

# Year 1: Encountering, Embracing, Embodying Christ in Life

## Deepening our Faith; Engaging in Prayer & Spiritual Practices

Committees	Personal
Committees: Begin each meeting with several minutes of silence and/or contemplative prayer.	Personal: Commit 5 - 20 minutes per day to prayer (spoken prayer, walking prayer or contemplative prayer).
Committees: Begin each meeting by inviting each person to share for a minute about how they are doing; follow each person's sharing by praying for that person.	Personal: Begin a gratitude journal.  Personal: Listen to a daily faith-based spiritual podcast.
Committees: Commit 5 minutes of every meeting (midway or toward the end) to listening for how God is calling your committee at this time.	Personal: Ask a person to be your "spiritual friend," inviting them to ask you about your faith journey.
Committees: Devote one meeting / year to a focus on deepening faith / reading Scripture with new eyes.	Personal: Read one or more books on the theology and practices of prayer.
Committees: Fast from one activity, replacing the energy you would normally devote to this activity with prayer and/or spiritual reading.	Personal: Take up an intentional practice to see God in everyday life, in music, nature, the faces around you, the world.
Committees: Review your existing work. Ask how it is deepening people's belonging to God and how it is addressing the world's deep longing for meaning, purpose and belonging.	Personal: Develop a statement for yourself and that you can share re: why you are a person of faith and why you go to church.
	Personal: Take up fasting; practice the Sabbath.
	Personal: Take up the practice of prayer through the course of the day.
	Personal: Practice daily Scripture reading / Lectio Divina.

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SUPPORTING LEADERS, TRANSFORMING ORGANIZATIONS



credenceandco.com

50 Ottawa Street S., Suite 346, Kitchener, ON N2G 3S7

519.883.8906 • info@credenceandco.com

Congregations	MCA
Congregation: Plan a congregational retreat to learn about spiritual disciplines.	MCA: Initiate a prayer week that can be followed by each congregation.
Congregation: Teach practices of prayer via a book study.	MCA: Bring congregations together in regional groupings for a time of prayer
Congregation: Invite one person per Sunday to share in worship about their encounter with the mystery of God.	MCA: Appoint three people to act as a “team” to be available to teach Adult SS in various MCA churches on the practices of prayer and other spiritual disciplines.
Congregation: Begin a prayer group that meets specifically to pray for the congregation, its people, its ministries, MCA and the larger world.	MCA: Collect and develop prayer and worship resources that allow people to hear the Scriptures and/or to pray in new ways.
Congregation: On the fourth or fifth Sunday of the month, plan a differently-styled worship service that help your congregation to meet God in a new way.	MCA: Send out prayer requests for each congregation (once or twice / month) so congregations can pray for each other.
Congregation: Invite 2 – 3 people to arrive at worship early each Sunday to pray for the congregation and the worship service before it begins. Let the church know this is happening.	MCA: Link two congregations together to be prayer partners for one another. Extend this to invite individuals in each congregation to be prayer partners individually for one another.
Congregation: Include a few minutes of silence / space for contemplative prayer each Sunday as part of the prayer time in the service.	
Congregation: Begin a morning contemplative prayer time that people stop in to join on their way to work. Advertise this for the community.	Congregation: Begin a healing service twice / year for anointing with oil – do this as part of the regular worship service.
Congregation: Begin a contemplative prayer time prior to worship or at a separate time (e.g. once / month on a Sunday evening)	Congregation: Devote the worship of one Sunday / quarter to the practice of prayer with the whole service structured around prayer or singing.

