



# Everyday Faith Everywhere



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**Bath & Wells**

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## Everyday Faith Everywhere with Groups

This booklet can translate into a series of sessions for groups. A session outline to adapt is on the reverse and you could split the weeks as follows:

- Week 1** Overview of the sessions; use some **Everyday Questions** cards; read **Everyday Conversations**; choose what people want to try before next time.
- Week 2** Share experiences since the last session. Read **Everyday Bible** and choose what to try before next session
- Week 3** Share experiences since the last session. Read **Everyday Prayer** and choose what to try before next session
- Week 4** Share experiences since the last session. Read **Everyday Actions** and choose what to try before next session
- Week 5** Share experiences since the last session. Reflect together on what people have found of most value and what they would like to make a habit of in the future.

The session structure overleaf is just to get you started. Adapt as much as you want - you know your own group best. The main things are:

- Ensuring that people can discuss openly
- Encouraging people to make connections between what they think, say and do, and what they believe God to be like.

## Session Structure

**Bible** Dwelling in the Word (sheet from Archdeaconry Days)

**Session 1** An **overview** of what will be covered. An encouragement to try things out, including things that aren't in the booklet if you're feeling inspired.

**Session 2-5** **Feedback** on what you've tried that week: anything difficult or surprising or wonderful? Where was God in it? Anything you'll continue to try? You could do this in various ways, depending on your group e.g.

2 minutes per person to share their thoughts

**OR** begin by listening to each other in pairs

Followed by general discussion.

**Session 1-4** Read the next section (Conversations, Bible, Prayer or Actions). **Discuss** why it matters as part of our Christian life and **decide** what people will try in the coming week.

**Session 5** **Discuss** what has been most fruitful for you in living out your Everyday Faith over the past few weeks? When have you felt God most present? **Share** what you will continue doing.

**Closing prayer** For what has been discussed and for people (and the world) in the week ahead.

## Everyday Conversations

Few of us will get through a week without a conversation - with friends, relatives, colleagues or strangers. Conversations connect us to the people around us and help us understand others and ourselves better. It's often in talking about things and listening to others that we realise what we really think!



Science fact from Alison Perham's talk about the Impact of talking on our brain/thinking...?

How can our conversations invite those we encounter, of all ages, to explore what faith means to us and might mean to them?

### Tips from around the diocese:

When your hairdresser or a colleague or friend asks if you had a nice weekend, mention something relating to church or God - it can take you to unexpected places.

Allow extra time for regular trips, shopping or doing the school run so that you can take time to notice and talk to people.

Don't be embarrassed to let God into the conversation

If someone tells you something that is troubling them, ask if they'd like you to pray for them. Either then and there, or in the days to come. They can say no if they want to.

Don't worry about not having answers, it's about listening.

Try a Talking Jesus course (ask Andy Gray).

Take a look at the [#EverydayQuestions cards](#). How might you use them to have conversations with friends and family? What about challenging yourselves to discuss one over a meal each week? Or ask someone of a different generation what their answer would be.

## Everyday Bible

The Bible is our holy book, telling the story of God in a wonderful variety of ways. It contains history, poetry, proverbs, prophecy, letters and the story of Jesus told from four different perspectives. If you are having a bad day and want to shout at God then take a look at the Psalms and you'll see others have felt like that before.

God speaks to us through the Bible today and turning to it regularly through reading or listening helps us to understand God better. With the Holy Spirit's guidance, reading the Bible can help us understand how God wants us to live in the world.

### Some tips to try:

- Set aside a regular Bible time, no matter how short
- Include Bible stories when you read to children and ask them about the story and what they make of it
- Use an app on your phone for daily verses
- Start a Bible Book Group - a book of the Bible at a time
- Keep a Bible in the car for when you are kept waiting
- Take your Bible to church and follow the reading. Mark the bits that strike you or you want to find out more about
- Get regular Bible Reading Notes
- Read a passage and then talk to God about what you make of it (Lectio Divina)

For more information on the ideas above, or to request Everyday Bible Bookmarks, visit [www.bathandwells.org.uk/EverydayBible](http://www.bathandwells.org.uk/EverydayBible)

## Everyday Prayer

Prayer is about talking and listening to God. Some prayers are beautifully written and centuries old but God loves us to pray in whatever words we can find even if we feel they are inadequate.

### Some tips to try:

 Keep a map of the world handy and pray for one country each day or week - great for doing with children who could put a sticker on the country when they find it.



Download a prayer app and set aside a regular time to use it.

Prayer meditation - breathe in God/Spirit and breathe out love and light.

Create a prayer jar - 365 short prayers/one line reflections/something or someone to pray about; cut up, fold and put in a large jar or bowl by the door and you (or anyone) can pick one on the way out

Link prayer to daily routines - cleaning teeth, washing up, walking, toilet etc. Have a written prayer handy if you find that easier.



Make time in your day for silence.

Pray outside - give thanks for creation.

Do a hand prayer each day:

Thumbs up - for the good things

Index finger - for people who show us the right way to live

Middle finger - for the world

Ring finger - for the people we love

Pinkie - for people who are ill, worried, or frightened.



Daily commute prayer e.g. amazing view = praise God; bridge = give thanks to Jesus; village/town sign = pray for that community.

Say the Lord's Prayer every day or use the Everyday Prayer bookmark each day.

For more ideas on ways of praying, take a look at

[www.bathandwells.org.uk/EverydayPrayer](http://www.bathandwells.org.uk/EverydayPrayer), where you can also request Everyday Prayer bookmarks.

## Everyday Actions

It's often said that actions speak louder than words. That doesn't make words unnecessary (see Everyday Conversations!) but what we do often demonstrates what we really think, even if we don't say it. How can we try to have 'holy habits' that deepen and demonstrate our faith?

### Some ideas to get started:

- Make a point of smiling at strangers
- Give stuff away
- Tell people what you see of Jesus in them
- In a traffic jam, send blessings (not curses) to your fellow commuters
- Really listen to a family member once a week
- Text someone every day to remind them you care for/are praying for them
- Every time you shop, buy something for a local Food Bank
- When you meet someone, listen carefully until you catch the spark of Go(o)d in them
- Light a candle at the centre of the meal table
- Play nice.

Why not try the 'Encouraging one another in Everyday Faith' leaflet with friends, family, colleagues or church members.

[www.bathandwells.org.uk/everyday-faith](http://www.bathandwells.org.uk/everyday-faith)

## Reflections

One thing that has inspired me:

One thing that has challenged me:



And whatever you do, in word or deed,  
do everything in the name of the Lord Jesus,  
giving thanks to God the Father through him.



*Colossians 3 v17*

**#EverydayFaith**

[www.bathandwells.org.uk/everyday-faith](http://www.bathandwells.org.uk/everyday-faith)