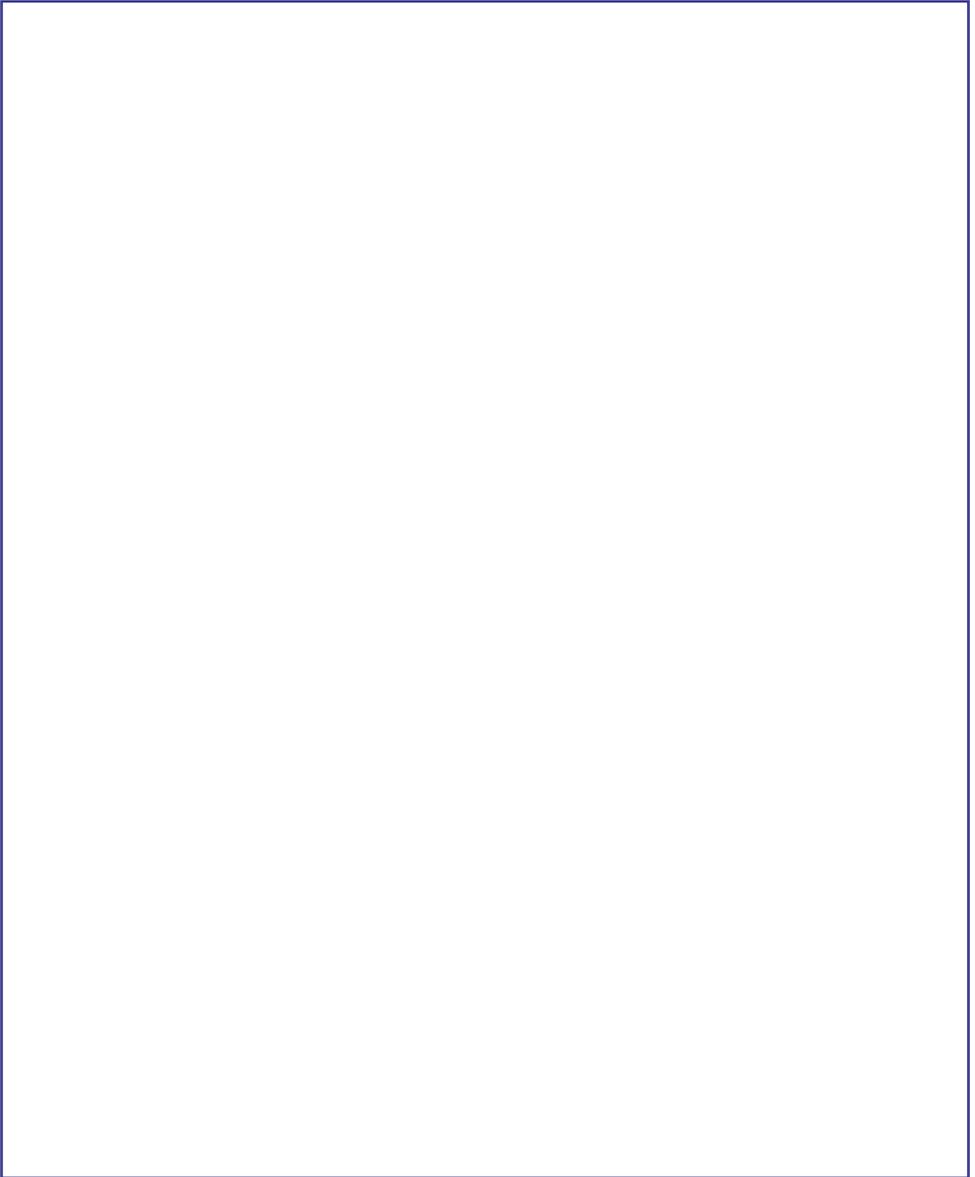
With the help of God, I will.

Will you acknowledge Christ's authority over human society,
by prayer for the world and its leaders,
by defending the weak, and by seeking peace and justice?

With the help of God, I will.

May Christ dwell in your hearts through faith,
that you may be rooted and grounded in love
and bring forth the fruit of the Spirit.

Amen.





Devotion

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

Before you start to explore this topic note any initial thoughts and feelings you have about it, positive and negative.

In what ways has your listening to the Bible together helped you to appreciate more about this part of the *Way of Life*?

What else have you heard or thought that helps you make sense of this part of the *Way of Life*?



Make a note of any topics and questions you would like to consider in discussion with the group.

Notes from your group discussion.

What might you (individually and/or collectively) do to put this part of the *Way of Life* into practice?



Holiness

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

Before you start to explore this topic note any initial thoughts and feelings you have about it, positive and negative.

In what ways has your listening to the Bible together helped you to appreciate more about this part of the *Way of Life*?

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Notes from your group discussion.

What might you (individually and/or collectively) do to put this part of the *Way of Life* into practice?



Witness

Will you proclaim by word and example the good news of God in Christ?

Before you start to explore this topic note any initial thoughts and feelings you have about it, positive and negative.

In what ways has your listening to the Bible together helped you to appreciate more about this part of the *Way of Life*?

What else have you heard or thought that helps you make sense of this part of the *Way of Life*?



Make a note of any topics and questions you would like to consider in discussion with the group.

Notes from your group discussion.

What might you (individually and/or collectively) do to put this part of the *Way of Life* into practice?



Service

Will you seek and serve Christ in all people, loving your neighbour as yourself?

Before you start to explore this topic note any initial thoughts and feelings you have about it, positive and negative.

In what ways has your listening to the Bible together helped you to appreciate more about this part of the *Way of Life*?

What else have you heard or thought that helps you make sense of this part of the *Way of Life*?



Make a note of any topics and questions you would like to consider in discussion with the group.

Notes from your group discussion.

What might you (individually and/or collectively) do to put this part of the *Way of Life* into practice?



Justice

Will you acknowledge Christ's authority over human society, by prayer for the world and its leaders, by defending the weak, and by seeking peace and justice?

Before you start to explore this topic note any initial thoughts and feelings you have about it, positive and negative.

In what ways has your listening to the Bible together helped you to appreciate more about this part of the *Way of Life*?

What else have you heard or thought that helps you make sense of this part of the *Way of Life*?



Make a note of any topics and questions you would like to consider in discussion with the group.

Notes from your group discussion.

What might you (individually and/or collectively) do to put this part of the *Way of Life* into practice?



Next steps...

When you look back over all your notes, and especially any suggestions you may have come up with for particular steps along your journey with God, you may feel a bit overwhelmed. Don't be! You don't have to do everything all at once. Following Jesus is a lifelong journey and what matters now is discerning the next step. It may be that there is just one thing that God is calling you (individually and/or collectively) to do. Use the space below to list your next steps along the *Way of Life*.





Your walk along the *Way of Life* may well have its ups and downs, circular paths and even some dead-ends. This is no reason to give up on the journey, but it does highlight the need to find some support to keep you on track. Christians rightly look to God first for help and strength, but God also gives us a church family. We are the “pilgrim people of God” and as we journey together we look out for and encourage each other.

This often happens quite naturally, but the *Way of Life* recommends that you take deliberate steps towards spiritual accountability, which is largely about sharing the joys and sorrows openly for mutual benefit and encouragement—“speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work” (Ephesians 4.15-16 NIV). Use the space below to note how you will stay accountable as you walk the *Way of Life*.



Notes

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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

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

Way of Life email

We'd love to hear your thoughts and feedback on the *Way of Life* and to know if there is anything we can do to help you as you continue going forward.

If there is anything you would like to say or share, please email us at:

lisa.tulfer@elydiocese.org

Acknowledgements

The Diocese of Ely is grateful to the work done by The Ven Dr Alex Hughes for creating the material for the *Way of Life: reflect*.

Nurturing a confident people of God