

Things to try during this time of self isolating...

Growing in confidence to share your story: A simple 2 minutes explanation about how you came to faith in Jesus Christ and the difference he makes to your life. Write it, practice it, use it.

Growing in confidence to share Jesus story: Learn a simple outline of the good news, so you can explain to someone else the story of Jesus. Practice it, learn it and use it when the opportunity arises.

Growing in Confidence to talk about your faith: Imagine you've just got into a lift with a stranger, and they notice you're wearing a cross. They hesitantly say, "I see you're wearing a cross, are you a Christian? Can I ask you ...?" Fill in the question yourself ... Why go to church? What's the Eucharist about? How can I pray? You have two minutes to answer their question before you reach your floor and go your separate ways. What would you want to say?

Explore some gospel stories: explore the stories about Jesus by asking yourself a few simple questions. What does this story say about God? What does this story tell me about people? Where do I fit into the story? Is there a command to obey or a promise to believe? What one thing do I want to share with someone else from this story?

Read a book and write a review for the *Martyr's Message*. It could be a book on theology, spirituality, doctrine, anything to do with our faith. Simple but helpful for others.

Explore a book of the bible. There are many fantastic commentaries available (I am currently working through the *Catholic Commentary on Sacred Scripture* series, available from Amazon).

Reflect on an area of Church Life or doctrine. For example, spend some time thinking about baptism – what is baptism? what is the Church of England's teaching on baptism? How does my baptism shape my life? How do I live out my baptismal promises, and so forth.

Develop a personal mission statement: I want to... in order that.... For example, I want to grow spiritually in order that I may know, love and serve the Father after the example of the Son through the grace of the Holy Spirit.

or

I want to help to grow our church in order that others may come to know, love and serve God.

Online Discipleship Training

Self isolating or spending more time at home? Why not sign up for one or more of our new online Discipleship Training modules? Each module is 10 sessions long and all of these can now be accessed online from the comfort of your own home. For more information go to the new website www.discipleship-training.org or contact fiona.bennett@derby.anglican.org to request an information pack.

The next module starts on 25 April 2020 and the cut off date for applications is 17 April 2020.