

THE WAY

A guide to following Jesus

Easthampstead
Parish Church

Blessed are those who trust in the Lord,
whose trust is the Lord.
They shall be like a tree planted by water,
sending out its roots by the stream.
It shall not fear when heat comes,
and its leaves shall stay green;
in the year of drought it is not anxious,
and it does not cease to bear fruit.
Jeremiah 17:7-8

"The righteous flourish like the palm tree
and grow like a cedar in Lebanon.
They are planted in the house of the Lord;
they flourish in the courts of our God.
In old age they still produce fruit;
they are always green and full of sap."
Psalm 92:12-14

"I came that they may have life and have it abundantly."
John 10:10

"I am the way and the truth and the life.
No one comes to the Father except through me."
John 14:6

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Who Is God?

Christians believe in one God who made everything. God created the stars, the trees, the animals, and every person. God is not far away or hidden. He is close, kind, and wants to be known. We believe God is like a loving parent: strong, gentle, and always ready to listen.

How do we know God?

We know God because he chooses to show himself to us. It is not because we are clever or perfect, but because God wants to be known. God speaks through the beauty of the world, through the Bible, and most clearly through Jesus Christ.

Jesus is God's Son. He came to show us what God is like. He healed people, welcomed everyone, forgave mistakes, and loved even when it was difficult. Jesus died and rose again so that nothing could ever separate us from God's love. Through Jesus, we see God's heart.

God also gives us the Holy Spirit, who is his invisible presence with us now. The Spirit helps us pray, understand, and feel God's love. Sometimes it is a quiet feeling, sometimes a strong nudge, but always a gift.

What kind of God do we believe in?

We believe in a God who is three persons in one: Father, Son, and Holy Spirit. This may sound difficult to understand, but it is a way of describing how God is love. God is one, yet shared in three ways. Just as water can be ice, liquid, or steam, but is still water, so God is always love, always united, and always reaching out to us.

God is good. God is fair. God is forgiving. He does not wait for us to be perfect. He meets us just as we are. When we make mistakes, God does not turn away. He helps us begin again. When we are sad or afraid, God is with us. When we are joyful, God rejoices with us.

To believe in God is to say yes to love. It is joining a family of people who are learning to trust, pray, and live kindly. You do not need to know everything. You do not need to be certain about everything. You only need to be open to wonder, to listen, and to take one small step at a time.

God is real,
God is near, and
God loves you!

Who is God the Father?

God the Father is the first person of the Trinity. Christians believe that he created everything and continues to care for all that he has made. When we speak of "the Father", we are describing a relationship. God is not distant or abstract. He is personal, loving, and trustworthy, like a perfect parent.

God the Father made the world out of love. Every tree, every star, every person was created with care and purpose. You were created with care and purpose. God did not make us to be robots or strangers. He made us to be his children. That means we belong to him, and he delights in us.

God is not watching from far away, waiting for us to fail. He is close. He listens when we pray. He knows our thoughts, our worries, and our hopes. He loves us, not because we are perfect, but because we are his.

Jesus spoke often about God as "my Father" and "your Father". He taught his followers to pray, "Our Father in heaven", because God wants to be known not only as Creator but also as someone we can trust and speak to. Like a good father, God protects, provides, and guides. He also corrects us when we go wrong, but always with love and never with shame.

Some people find it difficult to think of God as Father, especially if their experience of earthly fathers has been painful or confusing. But God is not like any human parent. He is always good, always faithful, and always loving. He does not leave us or give up on us.

To know God the Father is to know that you are wanted, welcomed, and held. You do not have to earn his love. You already have it. You do not have to be strong all the time. He is strong for you. You do not have to hide your feelings. He understands them.

God the Father loves you so much that he sent his Son, Jesus Christ, to show you that love in person. And through the Holy Spirit, he remains close to you every day.
You are not alone. You are not forgotten. You are God's child, and he is your Father.

Who is Jesus?

Jesus is the Son of God. Christians believe that he came into the world to show us who God is and how much God loves us. Jesus was born in a small town called Bethlehem, grew up in Nazareth, and lived a real human life. He laughed, cried, worked, prayed, and shared meals with others. He knew joy and sorrow, friendship and rejection.

Jesus did not come to be famous or powerful. He came to serve. He healed the sick, welcomed those who were left out, and forgave people who had made mistakes. He taught people about God's kingdom which is a way of living where love, peace, and justice are at the centre. He told stories that helped people understand God's heart. He spoke with kindness and truth, and he listened to those who were hurting.

Jesus showed that God's love is for everyone. He spent time with children, with people who were poor, and with those others had forgotten. He did not turn away from anyone. He brought hope wherever he went.

Some people were afraid of Jesus and did not understand him. They did not like the way he challenged unfair rules or spoke about God with such freedom. In the end, Jesus was arrested, put on trial, and killed on a cross. It was a cruel and painful death. But Christians believe this was not the end of the story.

Three days after his death, Jesus rose again. His friends saw him, spoke with him, and shared food with him. His resurrection showed that God's love is

stronger than death, and that nothing can separate us from God. Jesus did not come back with anger or revenge. He came back with peace and forgiveness.

Before returning to heaven, Jesus promised that he would always be with us. He sent the Holy Spirit to help us live in his way. Today, Christians follow Jesus by loving others, forgiving freely, and trusting that God is with us.

Jesus's life shows us what God is like. His ministry shows us how to live. His death and resurrection show us that love wins.

Jesus's Death and Resurrection

Jesus died and rose again. This is the heart of the Christian story.

Jesus did not die by accident. He chose to give his life because he loves us. On the cross, he took on pain, sadness, and all the wrong in the world. He forgave the people who hurt him. He showed that God's love never ends.

Christians believe that Jesus's death brings healing. It helps us know that God understands suffering. When we feel afraid or alone, we remember that Jesus has been there too.

But the story does not end with death.

Three days later, Jesus rose again. He came back to life in a real, new body. His friends saw him, spoke with him, and shared meals with him. They were full of joy and wonder.

Jesus's resurrection means that death is not the end. God's love is stronger than anything. Because Jesus rose again, we can live with hope. We can trust that God brings new life, even when things feel broken.

In the Anglican Church, we remember this story often. We tell it in our prayers and songs. We share it in the bread and wine of Holy Communion. We believe that Jesus is still with us, helping us live with love and peace.

Jesus's death shows us how much God loves us. His resurrection shows us that love wins.

Who is the Holy Spirit?

The Holy Spirit is God's presence with us today. The Spirit is not a force or a feeling. The Spirit is God, a person, alive and active in the world and in our hearts.

In the Anglican tradition, we speak of the Holy Spirit as the one who helps us live in God's way. The Spirit comforts us, guides us, and gives us strength. The Spirit helps us pray, understand the Bible, and grow in love. The Spirit is gentle but powerful. The Spirit does not push or force. The Spirit invites and encourages.

We first receive the Holy Spirit in baptism. We are marked as Christ's own and welcomed into the family of God. The Spirit continues to work in us throughout our lives, helping us become more like Jesus.

The Fruits of the Spirit

The Bible speaks of the "fruits of the Spirit" in Paul's letter to the Galatians. These are the signs that the Spirit is growing in us. They are not things we earn or achieve. They are gifts that grow slowly, like fruit on a tree.

Paul writes:
"The fruit of the Spirit is
love, joy, peace, patience, kindness, goodness,
faithfulness, gentleness, and self-control"
(Galatians 5:22–23).

These fruits show the character of Jesus. When we stay close to him, these qualities begin to grow in us. We become more loving, more peaceful, more kind. It takes time. We do not become perfect overnight. But the Spirit helps us grow, little by little.

Anglicans often speak of the Christian life as a journey. The fruits of the Spirit are part of that journey. They help us live well with others. They help us forgive, listen, and care. They help us become the people God made us to be.

The Gifts of the Spirit

The Bible also speaks of “gifts of the Spirit.” These are special abilities or callings that God gives to help build up the Church and serve the world. Paul lists many of them in his letters. Some are very visible, like teaching or preaching. Others are quiet, like helping or encouraging.

Here are some of the gifts Paul mentions in 1 Corinthians 12 and Romans 12: Wisdom, Knowledge, Faith, Healing, Miracles, Prophecy, Discernment, Speaking in different languages, Interpretation, Serving, Teaching, Encouraging, Giving, Leading, and showing mercy.

These gifts are not rewards. They are not signs of being better than others. They are given freely by the Spirit, for the good of all. Each person has something to offer. No gift is too small. No gift is unimportant.

In the Anglican Church, we believe that the gifts of the Spirit should be used with love and humility. They are not for show. They are for service. Paul reminds us that love is the greatest gift of all. Without love, even the most impressive gifts mean nothing (1 Corinthians 13).

Living in the Spirit

To live in the Spirit means to stay close to Jesus. It means to pray, to read the Bible, to worship with others, and to serve with joy. It means to listen for God’s voice and to follow where he leads.

Anglicans believe that the Spirit works through both the quiet and the bold. The Spirit is present in the sacraments, in the beauty of creation, in the care of others, and in the stillness of prayer. The Spirit is not limited to one way of working. The Spirit is full of surprise and grace.

Sometimes we feel the Spirit clearly. Sometimes we do not. But the Spirit is always with us. The Spirit helps us grow, even when we do not notice. The Spirit helps us love, even when it is hard. The Spirit helps us hope, even when things are dark.

A Life of Fruit and Gift

In the Anglican tradition, we are invited to be open to the Spirit. We are encouraged to pray, “Come, Holy Spirit,” and to trust that God will answer. We are called to use our gifts with love and to let the fruits grow in us with patience. The Spirit does not make us perfect. The Spirit makes us real. The Spirit helps us become more like Jesus—loving, joyful, peaceful, and kind. This is the work of a lifetime. It is a journey we take together, with God and with one another. And it begins with a simple prayer: “Come, Holy Spirit. Fill my heart. Help me live in your way.”

What are the Creeds?

One of the tools on 'The Way' are the creeds. They are short statements of Christian belief. They help us say what we believe about God, Jesus, the Holy Spirit, and the Church. They are not prayers, but they are spoken with faith and trust. They begin with the words "I believe" or "We believe," because they are personal and shared.

In the Anglican Church, we say the creeds often. We say them at baptisms, in Sunday worship, and during special services. When we speak these words, we join with Christians across the world and through history. The creeds remind us that we are part of something bigger than ourselves.

Anglicans do not say the creeds to prove anything. We say them to remember, to belong, and to grow. The creeds do not explain everything, but they give us a strong foundation. They help us hold on to truth when life is confusing or hard. They are like a map that helps us find our way.

The Apostles' Creed

The Apostles' Creed is simple and ancient. It was used to teach new believers and prepare them for baptism. It tells the story of Jesus's life, death, and resurrection. It speaks of God as Father, Son, and Holy Spirit. It reminds us that we belong to the Church, that our sins are forgiven, and that life with God never ends.

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.

On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.

The Nicene Creed

The Nicene Creed is longer and more detailed. It was written when the Church needed to be clear about who Jesus is. It says that Jesus is truly God and truly human. It speaks of the Holy Spirit as the giver of life. It reminds us that God's love is for all people and that God's kingdom will never end.

We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is,
seen and unseen.

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.

For us and for our salvation he came down from heaven,
was incarnate from the Holy Spirit and the Virgin Mary

and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.

We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come.
Amen.

What are the Commandments?

Another of the tools on 'The Way' are the commandments of God. As following Jesus is not just about what we believe. It is also about how we live. Christians are called to love God and love others. The commandments help us do that.

The Ten Commandments

The Ten Commandments are a gift from God. They were first given to the people of Israel and have guided believers ever since. They teach us how to live well—with God and with one another. They are not rules to trap us. They are signs of God's care and wisdom.

I am the Lord your God: you shall have no other gods but me.
You shall not make for yourself any idol.
You shall not dishonour the name of the Lord your God.
Remember the Sabbath and keep it holy.
Honour your father and mother.
You shall not commit murder.
You shall not commit adultery.
You shall not steal.
You shall not be a false witness.
You shall not covet anything which belongs to your neighbour.
(Exodus 20.1–17)

The first four commandments help us honour God. They remind us to worship only him, to speak his name with respect, and to keep time for rest and prayer. The other six help us live well with others. They teach us to honour our parents, to speak truthfully, to avoid harm, and to be content with what we have.

Summary of the Law

Jesus summed up the commandments in two simple truths: Love God with all your heart, and love your neighbour as yourself.

"Love the Lord your God with all your heart and mind and soul and strength, and love your neighbour as yourself."

This love is not just a feeling. It is shown in action. Jesus told the story of the Good Samaritan to show that our neighbour is anyone in need. Love means helping, forgiving, and showing kindness—even when it is hard.

Anglicans believe that the commandments are still important today. We do not follow them to earn God's love. We follow them because we have received God's love. They help us live as citizens of God's kingdom.

What is Human Nature and Sin?

Christians believe that human beings are made in the image of God. We are created to love, to live in peace, and to care for one another and the world. We are meant to walk with God and reflect his goodness. This is our true nature. But something has gone wrong.

Sin is the word Christians use to describe what breaks our relationship with God. Sin is not just doing bad things. It is a deeper problem. It is a corruption in the world and in ourselves. It is the reason why people hurt each other, why creation suffers, and why we often feel far from God.

Anglican teaching says that sin entered the world when the first humans chose their own way instead of God's way. They were free to choose, and they chose to turn away. That choice changed everything. The world, which had been whole and good, became broken. Human nature, which had been pure, became damaged. We still carry the image of God, but it is blurred. We are still able to love, but we often fail.

Sin shows itself in many ways. It can be an immoral act such as; lying, stealing, hurting others. It can also be a failure to live as God wishes. When we ignore those in need, when we choose selfishness over kindness, when we turn away from truth. Sometimes we sin without meaning to. Sometimes we do what is right but for the wrong reasons. Sin is not always easy to see, but it always pulls us away from God.

Anglicans believe that sin touches every part of life. It affects our thoughts, our choices, our relationships, and even the natural world. But we also believe that God does not leave us in our brokenness. Jesus came to heal what sin has damaged. Through his life, death, and resurrection, he offers forgiveness and new life.

We cannot fix sin on our own. But we can turn to God. We can ask for mercy, receive grace, and begin again. The Holy Spirit helps us grow in love and goodness. The Church helps us walk together in faith.

Sin is real… But so is God's love… And love is stronger.

What are the Beatitudes?

The third tool on 'The Way' are the Beatitudes. They are among the most important and quietly revolutionary words in the Bible. In just a few short sentences, Jesus turns the world's values upside down.

They appear at the beginning of a longer teaching known as the Sermon on the Mount, found in Matthew's Gospel. Just as Moses taught the people from a mountain after receiving the Ten Commandments, Jesus begins his ministry by going up a mountain and teaching his followers.

The Beatitudes show what it means to live as part of God's kingdom. The poor are blessed, the grieving find comfort, and the gentle inherit the earth. This is a vision of life shaped by grace, not power.

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
Blessed are those who mourn,
for they shall be comforted.
Blessed are the meek,
for they shall inherit the earth.
Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.
Blessed are the merciful,
for they shall obtain mercy.
Blessed are the pure in heart,
for they shall see God.
Blessed are the peacemakers,
for they shall be called children of God.
Blessed are those who suffer persecution for righteousness' sake,
for theirs is the kingdom of heaven.

Some of these sayings are difficult to understand, and some are uncomfortable—just as they would have been to Jesus' first hearers.

One way of interpreting the Beatitudes is as follows:

You are blessed when you know
you are empty without God.
You are blessed when you are sad
for things that have gone or changed.
You are blessed when you let go
of your own importance.
You are blessed when you are desperate
to see the rightness of God's kingdom come.
You are blessed when you are
deeply kind and compassionate.
You are blessed when you are
right with God in your heart, mind and soul.
You are blessed when you work
to bring peace in the middle of trouble and fear.
You are blessed when people hate or laugh at you
because you belong to God's family.

The best way to understand the Beatitudes is to look at how Jesus lives them out. For example, if you are unsure what he means by "blessed are those who mourn," look at the moments when Jesus himself cries out in sadness and anguish. Mourning is not just about bereavement—it is about lamenting the injustices and sorrows of the world.

Some of us may naturally thirst for justice or show mercy. Others may find meekness or purity of heart more difficult. But all the Beatitudes are for all of us. They are not a checklist, but a whole way of being.

The Beatitudes are complex. They are hard to live out. But they are also deeply beautiful. They describe a life shaped not by rules, but by grace, humility, and love. This is what it looks like to be truly Christ-like.

To follow Jesus and live the Christian life, we need to enter the challenging world of the Beatitudes.

What is the Lord's Prayer?

Our key tool on 'The Way' is the Lord's Prayer. Prayer is how we speak with God. It's not about getting the words perfect—it's about opening our hearts. In prayer, we praise God, say sorry, ask for help, give thanks, and listen for his guidance.

The Lord's Prayer is the prayer Jesus taught his followers when they asked, "How should we pray?" It's used by Christians all over the world and is part of every Anglican service. It gives us a pattern for prayer and reminds us of what matters most.

Here is the prayer:

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.

Each line helps us pray with purpose:

- We call God "Father"—a loving presence who listens and cares.
- We honour his name and ask for his ways to shape our world.
- We ask for what we need—food, forgiveness, strength, and protection.
- We promise to forgive others, just as God forgives us.
- We end by praising God, who holds all things in love and power.

The prayer appears in the Bible in Matthew 6.9–13 and Luke 11.1–4. The version we use today was shaped by early Christians and passed down through the Church. The final line, called the doxology, was added early on as a way to end with praise.

Whether whispered alone or spoken in church, the Lord's Prayer connects us to Jesus, to one another, and to the heart of God.

The Bible

Our final key tool on 'The Way' is the Bible. You are encouraged to pick up the separate booklet about the Bible to learn more about why scripture is so important.

What are Sacraments?

Sacraments are special actions that use everyday things like water, bread, and wine to show us God's love and help us receive his grace. They are signs we can see and gifts we can feel in our hearts, and Jesus gave the Church two main sacraments: Baptism and Holy Communion. These are for everyone who wants to follow him.

Baptism

Baptism is the way we begin our life as Christians. It is how we are welcomed into God's family, the Church. In Baptism, water is used as a sign. The person is baptised in the name of the Father, the Son, and the Holy Spirit. This shows that they belong to God. Through Baptism, God forgives our sins, joins us to Jesus, and gives us new life. We become part of the Church and start our journey of faith.

Holy Communion

Holy Communion is a meal of love and remembrance. Jesus told his followers to share bread and wine to remember him and receive his life. In Holy Communion, the bread and wine are the signs we can see. The gift we receive is Jesus himself. His presence, his love, and his strength. We remember that Jesus died and rose again. We give thanks. We are joined to him and to one another. We are fed and forgiven. As a side note Holy Communion is also called the Eucharist, which means "thanksgiving", and the Lord's Supper, which reminds us it is Jesus's meal.

Who Can Receive Communion?

To receive Holy Communion, a person must:

- Believe in God's love and mercy
- Be sorry for their sins and want to live a new life
- Be at peace with others
- Be baptised

Holy Communion is not just a ritual. It is a way to grow closer to Jesus and be strengthened for daily life.

What is Faith in action?

Faith in action is how we live out what we believe. It's the movement from prayer to practice, from worship to witness. Rooted in Scripture and tradition, these principles help us respond to the world with love, justice, and compassion. They remind us that Christian faith is not just personal but relational, social, and global. Anglican Social Thought offers key themes that shape how we treat others, care for creation, and build communities of peace and dignity. It can be used for reflection, discussion, or as a starting point for action whether in church, at home, or in the wider world.

Dignity

We believe every human person is made in the image and likeness of God. This is a gift that we all share as fellow human beings; we are all infinitely loved by our Creator. God is present in every human person, regardless of religion, culture, nationality, orientation or economic standing. Each one of us is unique and beautiful. We are called to treat every person and every creature with loving respect.

"Before I formed you in the womb I knew you."
Jeremiah 1:5

Solidarity

Solidarity arises when we remember that we belong to each other. Solidarity spurs us to stand side by side with our sisters and brothers, especially those living in poverty.

"Truly I tell you, just as you did it to one of the least
of these brothers and sisters of mine, you did it to me."
Matthew 25:40

The common good

The concept of the common good emphasises that individuals are connected to and dependent on one another. It teaches that social and economic institutions should work for the benefit of all members of society, rather than serving the interests of a select few. The well-being of the entire community is a fundamental concern and should guide public policies and individual actions.

"Let each of you look not to your own interests
but to the interests of others."
Philippians 2:4

Option for the poor

The option for the poor reminds us of God's preferential love for the poorest and most vulnerable people. God's love is universal; he does not side with oppressors but loves the humble.

"The spirit of the Lord is on me,
for he has anointed me to bring the good news to the afflicted.
He has sent me… to let the oppressed go free."
Luke 4:18

Peace

The Church promotes the pursuit of peace as it is a cornerstone of our faith. Christ, the Prince of Peace, sacrificed himself with love on the cross. Promoting peace is seen as a way to honour human dignity and foster the common good.

"I have said this to you so that in me you may have peace.
In the world you face persecution, but take courage:
I have conquered the world!"
John 16:33

Creation and environment

In the first pages of the Bible, we read how God created the sun and the stars, the water and earth, and every creature. We believe Christ is the redeemer of all creation. We have a responsibility to care for God's creation as it is essential for the common good.

"The Lord God took the man and put him
in the garden of Eden to till it and keep it."
Genesis 2:15

The dignity of work

People should always come before the pursuit of profit. Workers have the right to join trade unions, to a just wage, to spend time with their families and to rest. Work is an essential part of our human dignity.

"With toil and labour, we worked
so that we might not burden any of you"
2 Thessalonians 3

How do I live ’the Way’?

To be a Christian is to live in relationship with God, with others, and with ourselves. It’s not just about belief, but about how we love, grow, serve, and live with integrity. Jesus calls us to love deeply, seek peace, and care for those in need.

Christian life is shaped by spiritual practices that keep us close to God, acts of justice that reflect his compassion, and habits of self-awareness that help us live wisely. These expectations aren’t rules to earn God’s favour rather they’re tools, based on everything that has come before in this booklet, for becoming more fully human, more deeply connected, and more open to grace. In a world often marked by division, distraction, and injustice, the Christian way offers a path of healing, humility, and hope.

Love and Relationship

These tools shape how we relate to God and others, and remain central to Christian life:

- Love God with all your heart, soul, and strength
- Love your neighbour as yourself
- Respect everyone
- Treat others as you’d want to be treated
- Comfort those who are sad
- Help people when they’re in trouble
- Don’t act out of anger
- Don’t try to get revenge
- Be honest—don’t hide the truth
- Never give up on love
- Love even those who hurt you
- Speak kindly to those who speak harshly
- Don’t return harm for harm
- Do what is right, even when it’s hard
- Be polite and gentle with everyone

These are deeply relevant in a world marked by division, loneliness, and injustice. They call us to be peacemakers and bridge-builders.

Spiritual Practice and Growth

These tools help Christians grow in faith and stay close to God:

- Pray regularly
- Read the Bible and listen for God's voice
- Say sorry to God each day
- Try to live differently when you've done wrong
- Remember that life is short and precious
- Know that God is with you wherever you are
- Be careful in what you do and say
- Don't let harmful thoughts take root
- Trust in God's goodness
- Give God credit for anything good in you
- Be honest about your mistakes

These practices foster humility, honesty, and spiritual maturity. They're especially helpful in a culture that prizes self-sufficiency and distraction.

Service and Justice

These tools call us to care for others and live justly:

- Help those in need especially the poor, the hungry, and the vulnerable
- Care for the sick
- Seek justice for all people
- Be kind to all God's creation
- Be honest and fair in all we do; do not steal or cheat
- Speak truthfully, and avoid gossip or slander
- Do not stay silent when others are wrongly accused
- Be thankful and generous

These are vital in today's world, where inequality, suffering, and environmental harm persist. They remind us that faith is active and outward-looking.

Self-awareness and Discipline

These tools help us live wisely and with integrity:

- Don’t think too highly of yourself
- Don’t be lazy
- Don’t grumble or complain
- Don’t speak badly of others
- Don’t let selfish desires lead you
- Learn to say no to your own will when it harms others
- Pay attention to your thoughts, words, and actions

Your Discipleship Plan

As you move forward consider these questions to think about what development steps you need for your personal discipleship.

What are my core gifts?
Am I sharing my gifts in my everyday life and work?

Where may God be calling me, in mission, service, prayer, community, care for the world, ministry, social action, evangelism?

Where am I being guided to gain experience or insights?
Where is the Bible inspiring and leading me?

What is happening in my life now?
What would I be doing if I could invent my ideal future?

What energises me from my current and past experience?
Where am I challenged and what am I challenged by?
How can I use this in God's service?

How am I deepening my daily spiritual life and faith?
How can I become more Christ-like?

Summary

In summary, these values shape a Christian's character, guide their actions, and reflect their relationship with God and fellow humans. They provide a compass for navigating life's complexities, anchoring believers in their faith journey. Remember to "Keep alert" over your life for you "do not know the hour when our Lord is coming" for "Christ will come again."

God of our Journey,
Teach us to be firm in Faith,
Strong and Courageous, and
to do everything in Love.
Amen.