

Diocese of Hereford
FLOURISHING TOGETHER
Season of Renewal

SESSION FIVE

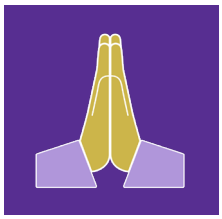
Fruiting: growing as confident disciples

AIM: Today we bring the different elements of lifestyle and discipleship together

'This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last.' *John 15:8,16.*

REFLECTION

What do you want to commit to, in your own personal Rule of Life? Either use 6 fold pattern – ***Pray, Worship, Study plus Reach out, Engage, Grow.***
Or use the outline below framed under the Diocese's three core values.



PRAYERFUL

Safeguarding private prayer – get alone with God, in a daily pattern of prayer e.g.
Establishing a pattern & rhythm of prayer right for you, morning & evening

- Going on a regular prayer walk
- Valuing a regular Quiet Day or retreat

With God's grace, I aim to...

Cherishing public worship – join in eucharist, prayer & praise, generous in giving e.g.

- Celebrating the living God at church regularly
- Joining an online prayer meeting
- Reviewing giving - time, talents, financial

With God's grace, I aim to...



CHRISTLIKE

Growing as confident disciples – share Christ's love in gracious words & actions e.g.

- Joining a Christian witness in a political or community setting
- Finding/ starting craft or hobby group to invite friends to
- Inviting people to a community celebration

With God's grace, I aim to...

Reaching out as compassionate servants – care for hurting people & creation e.g.

- Taking the initiative in pastoral care visits and contacts
- Making an intentional effort to notice unmet needs, near and far

With God's grace, I aim to...



ENGAGED

Encountering scripture – study, learn & re-equip ourselves for service e.g.

- Attending a study day with teaching
- Committing to systematic weekly/fortnightly/monthly bible study
- Joining or starting a spiritual book group
- Following Advent and Lent courses

With God's grace, I aim to...

Engaging community – build relationships inside & outside the Church e.g.

- Getting involved with local community projects
- Taking time to listen to 'forgotten' or marginalized members of church
- Walking pilgrimage in our town or village

With God's grace, I aim to...



QUESTIONS

1. What have you learned about yourself as you compose your Rule of Life?
2. What has challenged you or inspired you the most?
3. Is there anything you might change as a result of this exercise?
4. What particular areas of your Christian life call out for development?
5. What fruit do you long to bear in your life?



PRAYER EXERCISE

Conclude with this Pentecost commission
Rooted in Christ in the witness of our local saints, we look to the future with hope:
With St Edfrith we share the good news with courage and wisdom.
With St Milburga we nurture prayer, learning, and care for others.
With St Dubricius we teach, build community, and send out in loving service.
We joyfully renew our Rhythm of Life, to flourish as Christlike, Prayerful, Engaged disciples.
Empowered by the Holy Spirit, will you dare to walk into God's future, trusting him to be your guide? ***By the Spirit's power, we dare!***
Dare you embrace each other and grow together in love? ***We dare!***
Dare you share your riches and minister to each other in need? ***We dare!***
Dare you pray for each other, hearts beating with the longings of God? ***We dare!***
Dare you carry the light of Christ into the world's dark places? ***We dare!***
God of life You invite us to flourish and grow in your love that we might discover for ourselves and share with others the joy and hope of the gospel. Bless our Rule of Life which we surrender to You. Lead us confidently into the future You have prepared for us in the power of Your Spirit and in the Name of Jesus Christ. Amen!

INTO THE FUTURE

What to do with your Rule of Life?

Write it out simply on a card to keep in your Bible or prayer book. Some parishes or Lent groups may wish to have a simple service of prayer in which to dedicate to God their completed Rule of Life - perhaps at the Easter Vigil or in Eastertide? See below for the upcoming Diocesan event...

Ongoing support

Continuing encouragement, teaching and resourcing is offered by way of the **3 Saints Fellowship**. We meet 7pm first Tuesday of every month on Zoom, and have regular in-person meetings across the diocese.
See hereford.anglican.org/our-faith/3-saints-fellowship/.

Bishop Richard will formally commission and inaugurate the Fellowship on the Eve of Pentecost Saturday 15th May at the Bishop's Palace Chapel, when you will be invited to lay on the altar your Rule of Life as a symbol of surrendering to God your resolve to grow in Christ in these 6 ways.
To join the mailing list or for more information contact 3SF@hereford.anglican.org