



Holy Habits *Sept. 2019*

I hope you had a good summer break and that the children are happy to be back at school.

This school year we are looking at 'Holy Habits' along with our Sunday congregation. What are Holy Habits I hear you asking?? Luke describes 10 habits in his account of the first Christian church community in the book of Acts (the 5th book in the New Testament section of the Bible). They are about how to be a disciple, a follower or learner of Jesus Christ. Being a disciple has been described as 'a journey of following Jesus throughout the whole of your life'. We never stop learning. The Holy Habits can be explained as 'ways to help us do this'. They are challenging and exciting and we will try to unpack them over the next few months so that we, together, learn how to be the best type of learner we can be.

The 10 habits are:

- Biblical teaching
- Fellowship - sharing our lives with each other
- Breaking of bread - sharing bread and wine at communion
- Prayer
- Giving - of our resources, money, property and time
- Service - Jesus only has our hands to do his work
- Eating together - sharing meals changes the dynamics of relationships
- Gladness and generosity - in our approach to God and living as disciples.
- Worship - a way of life but also learning how to respond to the wonder of God as individuals and collectively
- Making more disciples.

Apart from 'Eating together' and 'Gladness and generosity' they all sound a bit dry and churchy!!! But hang in, they are just words and sometimes we need words to succinctly describe something that is far more interesting than it may appear at first glance!!! Trust me....I have to prepare a lot of this stuff and I refuse to be bored! So, we will tackle them in our usual Messy Church way with activities, short story services and lots of food. We will not be doing them in the order above either and Christmas and Easter will still be Messy. Each month there will be a take home activity to do and maybe bring back next month to 'show and tell' - which is a way of encouraging each other. Put the activity in your prayer box and if you haven't got one or it has got battered, then I have a few spare...just ask.

Let the adventure begin..... Liz