



# MWOL Intergenerational Worship

## A Methodist Way of Life

### Introducing intergenerational worship

*A Methodist Way of Life* reminds us of the importance of shared relationships. When people of all ages gather in worship it is a precious experience that enables everyone to learn and grow together in their Christian faith. In an individualistic and exclusive society there is something immensely valuable and healthy about faith lived out across all generations. The Methodist Church has long emphasised the corporate nature of mission and ministry, understanding that gifts are given to individuals for the benefit of the whole community. Faith deepens through shared discipleship as generations nurture and support each other in all aspects of life. Many people experience how intergenerational worship builds relationship and community for all ages.

These outlines for intergenerational worship encourage congregations to both explore and introduce A Methodist Way of Life together. They are grounded in the understanding that authentic intergenerational worship enables everyone to meet with God in a personal and significant way, regardless, yet mindful of, protected characteristics.

It is always important to recognise and respect the different ways in which people learn, develop, use their whole person and worship. This is perhaps especially important to remember when preparing intergenerational worship. It is essential that all those gathered recognise the need to respect the way in which others choose to participate.

#### Intergenerational worship **is** about:

- **building relationships** – offering a key time for people to get to know each other better and build a sense of connection

- **a time of worship and learning that is offered in a simplified and participatory way** – simple does not mean shallow; rather it enables everyone to contribute and receive in a meaningful and appropriate way
- **providing an inclusive experience and a sense of belonging** – helping everyone of all abilities to feel part of the body of Christ, whatever their experience
- **being a bridge** – not only between ages but also for those who are exploring what being part of a church means. This relaxed service style can provide a comfortable place for some to discover more about Christianity
- **encouragement, nurture and inclusiveness** – it is a means by which faith can grow and, in turn, inform life-making or life-changing decisions
- **exploring vocation** – an opportunity to discover and develop gifts and calling.

#### Intergenerational worship is **not** about:

- limiting the richness of resources used
- oversimplifying the message or adding a children's talk into the 'usual' service
- unstructured and chaotic worship
- children having token responsibilities for roles and participation
- limiting potential to explore faith and discipleship together
- nuclear families exclusively worshipping together.

Noting the positive contribution that intergenerational worship offers, what better way is there to explore A Methodist Way of Life?





# MWOL Intergenerational Worship

## What is a Methodist?

### General introduction

*The aim of this act of worship is to introduce the foundations of the Methodist Church. This will principally be done through themes found within 'Our Calling'. We will recognise both the unique place that the Methodist Church has within the wider Church community and also the unique gifts and calling that individuals offer within the Church and beyond.*

*You may want to invite people to bring or provide a variety of cakes to complement the themes found within the service. It would also be good to provide healthy alternatives. These could be used both as a visual aid and can be shared with the congregation if local regulations permit.*

*Activities within this act of worship are given as examples and can be adapted depending on the equipment and resources available to you. Please ensure your Church holds the necessary copyright license before using any of the suggested material.*

*You may want to provide copies of A Methodist Way of Life Commitment Cards and/or A Brief Guide to A Methodist Way of Life to enhance the worship.*

*The 'Faith at home' section below is an extension of this act of worship and seeks to encourage people of all ages to continue to explore the themes at home.*

flour and butter; each ingredient should be labelled with one of the themes from Our Calling: worship; learning and caring; service; and evangelism

- People-shaped outlines cut out of paper
- Inflatable globe
- Resources to create a paper chain (paper, scissors, sticky tape or glue)



### Suggested songs

Anyone can come to God (Gill Hutchinson)  
Big family of God (Nick and Becky Drake)  
Born in song! (*Singing the Faith* 21)  
Father God you love me (David Mudie and Paul Crouch)  
God made you and me (Daybreak Music)  
Great big God (*Singing the Faith* 61)  
Hear the call of the Kingdom (*Singing the Faith* 407)  
If you could look inside of me (Andy Gray, Scripture Union)  
I, the Lord of sea and sky (*Singing the Faith* 663)  
I love ya! (Dave Godfrey)  
Love divine (*Singing the Faith* 503)  
Reach up! (Phil Overton)  
We will walk with God (*Singing the Faith* 484)  
Will you come and follow me (*Singing the Faith* 673)  
Who you say I am (Hillsong, Ben Fielding and Reuben Morgan)  
Whoopah wahey (Doug Horley)



### Suggested equipment and preparation

- Central visual aid (see 'Welcome and Gathering' below)
- In the act of worship, a person-shaped baking tin is suggested (a mixing bowl could be used in its place). These are readily available online, by searching for 'Gingerbread person baking tin'
- Pens/pencils and paper, preferably two colours
- For the 'Unlock the Word' visual aid: eggs, sugar,



### Welcome and Gathering

As a visual aid create a focal point with cakes and baking equipment on it, ensuring that you include a large (person-shaped) baking tin and spoon.

As people gather, ask them to discuss their favourite cake or a baking memory with others.

Welcome the congregation. You may want to invite people to greet each other and share an interesting fact that others may not know about them.

Give a brief outline of the theme (you may want to use some of the general introduction above).

Song: please select from the list above or choose one appropriate for your context.

Short prayer of praise and adoration: using the word CAKE, invite the congregation to shout out words and phrases describing God or things they are thankful for using each letter in turn. For example:

Celebrations  
Awesome/Almighty God  
King of kings  
Everlasting hope/love

## Way in

Help people to understand that the [Methodist] Church is made of people and not bricks. When we speak of Church, we should focus more on relationships than mortar.

Remind people that we are each made in the image of God, yet we are all beautifully unique.

Using the person-shaped baking tin or mixing bowl on the focal point, invite people to consider what makes an individual unique. On large slips of paper print words such as:

- Personality
- Appearance
- Culture
- Sexuality and relationships
- Faith and spirituality
- Race
- Experience
- Learning and work
- Abilities
- Family and friends

As you share each word, place the paper slip into the tin/bowl. Be aware of using appropriate language/ explanations for your context. Invite people to contribute other ideas and write them on blank slips of paper, before adding them into the mixing bowl.

Reflect together on how the Church is a community in which all people are welcomed, included, valued,

encouraged and uniqueness is celebrated.

Once contributions have stopped or sufficient time has been spent, ask a volunteer to mix them together using a spoon. Recognise how God has made us each to a unique and wonderful recipe.

Song: please select from the list above or choose one appropriate for your context.



## The Word

Read Galatians 3:23-29.

Paul is writing to people in Galatia reminding them of the profound liberty found in faith. Christians have often turned to these verses to help them reflect on what it means to be a child of God. In the passage we read "There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female." (New Revised Standard Version, NRSV)

Invite people to reflect and share with those around them on what being a child of God means to them as an individual.



## Unlock the Word

If we had unlimited time together then we could do a full history review of the Methodist Church in Great Britain and beyond, considering:

- key people
- its place in society – past and present
- its unique place within the wider church
- its ethos and purpose

Let's build our understanding by referring to *Our Calling*, a report adopted in 2000 reminding us that:

*The calling of the Methodist Church is to respond to the gospel of God's love in Christ and to live out its discipleship in worship and mission.*

It does this by using four ingredients. (Create a visual aid with a basic cake recipe, for example butter, sugar, eggs and flour, each labelled with an area listed in bold below). These ingredients are:

**Worship:** to help people encounter God. To experience and celebrate the love of God.

**Learning and Caring:** to learn more about God and others, showing love through our words and actions.

**Service:** to show the world that everyone is equal.

**Evangelism:** to tell others about the good news of Jesus.

These four important areas of mission and ministry from Our Calling repeatedly remind the Methodist Church of the need for an inclusive and rounded approach. In their own unique way, these four areas provide the ingredients to make a scrumptious cake.

This reminds us of how God calls us to follow Jesus and to live as Christians, both individually and as the body of Christ (the Church). *A Methodist Way of Life* recognises the importance that each area from Our Calling provides to the church and to individuals, encouraging all to deepen their discipleship and seek to walk ever closer with God.

If we return to our original analogy of individuals being created with their unique blend of ingredients then we ought to also add into the cake mix Worship, Learning and Caring, Service, and Evangelism as they form part of the recipe and influence the final cake. (Add these into your baking tin/mixing bowl. It may help to use a different colour of paper for this.)

*Our Calling* and *A Methodist Way of Life* are built on the heritage of the Methodist Church. They are a contemporary expression of ministry and mission.



## Activity

Distribute people-shaped cut-out outlines. Invite each person to consider what makes them unique, and if they choose, write/draw them on their outline.

Then ask people to think about the four areas of Our Calling (Worship; Learning and Caring; Service; Evangelism) and ask:

- Which area(s) appeal to you and which are more challenging? Why?
- Which area(s) does your Church give more time to and which need more attention? Why?

Ask people to note their response on their person-

shaped outline. Then lead people in a time of prayer, including:

- giving thanks for the uniqueness of all people and the strength experienced when we unite as the body of Christ
- thanking God for the areas (from Our Calling) where, as individuals and as a church community, there is energy, asking God to use these gifts
- inviting God to help in the areas (from Our Calling) that the church finds challenging both as individuals and as a community, asking God to use them even in their weakness.



## Response/prayers

Choose one of the following prayer activities.

### Paper chain

Paper chains are a traditional decoration of a celebration. What are the things you want to celebrate? Perhaps it's the unique contribution that you or others make or the witness your local church makes in the community. On your paper chain link write/draw/reflect something you want to give thanks to God for. Create a paper chain together.

### Prayers of intercession – holding the prayers of the world before God

Pass an inflatable globe randomly around the congregation. Whenever the globe is caught invite the person to shout out the place where their thumb has landed or for somewhere they have concern.



## Sending out

Invite the congregation to say together the commitments from *A Methodist Way of Life*.

You may wish to distribute or have available:

- *A Methodist Way of Life Commitment Cards*
- *A brief guide to A Methodist Way of Life* booklets

Introduce the 'Faith at home' idea appropriate to the context (see below).

Song: please select from the list above or choose one appropriate for your context.

Lead a short prayer giving thanks for the way in which we as individuals and the Methodist Church have a unique role to play.

Prayer of Blessing at the end of the act of worship.

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## Faith at home

These extension activities seek to encourage people of all ages to continue to explore these themes at home.

- **Bake and share:** Bake a cake and share it with family/friends. Give thanks for the unique people you are.
- **Fingerprint art:** Fingerprints are unique. Create your own fingerprint picture. As you do say thank you for the beautiful way you are made in the image of God.
- **Words into action:** Encourage the use of A *Methodist Way of Life* commitments, inviting people to consider and practise an action from each section.

*A Methodist Way of Life Commitment Cards*  
*and A brief guide to A Methodist Way of Life*  
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[www.methodistpublishing.org.uk](http://www.methodistpublishing.org.uk)



# MWOL Intergenerational Worship

## Daily Walk with God

### General introduction

*This act of worship explores how, as disciples, we notice, hear and respond to God in our daily lives. The Conversation Cards (available from Methodist Publishing) form the foundation of this act of worship. They contain 12 different images on A5 cards that can be used to prompt discussions. The images are from a fictional town and feature places lots of us would recognise with plenty of details. They've been designed so that we look closely, noticing all the many things going on.*

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*You may want to provide copies of A Methodist Way of Life Commitment Cards and/or A Brief Guide to A Methodist Way of Life to enhance the worship.*

*The 'Faith at home' section below is an extension of this act of worship and seeks to encourage people of all ages to continue to explore the themes at home.*



#### Suggested resources

A Methodist Way of Life Commitment Cards  
A brief guide to A Methodist Way of Life booklets  
A Methodist Way of Life Conversation Cards  
Sticky page markers  
A4 paper  
Pens/pencils  
Finger Labyrinth (if using – see Faith at Home)



#### Suggested songs

Everyday God (Bernadette Farrell)  
Every move I make (David Ruis)

Every step (Nick and Becky Drake)  
Father God, I wonder (*Singing the Faith* 72)  
Go anywhere (Rend Collective Kids)  
God in my living (*Singing the Faith* 497)  
Going on a journey (Stephanie Reynolds, Vinyard Songs)  
I am walking (Chris Kipling)  
I have decided to follow Jesus  
Jesus went a walking (Julia Plaut)  
Little things with great love (Audrey Assad)  
My lighthouse (Rend Collective or Rend Co. Kids)  
One bread, one body (John Michael Talbot)  
Praise is rising, eyes are turning to you (*Singing the Faith* 64)  
Tell me who made all of creation (*Singing the Faith* 118)  
To be in your presence (*Singing the Faith* 530)  
We'll walk the land with hearts on fire (Graham Kendrick)  
We are marching in the light of God (*Singing the Faith* 483)



#### Welcome and Gathering

Song of gathering/praise: select from the list above or choose one appropriate for your context.

Welcome the congregation.



#### Activity

Ask people to get into small groups of five or six. Encourage people to introduce themselves. Invite them to put themselves in order of shoe size – smallest to largest or vice versa.

Explain that being a follower of Jesus has things in common with travelling and we're going to explore what it's like to walk with God each day of our lives.

For all those little journeys we take, God is with us.

Song: please select from the list above or choose one appropriate for your context.

Ask the groups to have a look at the Conversation Cards. Can you spot a place that reminds you of somewhere you go or visit regularly? People could put a sticky page marker on the card to show this or annotate on a Zoom screen. In pairs tell each other about that place; for example, what it is and why do you go there?

Invite the congregation to go on a journey together through this act of worship.



### Thank you prayer activity

Provide each person with a piece of paper on which they can draw or trace their own footprint. Some people will need help. Encourage everyone to write, draw or hold the footprint whilst they reflect on:

- the places they have visited this week
- where they have noticed God journeying with them
- how they have noticed God.

Play a piece of music as people reflect.

Say a short prayer of thanks, recognising that God always journeys with us.



### The Word

Remind the congregation of the 'everyday' people who encountered Jesus. For example, the calling of the disciples, the woman at the well, Zacchaeus, the feeding miracles, the road to Emmaus, Jarius' daughter, etc. Jesus initiates conversations, meets people where they are in a non-judgmental way, recognises need and journeys with them.

Read Matthew 11:28-30.

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. **Walk with me and work with me – watch how I do it.** Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." (MSG)



### Unlock the Word

Explore Matthew 11:28-30 briefly with the congregation. Discuss what it looks like for us to walk with Jesus. Do we willingly take up the invitation to walk with Jesus in our daily living? What difference does/could that make? How is our walk with Jesus evident to others? What things might we do or say?

Looking at the Conversation Cards, can we see examples of any of those things just discussed?

Encourage people to gather around the card they placed a sticker on. What do they notice in that picture? What catches their eye? Is it something that makes them happy/sad/worried/confused? Ask people to share what they have noticed, if they feel able to. Reflect on what God might have to say about that particular situation.

Ask people to consider where they noticed God in these pictures. Perhaps it is through the way a person is caring for another, through nature, having fun, etc. Does anything that you see remind you of a time in your own life when you have felt you were walking with God?

To draw the reflection together, listen to or sing together 'Everyday God' (Bernadette Farrell), 'God in my living' (Tim Hughes) or 'Go Anywhere' (Rend Collective Kids).



### Response/prayers

Using the Conversation Cards, invite people to spot a place they would like or need to go this week. What would they like to say to God about that? Do they need help or courage when they get there? Do they want to give thanks for exciting opportunities?

After a time of reflection say a prayer, including giving thanks that God is always with us, wherever we are and whatever we are doing.

Invite the congregation to say Methodist Way of Life commitments together.

You may wish to distribute or have available:

- *A Methodist Way of Life Commitment Cards*
- *A brief guide to A Methodist Way of Life booklets*

Introduce the 'Faith at home' idea appropriate to the context (see below).

Song: please select from the list above or choose one appropriate for your context.



### Sending out – an active prayer using the language of journey

*As we walk into the week [walk on spot] may we follow in your footsteps [point forward] knowing you are with us God [hands on heart].  
Amen.*



### Faith at home

These extension activities seek to encourage people of all ages to continue to explore these themes at home.

- **Practising the presence of God:** Prayer prompts for worshipping every day. For example [www.raisingprayerfulkids.com/resources](http://www.raisingprayerfulkids.com/resources)
- **Journal:** During the week ahead reflect each day on where you have noticed God walking with you. Give thanks to God for three things each day.
- **Reflective walk:** Take a walk in your local community, finding different surfaces. Reflect on how they remind you of your journey of life and faith, for example stones (the bumpy times), grass (the comforting times), jumping in puddles (the fun times), mud/wet (slippery times), etc.
- **Obstacle course:** Create an obstacle course to symbolise the ups and downs of life.
- **Finger labyrinth:** Provide a finger labyrinth (for example [www.methodist.org.uk/our-faith/worship/singing-the-faith-plus/prayer-in-worship/creative-prayer-ideas/sacred-spaces-and-labyrinths/](http://www.methodist.org.uk/our-faith/worship/singing-the-faith-plus/prayer-in-worship/creative-prayer-ideas/sacred-spaces-and-labyrinths/)) and encourage people to slowly 'walk' the labyrinth, reflecting on their own journey with God.

Quotation from Matthew 11:28-30, The Message (MSG).  
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A brief guide to A Methodist Way of Life*  
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# MWOL Intergenerational Worship

## A Rhythm of Life

### General introduction

*This act of worship seeks to introduce A Methodist Way of Life within an intergenerational context, focusing on the sense of rhythm that a way or rule of life can create for an individual or household. Using rhythms that people encounter regularly, for example, visual patterns, seasons, the liturgical year, daily routines, etc., this act of worship seeks to explore how creating spiritual rhythms has a positive impact on us.*

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*The 'Faith at home' section below is an extension of this act of worship and seeks to encourage people of all ages to continue to explore the themes at home.*

- Some examples of patterns to display
- Building bricks
- Coloured paper
- Scratch art cards
- Loom frame and strips of fabric and/or ribbon



### Suggested songs

Ecclesiastes (Tim Hughes)

Hear the call of the kingdom (*Singing the Faith* 407)

I watch the sunrise (*Singing the Faith* 469)

If I go climbing (Julia Plaut)

Jesus put this song into our hearts (Graham Kendrick)

Liturgy of the hours (Stuart Townsend)

Lord of all hopefulness (*Singing the Faith* 526)

Speak your name (Nick and Becky Drake)

Teach me to dance to the beat of your heart (*Singing the Faith* 477)

We will walk with God (*Singing the Faith* 484)

We are marching in the light of God (*Singing the Faith* 483)

Will you come and follow me (*Singing the Faith* 673)



### Suggested resources

*A Methodist Way of Life Commitment Cards*

*A brief guide to A Methodist Way of Life booklets*

*A Methodist Way of Life Conversation Cards*

(if using in 'The Word')

Videos selected to use

Resources for your chosen 'Way In' activity

Recording of 'Breathing Out, Breathing In' by Simeon Wood

Video of interview with Methodist deacons



### Welcome and Gathering

Prior to the welcome, as people gather you may choose to show a video illustrating rhythm, for example: STOMP, 'Hands and Feet #StompAtHome' You can check the copyright laws about showing videos in church here.

Welcome the congregation.

Give a brief outline of the theme (you may want to use some of the general introduction above).

Song: please select from the list above or choose one appropriate for your context.



### Suggested equipment

Depending on which activities you choose in the 'Way In' section, you may need:

Short prayer of praise and adoration, for example:

*O Trinity of Love,  
You have been with us at the world's beginning,  
Be with us till the world's end.  
You have been with us at our life's shaping,  
Be with us at our life's end.  
You have been with us at the sun's rising,  
Be with us till the day's end.  
Amen. (Iona Community)*

## Way in

Encourage the congregation to explore the concept of rhythm through one or more of the following activities:

- Clap a simple rhythm and invite the congregation to copy it. This could be repeated, changing the rhythm each time.
- Display some patterns and talk about how they are visual rhythms.
- Invite people to discuss:
  - the rhythm of the year; for example, what is their favourite season, celebration, etc?
  - the rhythm of their week/day; for example, what do they do, and when?
- Provide some building bricks and invite people to build their own patterns. This could be done throughout the service.
- Provide some colouring sheets printed with a pattern and invite people to colour them, creating their own pattern.
- Provide scratch art cards and invite people to create their own patterns (ensure adequate supervision of the tools for those who need it.)

Song: please select from list above or choose one appropriate to your context.

## The Word

Read Ecclesiastes 3:1-8 together. You could project images to illustrate the reading.

You may choose to use the Conversation Cards and ask the congregation if any of the images remind them of the words they have heard from Scripture, or encourage a discussion of times when people have experienced similar events in their own lives.

## Unlock the Word

Invite people to sit comfortably and to spend time focusing on (but not adapting) their own breathing. Explore together how breathing is automatic and subconsciously controlled. Reflect that we don't often think about our breathing unless it becomes rapid or laboured for some reason, for example when climbing a mountain, running, through illness, learning to dive, when you are excited, etc. Our spiritual lives are often similar and we perhaps may not even realise our rhythm (or lack of it), or disruption to our usual spiritual pattern, until there is a crisis or significant event.

## Activity

Recognising that we are all wonderfully unique, write about or draw times when you feel close to God. It may be during a set prayer time, when you are walking, as you prepare for the day ahead, as you give thanks for the day which has passed, or it may be at another time.

As people do this, play some music, such as 'Breathing Out, Breathing In' by Simeon Wood.

Invite people to share what they have drawn, written or thought about. Encourage people to give thanks for the variety of ways in which we can encounter God in our daily living.

Rhythms can be a discipline and help to form a routine. Sometimes people do certain chores on particular days, or even eat food on a certain day, for example eating fish on a Friday. A rhythm can create confidence and comfort. Individuals can choose to follow a spiritual pattern for life, for example religious orders and communities. In the Methodist Church we can learn from the experience of the Diaconal Order, who together follow a rule of life.

Show the video of the interview with Methodist deacons, during which the following questions are explored:

- What is the Diaconal Order's Rule of Life? Why is it important to the Order?
- Is the Diaconal Rule of Life ever challenging to follow?
- Why is sharing a rule of life with others important?

- What excites you about living by a rule of life?

Living by a way or rule of life is not always easy. It is often better done with others, thus providing a framework of support and accountability. So if a way of life is important, what way could we follow and who with?

To help people learn more about A Methodist Way of Life, show the introductory animation video (available at [www.methodist.org.uk/evangelism-mwol/](http://www.methodist.org.uk/evangelism-mwol/)).

A Methodist Way of Life is one way in which we could share an accountable spirituality. Its purpose is not to produce guilt, but rather it offers a framework, a structure, a trellis against which we can grow and develop. It may at times be challenging, which is why it is better done in small groups (three or four people). It seeks to provide a holistic rhythm in which we can deepen our relationship with God (like breathing in) and in response, show others the love of God (like breathing out).

Song: please select from list above or choose one appropriate to your context.



## Response/prayers

Encourage people to pray as they go about their daily rhythm of life, having a prayerful attitude, becoming aware of, and developing our relationship with God in daily life. There are ideas of how to do this in the 'Faith at home' section below.



## Weaving prayers

Create a simple frame to enable people to weave ribbons with prayers/words/pictures scribed on them. Invite the congregation to take a piece of ribbon, and if they choose, to write a prayer seeking God to help in their spiritual rhythm of life. Encourage people to think about their daily routine and to consider natural points in which they could pause and pray (giving thanks for food at meal times; praising the God of creation as they walk to school or work; thanking God for friendship as they contact friends). Encourage people to think beyond only prayers of petition.

Once people have had time to consider, invite them to either hold the ribbon as they pray or draw/write something to represent their desire to engage with God

regularly throughout the day. This can then be woven into the frame, representing the prayers of the community, noting the support of others alongside our accountability with and to them.



## Sending out

Invite the congregation to say the Methodist Way of Life commitments together.

Introduce the 'Faith at home' idea appropriate to the context (see below).

Song: please select from list above or choose one appropriate to your context.

You may wish to distribute or have available:

- *A Methodist Way of Life Commitment Cards*
- *A brief guide to A Methodist Way of Life booklets*

Lead a short prayer giving thanks for the rhythm we experience and enjoy in our daily lives, seeking help to live a rhythmmed, spiritual life.

Prayer of Blessing at the end of the act of worship.



## Faith at home

Choose one or more of the following to introduce to the congregation.

- **Together in prayer:**  
Invite the congregation to commit to pray at the same time but in their own homes, for example, at meal times or at a certain time of the day (i.e. 8am, 12 noon, 6pm and 9pm).
- **The Daily Examen:**  
This is an important part of Ignatian Spirituality. It invites prayerful reflection upon the events of the day, in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

## Praying throughout the day (an idea to resource people's prayer life)

**In the supermarket** – give thanks for each item you put in your basket. Consider where your purchases are made. Are your purchases fair trade, supporting local businesses, environmentally friendly, etc? Pray for the person in front of you in the queue and for the checkout operator.

**At work, school or college** – be aware that God is with you in your conversations and decision making, in your friendships and activities. Ask God to guide you each day.

**In the world** – pray about world issues as you see, hear or read about them in the news.

**In nature** – give thanks for the gifts that God has given you through creation. Do you always take care of the world properly? Do you always show good stewardship? Take time to notice the beauty of creation – when has this been spoilt? Which part of creation makes your heart sing?

**At home** – ask God to bless your home and all who live there. Pray for your neighbours and local community.

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