

Way of Life

- Our Way of Life is a framework (or 'trellis') that supports growth, helping us to create space in our busy world for us to be with Jesus, become like Jesus, and do what he did.
- Our Way of Life is about living intentionally for Jesus as individuals and as a community of believers.
- Our Way of Life is about individuals taking responsibility to develop daily and regular practices that enable us to live as children of our heavenly Father, grow as followers of Jesus, and keep in step with the Spirit appropriate to the seasons, rhythms and relational patterns of our lives.
- Our Way of Life is about exploring together new and fresh ways to connect with and come closer to God, each other and the World around us.

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Daily Practices

- spend time in prayer
- engage with the Bible
- pause regularly to focus on God

Regular Practices

- gather together for worship and communion
- taking weekly times of Sabbath to stop work and delight in God and each other
- fasting (in whatever form is appropriate) to focus on God and prioritise Him above everything else
- spending longer periods of silence and solitude

Serving and Giving

- serving in the church (finding ways in which we can offer our skills, resources, gifts of the Spirit, time and calling to build up the church community and to share God's love to the world)
- giving to the church
- working in our jobs and studies as though working for God

Loving Relationships

Prioritising time and attention to the key relationships in our lives:

- in our families and friendships
- within the community of OCF
- to the wider community and world

Health

- valuing our physical health
- valuing our emotional and mental health
- valuing our financial and practical health