

As the new year begins, take some time to reflect on your journey as a follower of Jesus. Whether you are a new Christian, an old Christian, a 'stuck' Christian, an 'on-fire' Christian or somewhere in between, this checklist is designed to help you and the Holy Spirit talk through your spiritual health.

## Rule of Life



### Are the basics in place?

1. Do you have a regular pattern of reading the Bible and encountering God there? If not, try either: 
  - Downloading a phone app called 'Lectio365' and using that.
  - or - Buying some Bible Study notes.
2. Do you have regular patterns of praying on your own and praying with others? If not, try either: 
  - Reading 'How to Pray' by Pete Grieg
  - or - Coming to Sunday evening "Boiler Room" prayer meetings and 'Oasis' evenings.
3. Do you take regular Sabbath Rest to recharge?   
If not, how can you build that into your week?

### What to work on next?

If those three things are in place, look at the 'Creating a Rule of Life' guide and pick one of the nine other areas to work on next.

WORK JUSTICE WITNESS BODY PLAY MONEY FRIENDSHIP SEXUALITY FAMILY

You can get it from the foyer noticeboards or download it [HERE](#).

## Worship

Are you worshipping regularly? The Bible encourages us to, “*not give up meeting together*” (Hebrews 10:25).

## Learning with Others

Are you in a small group where you can share your Christian journey with other people? We need the encouragement and challenge of others.

If not, why not join a Connect Group or start your own Micro Connect Group with a couple of friends? See the foyer noticeboard or church website [HERE](#) for details.

## Serving

How has God equipped you to serve Him? Are you using the gifts you have?

If not, have a go at these two worksheets and see what you learn, then ask one of the clergy to arrange a 1:1 conversation with someone to help you discern where God might be calling you.

Your Spiritual Gifts – A Reflection [DOWNLOAD HERE](#)

Your SHAPE for God’s Service – Worksheet [DOWNLOAD HERE](#)

## Into 2023

If you have sorted the issues above, try writing out the following prayer, putting it by your bedside, and praying it before you get up each day.

**Father, help me to live this day to the full,  
being true to You, in every way.  
Jesus, help me to give myself away to others,  
being kind to everyone I meet.  
Spirit, help me to love the lost,  
proclaiming Christ in all I do and say. Amen.**

**Jesus Centred – God Dependent – Missionary Disciples**