

## What is OUR 'Way of Life' in OCF?

Our daily & regular 'intentional practices'

An external framework for an internal journey to live a deeper life centred and anchored in the love of God.

As part of the community of OCF, this is what we agree defines our Way of Life.

What does John 5 v19-20 tell us about the Way of Life of Jesus?

### Daily Practices

Every day we want to be:

- spending time in prayer (Genesis 32 v22-28 – what could this passage teach us about prayer?) – what other scriptures inspire you in prayer? Which men and women in your life have inspired you with their example of prayer? In what way?

What are your daily prayer practices? (share with each other things that have worked or are working for you)

How could you engage with prayer even more? (maybe based on some of the ideas that others have shared)

- engaging with the Bible (Psalm 1 v2-3 – use as a basis for discussion: what does it say about engaging with God's Word?)

How do you 'engage' with the Bible on a daily basis? (as above)

How could you engage with the Bible even more? (as above)

- stopping to practise the Daily Office (Psalm 46 v10 – what does this verse tell you about the importance of pausing in our daily routines?)

How can you learn to stop / pause in your daily routines? What could you do? How do/could you use this time?

### Regular Practices

On a regular basis we want to be:

- gathering together for worship and communion

why?

- taking times of Sabbath to stop and delight in God (not necessarily a full 24 hours)

what could 'Sabbath' look like for you? (share your experiences with exploring making Sabbath a regular practice)

- denying ourselves by fasting to focus on God

why is fasting important and how have you engaged with this?

- spending longer periods of silence and solitude

why is silence and solitude crucial if we are to grow in God? What scriptures speak about silence and solitude?

**For all of the following sharing your experiences and set yourself a mini-goal for each one that is achievable over the next few months.**

### **Service/Giving**

We want to be:

- serving in the church

goal:

- giving to the church

goal:

- working in our jobs and studies as though working for God

goal:

### **Relationships**

We want to be building relationships and showing hospitality:

- in our families, as this is our primary responsibility for building relationships

goal:

- within OCF, building each other up

goal:

- in our community, so we can demonstrate God's love to the world

goal:

### **Health**

We want to look after:

- our physical health, being sensible in what we eat and drink, and exercising

goal:

- our emotional health, by doing all of the above

goal: