



This is me

What might help me live my faith

For resources visit:
www.bathandwells.org.uk/everyday-faith
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Below is a guide to resources and suggestions to help you live out your faith in your daily life. Some can be used alone, some in groups, some are about one to one conversations. There is no right or wrong choice, it's about finding ways of strengthening your relationship with God in ways that work for you as you are at the moment.



Original images created using Sustrans Map 4

Following

staying close to God and listening to the Holy Spirit



The **Prayer Bookmark** and **Bible Bookmark** are simple starters to help you make a commitment to pray and read the Bible each day.

www.bathandwells.org.uk/everyday-faith

For **Prayer - Everyone Everywhere!** resources visit www.bathandwells.org.uk/lets-pray



There are lots of apps available: you could try a prayer app, like **Sacred Space** or **Pray as you Go**, or use a phone to call the Church of England's Daily Prayer line **DailyHope**
T: 0800 804 8044

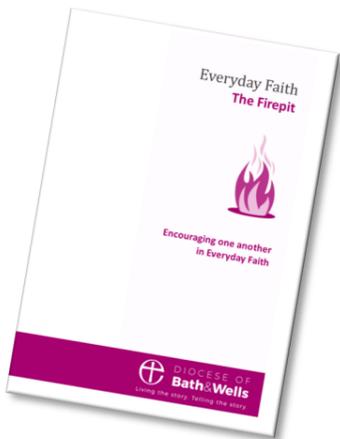
People living a monastic life have lots to teach us about a rhythm of life. **Alone Together** is from the Benedictine tradition and includes short videos with some really simple ideas to try out.
www.alonetogether.org.uk/



Growing

finding ways to grow with others

The **Firepit** leaflet offers groups a really simple structure to reflect together on living out your faith. It includes prayer, suggestions for what to talk about and a section to help you commit to something following your discussion.

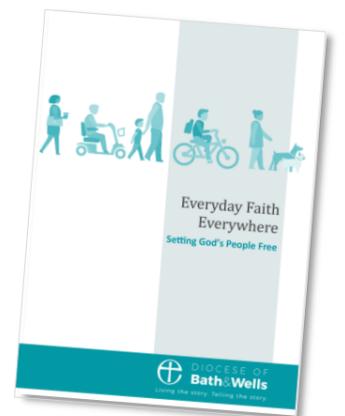


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The **Encouraging One Another in Everyday Faith** leaflet works particularly well for small groups of 3 to 4, especially for people who are not completely new to faith. It includes use of the Five Marks of Mission for reflection.

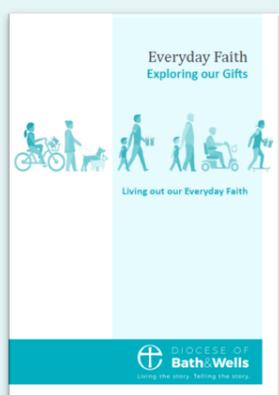
Everyday Faith Everywhere can be used as a five week course to try out ideas for living out faith through everyday conversations and actions, supported by prayer and Bible reading.



Exploring

seeing who I am and God's call to me

All of the resources listed here will help you grow closer to God and listen attentively to God's Spirit. This section is particularly about exploring God's call to you.



Exploring our Gifts leaflet - a simple questionnaire that you can use on your own or with someone, to explore what gifts you have and how you might offer them to church and community.

Growing with God has some questions for reflection on how God is present in your life; they can be used for personal reflection or as part of a conversation.

www.bathandwells.org.uk/everyday-faith



Many Christians find it helpful to have a **Spiritual Director**, **Accompanier** or **Soul Friend**. This is someone they meet with regularly to reflect on God on their life and faith. More information can be found on the website:
www.bathandwells.org.uk/spiritual-direction