

PARTICIPANT'S NOTES

LIVING FAITH



Session 1 - Faith and work

- Style** Workshop
- Key Point** How my faith resonates with my daily life and work
- Key Skill** Reflection
- Prepare** Chart out a typical day in your life
Think about any ground rules that would be important to you
Look at the reading list and order anything of interest
- Bring** Course notes
Pen & paper
Bible

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Session 1 - Faith and Work

Session Flow	
Welcome	Introductions
Activity	Ground rules Brainstorm and agree a set of ground rules that will apply for the duration of this module
Input	Overview of Module
The Module	<p>This module explores how faith fits into 21st century culture:</p> <ul style="list-style-type: none">• How does my job fit in?• What's going on in contemporary culture?• How can the Gospel transform society?• Other faiths...the media and the information age• How can I share my faith? <p>The module comprises 5 sessions:</p> <ul style="list-style-type: none">○ Faith and Work○ Faith and Culture○ Faith and the Media○ Other Faiths○ Sharing my Faith
The Tool	The aim of the module is to develop the ability to sensitively "ask questions"
Style	Informal, lots of different learning styles - listening, talking, discussion, video clips, small and large group work, individual reflection. Also a gym visit.
Resources	<p>This module makes use of:</p> <ul style="list-style-type: none">○ Reading & viewing suggestions○ Dialogue with people of other faiths○ A visit to a gym or similar <p>Participants are encouraged to select from the reading list early in the module</p>
Reflection	Describe the Christian faith to someone of another faith or no faith and why you are a follower of it. Focus on what you have learned from one particular session, if you wish.

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Feedback will be provided if requested.

Ice Breaker

My Day

Overview

In this module we are going to take a wide-ranging look at the context in which our faith is worked out - the real world.

This will mean engaging with our contemporary culture and some of the dominant trends within it, as well as with the media and with other faiths.

Later in the module we'll look at how we can share our faith, but we're starting this week by looking at our own particular contexts - the work or the tasks we do every day.

Discuss

Work and faith

- How does our daily 'work' fit with our faith?
- Do we have a sense of God in our daily tasks, whether they are managing a team, teaching a class, looking after young children....?
- Do we have a sense of being God's person in those tasks - or is there a disconnect?

God makes sense on Sundays and perhaps at other church events, but 'out there' in our real lives in the real world, it's harder to make a connection.

This session will help us look at where God has put us in his world, and help us make connections between God's values and agenda and the work and tasks we engage in day to day.

Coffee Break

Activity

What is my core value?

Not everyone will have a clear connection between work and God (as Bruce does in the film clip suggested). But because we believe God is God of the whole world and therefore of the whole of our society and culture - not just of the Church - it *is* possible to make connections with God in our work and daily tasks, whatever they are.

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Recall the ice-breaker discussion about your work/daily tasks, and the phrase you used to sum up your jobs or roles (e.g. mother, teacher, bank clerk, marketing manager etc).

Spend a few minutes reflecting on the following question:
What is my core value?

Core values are not easy to identify. Here are three approaches that might help you:

1. Use HANDOUT 1 Core Values and follow the instructions there.
2. It may be helpful to start by brainstorming values onto a piece a paper and then pick out one or two that really stand out.

What really matters to you in life - is it peace? Success? Love? Fairness? Justice? What qualities do you admire in others - Honesty? Fairness? Beauty? Creativity? Integrity? Courage? These words are 'values' words.

3. Another way into this exercise is to ask, "How would I like other people to describe me?" or "What do I think are the most important things in life?"

The idea is to get a sense of the one or two things that really matter to you.

Identifying our core values is a way of understanding who God has created us to be, since they are God-given and sum up the heart of who we are.

If we try to demonstrate our core values in whatever situations we find ourselves, we are automatically being true to God in that situation. So, identifying our core value or values helps us discover the sort of priorities God wants us to have in our jobs and roles.

For example, if your core value is hospitality it follows that God wants you to take a hospitable approach to your daily life. If you are a full-time mum that could mean opening your home up for regular coffee mornings for other carers. Or, if you're an executive it could mean having an open-door policy at the office so colleagues can approach you at any time.

Finding ways to be true to your own deep God-given values

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automatically makes a connection between your faith and your daily life and opens up a channel for God to work through you. Form groups of three or four and discuss how your core values could be expressed in your job or role.

Discuss Discuss the questions in the HANDOUT 2 Case Studies

Reflect **Colossians 3:23-24**
"Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

This Week **Module Reflection:**
"Describe the Christian faith and why you are a member of it, to someone of another faith or of no faith."

Note from this session what might help you describe your faith?

Take-away

How can I model *my core value* throughout my day?

Feedback

Note anything about this session that you wish to bring to our attention.

Preparation

Check out next week's notes and the handout to prepare for the gym visit

Next Week Faith and Culture
Meet up at the gym