

HOLY HABITS

Welcome

Welcome to the “Holy Habits” Series.

When we receive God’s grace, which we find in Jesus, we discover that we have so much to be thankful for.

And that in turn leads us to ask God what he wants from our lives. How we can lead a live with meaning and purpose in God’s eyes? How can we be better followers, or disciples? You might call this ‘abundant living’.

The first Psalm describes such a life. We are invited to become “like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither - whatever they do prospers.”

This series is a chance to take a good look at various aspects of our Christian lives. Some call them Holy Habits, some call them Spiritual Disciplines, those things which draw us closer and deeper into God and which in turn enable us to live fulfilled lives in God’s eyes – or as Jesus puts it ‘Life in all its fullness’.

Starting in September 2017 – on every third Sunday – our 9:00 and 10:30 services and sermons will be looking at how we grow as followers of Jesus. To live the sort of life we've always wanted.

How it works

We will regularly be looking at specific areas of Holy Habits in our Sunday Services.¹ During the service there will be a talk and a chance to discuss what we have heard with those around us.

Each of us will be given a workbook with ways we can take part during the days between talks. New inserts will be offered to you each month with notes, activities and reflections.

The questions are particularly designed for you to get together with one or two other people over a coffee² - once a month – and use the questions to trigger a deeper discussion than you would normally have about your Christian life. So be brave and do engage with this – it will change your life!

Thanks!



Chris

¹ At St Mary's, Ely this will be on the third Sunday of each month (9:00 and 10:30).

² Or other beverage!