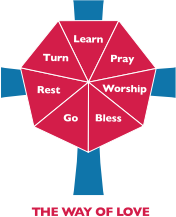


EXPLORE THE WAY OF LOVE: GETTING STARTED



	TURN Pause, listen, and choose to follow Jesus.	LEARN Reflect on Scripture each day, especially on Jesus' life and teachings.	PRAY: Dwell Intentionally with God each day.	WORSHIP Gather in community weekly to thank, praise, and dwell with God.	BLESS Share faith and unselfishly give and serve.	GO Cross boundaries, listen deeply, and live like Jesus.	Rest Receive the gift of God's grace, peace, and restoration.
Individual	The next time you're making a decision, ask God, "What would you have me do?"	Choose a Gospel or New Testament letter, and over the course of a week, read it as if it were a book.	Say the Lord's Prayer (or another familiar prayer) once a day for two weeks.	Make the effort to participate in worship once a week for a season.	Once a week, share with others a story about where you've seen God's love alive in your own or another's life.	Is there someone in your life with whom you do not get along or often disagree? Find a way to engage that person with respect, curiosity, and hope.	What practice restores you and helps you to rest in God's hands (full eight hours of sleep, no phone after dinner, retreat, etc.)? Do this at least once a week for a month.
Small Group	Share with your group a moment when you experienced God's love for you or your love for God and it changed your path.	Share 20 minutes of Bible study at the start of meetings – try Dwelling in the Word or the African Bible Study method.	Offer prayer at the start and/or end of meetings and include space for people to share their personal prayers out loud.	Choose and share a liturgy from the Book of Common Prayer during your meeting.	At the end of meetings, take turns naming the way the person on your right or left has blessed you.	Read or watch the local news. As a group, identify a situation where others' pain most breaks your heart. As a group, find a concrete way to join in the work of healing.	Play together! Part of resting is enjoying what is good. Take time as group to go on a hike or to play outdoor yard games or indoor board games. Enjoy laughing together.
Congregation	Leave a pause for genuine reflection before the Confession during worship. Perhaps add a note in the worship bulletin that encourages this.	Provide the full Scripture texts in the worship bulletin or in a handout. Email the texts with a short reflection to congregation members.	Write your own prayers of the people, reflecting the needs and thanksgivings of those inside and outside the church (Book of Common Prayer, p. 383).	Include testimonies of gratitude or blessing in worship once a month.	Ask God to show your congregation where and how you can bring good news or be good news to the neighborhood.	Pick a place where your congregation will show up to listen to and love those who are hungry, lonely, sick, in prison, or in need. Work with community organizers to host or join an event.	Build a moment of silent reflection into your worship and/or meetings.

EXPLORE THE WAY OF LOVE: GOING DEEPER

	TURN Pause, listen, and choose to follow Jesus.	LEARN Reflect on Scripture each day, especially on Jesus' life and teachings.	PRAY Dwell Intentionally with God each day.	WORSHIP Gather in community weekly to thank, praise, and dwell with God.	BLESS Share faith and unselfishly give and serve.	GO Cross boundaries, listen deeply, and live like Jesus.	REST Receive the gift of God's grace, peace, and restoration.
Individual	End each day examining when you felt yourself following God closely and when you felt distant from God. What made the difference?	Read Scripture each day, perhaps a passage from the Daily Office. Reflect on the passage by journaling for five minutes.	Set aside a time to pray daily for others. Include three minutes of intentional silence, asking God to speak to you.	Notice new people at your worship service. If possible, sit next to them and help them engage with the service fully.	Make a plan to give a set proportion of your annual income for ministry. Set up online giving to ensure you contribute regularly	Participate in a reconciling practice, such as training for racial healing/anti-racism, nonviolence, refugee advocacy, or StorySharing.	Choose a day of the week on which you will observe Sabbath practices, such as simplicity, physical rest, and unplugging. Commit to this rhythm for a season.
Small Group	Practice confession. Take turns sharing a story of when you have needed to forgive or to be forgiven. Discuss why forgiveness matters.	Take turns preparing a Bible study lesson on your favorite passage of Scripture. Use these lessons in your meetings until everyone has shared.	Break into groups of two or three to pray. Speak simply, naturally, and directly to God with each other: Say to God what you are thankful for, what you desire and yearn for, what you are carrying as sorrows or burdens.	Look at the liturgical calendar together. Pick a saint or feast day to celebrate as a group. Prepare foods, read the history, sing songs, and say the prayers associated with that day.	Record your testimonies. Using a smartphone to record, share a three-minute story of God's work in your life. Consider stories of conversion, such as baptism, new church membership, or confirmation, as themes. Share the videos on social media.	As a group, prayerfully choose a group or ministry that is doing reconciling work (racial, creation care, economic, political) of some kind, and volunteer with it quarterly.	Share with one another your hopes for rest and/or Sabbath. When you gather, do a check-in and support each other in receiving the gift of rest.
Congregation	Use the Way of Love Commitment Covenant to help your congregation recommit to following Jesus together	Add Bibles to your worship space and make them available to members and newcomers. Include page numbers in your worship bulletin so people can follow along.	Set up a prayer ministry in which people are accountable for gathering prayers of the people and the world and praying weekly.	Ask members to describe a worship gathering they would invite friends to. Incorporate that wisdom into an intentional worship gathering	Do a spiritual gifts inventory and invite members to take up or let go of ministries based on their gifts.	As a congregation, identify the justice concern that is closest to your hearts. Find a concrete way to join in the work of healing.	Organize a congregational retreat or outing with plenty of time for resting and playing.