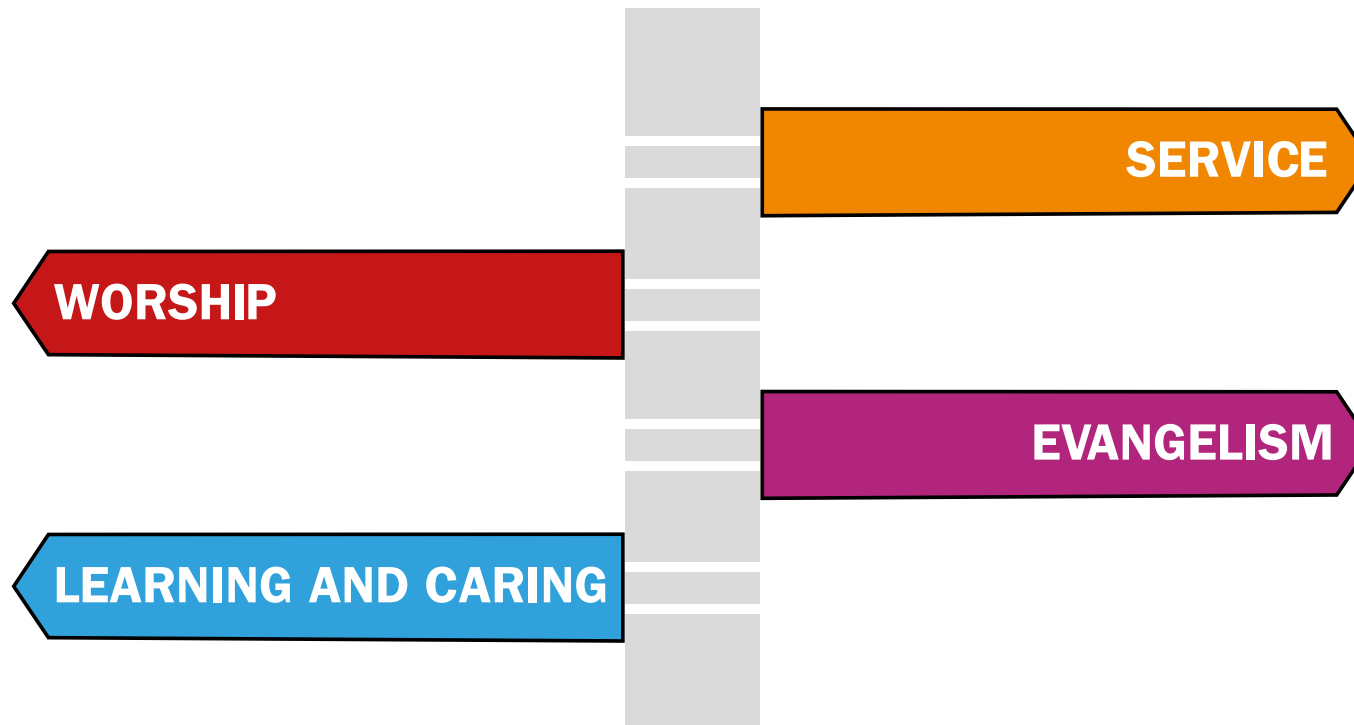


PREPARING THE WAY

A STRUCTURE FOR INTRODUCING AND ENGAGING WITH
A METHODIST WAY OF LIFE



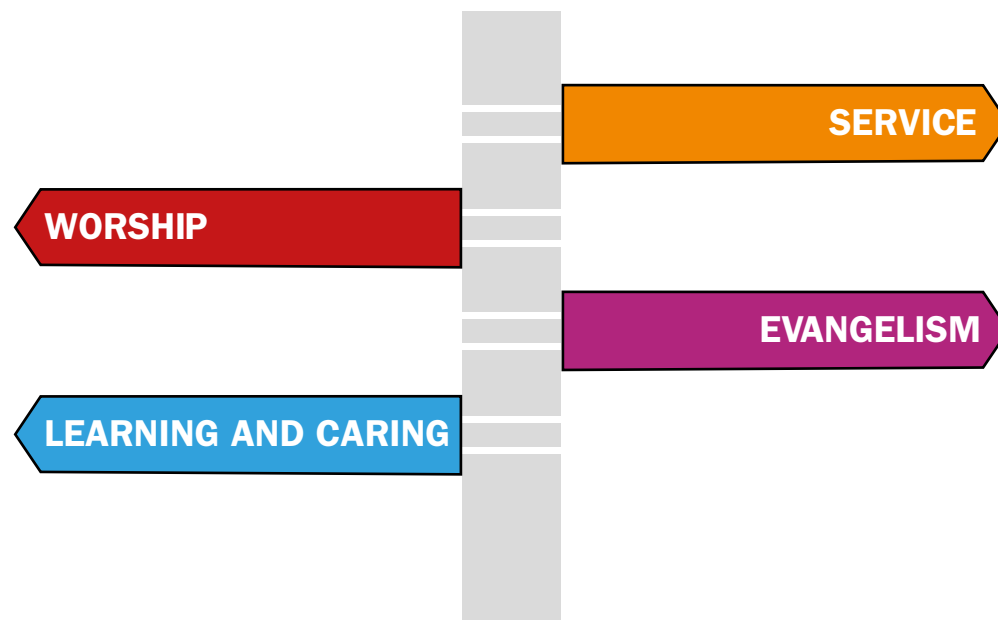
Introduction

A *Methodist Way of Life* provides a practical expression of living out the Covenant in daily terms and encourages people to watch over and support each other in the journey of faith.

Members are likely to have already received a commitment card, as well as the A6 booklet, *A Brief Guide to a Methodist Way of Life* and may be ready to learn more.

Preparing the Way offers a selection of structures to involve people in a *Methodist Way of Life*. It offers a variety of methods for use (1, 2, 3 or 4-session courses) and seeks to be a guide rather than a blueprint. It can easily be adapted for use in a short small-group study or in a larger gathering such as a Church Council, Circuit Meeting or part of a Pastoral Meeting.

You could use it at any time, for example during Advent, or in preparation for your church's Covenant Service, which offers an opportunity to renew our commitment to God in response to God's love, and to resolve to live for God whatever our circumstances. In 2021, it may carry a sense of beginning afresh and a determination to learn from the last year how to be better disciples and how better to be church. *A Methodist Way of Life* may help strengthen that resolve.



Methodist Way of Life Resources

The following resources are available from the Methodist Church website: (www.methodist.org.uk/mwol)

- *Methodist Way of Life: **Commitment Cards*** (available in a number of languages)
- *Methodist Way of Life: **Conversation Cards***
- An introductory booklet: **A Brief Guide to a Methodist Way of Life**
- A study guide: **Finding the Way: Getting Started with a Methodist Way of Life**
- Video introduction: *What is a Methodist Way of Life?*
- Short testimony videos – reflecting on people's experience of using a *Methodist Way of Life*
- PowerPoint: *A Methodist Way of Life – what is it?* (This could be used to replace the video introduction)
- PowerPoint: *Using a Methodist Way of Life*
- Recordings of longer webinars which you may find useful
- Introductory article to a *Methodist Way of Life* by the Revd Dr Roger L Walton: 'Choosing a Methodist way of living' in *the connexion* magazine, issue 17 (pdf available from www.methodist.org.uk/theconnexion/)

For more information about *Our Calling* please visit the Methodist Church website (www.methodist.org.uk)

Using the material in *Preparing the Way*

Structuring your course

Below are four different course structures ranging from one to four sessions. You are invited to use the material in the way that best suits your time, situation and context.

Preparing for your session

Irrespective of the structure you decide to use there are some matters you will need to consider and prepare before you begin.

- Ensure that you have gathered all the resources that you will need for the session. You may find it helpful to print out the relevant pages of this course and put them in a binder.
- Ensure that the participants will be able to hear the facilitator(s) and each other.
- Consider setting the room in café style, placing four chairs around each table, observing any social distancing requirements.

- Consider creating and agreeing suitable ways of working for the group. These are ground rules and might include:
 - always listen respectfully to each other
 - keep confidences shared in private conversations (unless there is a danger to someone)
 - start and end the session punctually
 - use language that does no harm to others.

Creating such an agreement with the group can be reassuring to all and may be especially helpful if an individual's behaviour becomes inappropriate or situations become unhelpful.

Outline 1: single session (up to 90 minutes)

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Welcome, introduction and prayer. Ice-breaker question: When have you been reminded of God this week? Agree ways of working.	If participants do not know each other invite them to briefly introduce themselves around their table. If participants do know each other use the suggested ice-breaker question. Create and agree the ways of working for your group.	Flip chart, paper and marker pens.
10 minutes	Video: <i>What is a Methodist Way of Life?</i>	Briefly introduce the video. Point out that after the video you will discuss what you have seen, reflecting on two questions: <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/
3 minutes	Distribute the <i>Methodist Way of Life</i> commitment cards. Ask if there are any questions at this point.	Introduce the <i>Methodist Way of Life</i> commitments as a form of a rule of life. You may need to briefly outline what a rule of life is. Information on this can be found in <i>Finding the Way</i> (pages 6-9).	Printed commitment cards (available in a number of languages). www.methodist.org.uk/mwol/cards/ A copy of <i>Finding the Way</i> for reference.
5-10 minutes	In small groups (3-4 people) discuss: From watching the video, reflect on: <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Participants may find it helpful to have printed or projected versions of the discussion questions.	Printed or projected questions.
5-10 minutes	Plenary session.	Invite each group to feed back, but do not extend this activity unnecessarily. Noting the group's responses on a flip chart might be a helpful focus.	Flip chart stand, paper and marker pens.

Outline 1: single session (continued)

Timing	Activity	Notes to the facilitator	Resources
5 minutes	Testimony video: Susanne Platt.	Briefly introduce the video. (NB: This testimony was recorded before the wording of the MWoL commitments had been finalised. Susanne's words may differ from the ones participants are reading.) Afterwards, ask participants to reflect on what inspires or challenges them in this clip.	Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/
25 minutes	In small groups (3-4 people) discuss one or all of the following questions: <ul style="list-style-type: none"> • What is the pattern of your prayer life? • How easy or hard do you find it to pray? • What has spoken to you recently in worship or in the Bible? 	Note that these questions are found in the Worship section of the commitment card. Participants may find it helpful to have printed or projected versions of the discussion questions.	Printed or projected questions.
10-15 minutes	In a plenary session discuss: <ul style="list-style-type: none"> • How did you find the experience of sharing? • What is the value of a structured time for this type of conversation? • What helps you to be honest about your spiritual journey? 	Always be aware of issues of confidentiality if participants are sharing details of their previous conversation in the larger group setting. Focus rather on the questions provided. You may choose to note responses on a flip chart.	Flip chart stand, paper and marker pens.
5 minutes	Looking forward: Using a <i>Methodist Way of Life</i> locally.	Share any plans in which your church or circuit are going to use a <i>Methodist Way of Life</i> .	Consider providing an information sheet with an outline of how people can participate.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 2: a two-session introduction (2 x 60-70 minutes)

The following two sessions provide opportunity to delve deeper into a *Methodist Way of Life*. It is anticipated that each session will last approximately 60-70 minutes.

Session 1

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Welcome, introduction and prayer. Ice-breaker question: When have you been reminded of God this week? Agree ways of working.	If participants do not know each other invite them to briefly introduce themselves around their table. If participants do know each other use the suggested ice-breaker question. Create and agree the ways of working for your group.	Flip chart, paper and marker pens.
10 minutes	Video: <i>What is a Methodist Way of Life?</i>	Briefly introduce the video. Point out that after the video you will discuss what you have seen, reflecting on two questions: <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/
10 minutes	Briefly introduce or highlight: <ul style="list-style-type: none"> • Our Calling • A rule of life • John Wesley's use of rules • Why use the word 'Way' 	Information on all these topics can be found in <i>Finding the Way</i> (pages 3-14).	A copy of <i>Finding the Way</i> for reference.
5 minutes	Read the <i>Methodist Way of Life</i> commitments together. Ask if there are any questions at this point.	Briefly introduce the <i>Methodist Way of Life</i> commitments, noting that they are structured on <i>Our Calling</i> . Distribute copies of the <i>Methodist Way of Life</i> commitment cards. Note that you will use these throughout the sessions.	Printed commitment cards (available in a number of languages). www.methodist.org.uk/mwol/cards/

Outline 2: Session 1 (continued)

Timing	Activity	Notes to the facilitator	Resources
10 minutes	<p>Discussion in small groups (3-4 people):</p> <p>From watching the video, reflect together:</p> <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Participants may find it helpful to have printed or projected copies of the discussion questions.	Printed or projected questions.
10 minutes	PowerPoint: <i>Using a Methodist Way of Life</i> .	Use the PowerPoint to highlight how a <i>Methodist Way of Life</i> can be used locally. Speaker notes are provided on the presentation.	<p>Large TV or projector and computer.</p> <p>Download the presentation. www.methodist.org.uk/mwol/other-resources/</p>
3 minutes	<p>At home: Ask participants to take their <i>Methodist Way of Life</i> commitment card away and read through it, every day if possible, in preparation for the next session.</p> <p>Ask them to look at the questions and identify which they find easiest and hardest to answer.</p>	<p>Briefly introduce the task.</p> <p>Ask if anyone has questions or comments. It may be helpful here to briefly introduce the value of journaling.</p>	A <i>Methodist Way of Life</i> commitment cards.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 2: Session 2

Timing	Activity	Notes to the facilitator	Resources
10 minutes	<p>Welcome, introduction and prayer.</p> <p>Ice-breaker question: Have you used a <i>Methodist Way of Life</i> this week as part of your spiritual life? If so, how helpful did you find it?</p> <p>Remind participants of the group's agreed ways of working.</p>	<p>Invite participants to briefly reintroduce themselves around their table. If participants know each other use the suggested ice-breaker question.</p>	<p>Display the flip chart with the ways of working agreed by your group.</p>
3 minutes	<p>Read the commitments together.</p>	<p>Ensure that spare copies of the <i>Methodist Way of Life</i> commitment cards are available on each table.</p>	<p>A <i>Methodist Way of Life</i> commitment cards.</p>
5 minutes	<p>Testimony video: Susanne Platt</p>	<p>Briefly introduce the video.</p> <p>(NB: This testimony was recorded before the wording of the MWoL commitments had been finalised. Susanne's words may differ from the ones participants are reading.)</p> <p>Afterwards, ask participants to reflect on what inspires or challenges them in this clip.</p>	<p>Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/</p>
3 minutes	<p>Read together the questions from the commitment card.</p>	<p>Invite people to read the questions together. As you read, ask them to take notice of the one(s) that speak to them this day.</p>	<p>A <i>Methodist Way of Life</i> commitment cards.</p>
4 minutes	<p>Individually:</p> <ul style="list-style-type: none"> • Think about which question struck you today. • Which question challenged you? 	<p>Encourage participants to note down their own responses and use these notes to reflect further at home.</p>	<p>Paper and pen for participants if they don't have their own.</p>

Outline 2: Session 2 (continued)

Timing	Activity	Notes to the facilitator	Resources
20 minutes	In small groups (3-4 people), discuss: <ul style="list-style-type: none"> • What is the pattern of your prayer life? • How easy or hard do you find it to pray? • What has spoken to you recently in worship or in the Bible? 	Use questions from another section of a <i>Methodist Way of Life</i> , if you prefer. Participants may find it helpful to have printed or projected copies of the discussion questions.	Printed or projected questions.
10 minutes	In a plenary session, discuss: <ul style="list-style-type: none"> • How did you find the experience of sharing? • What is the value of a structured time for this type of conversation? • What helps you to be honest about your spiritual journey? 	Always be aware of issues of confidentiality if participants are sharing details of their previous conversation in the larger group setting. Focus rather on the questions provided. You may choose to note responses on a flip chart.	Printed or projected questions.
5 minutes	Looking forward: Using a <i>Methodist Way of Life</i> locally.	Share any plans in which your church or circuit are going to use a <i>Methodist Way of Life</i> .	Consider providing an information sheet with an outline of how people can participate.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 3: a three session study (3 x 75-90 minutes)

Before the course: Ask all who sign up to the course to read *Finding the Way* at home and to keep a journal or some notes as they read. The first introductory session will ensure everyone is in the same place. During the course suggest participants reread the sections that will form the focus of each subsequent session before the next meeting.

Session 1

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Welcome, introduction and prayer. Ice-breaker question: When have you been reminded of God this week? Agree ways of working.	If participants do not know each other invite them to briefly introduce themselves around their table. If participants do know each other use the suggested ice-breaker question. Create and agree the ways of working for your group.	Flip chart, paper and marker pens.
10 minutes	Video: <i>What is a Methodist Way of Life?</i>	Briefly introduce the video. Point out that after the video you will discuss what you have seen, reflecting on two questions: <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/
3 minutes	Distribute the <i>Methodist Way of Life</i> commitment cards.	Introduce the <i>Methodist Way of Life</i> commitments as a form of a rule of life. You may need to briefly outline what a rule of life is. Information on this can be found in <i>Finding the Way</i> (pages 6-9). Ask if there are any questions at this point.	Printed commitment cards (available in a number of languages). www.methodist.org.uk/mwol/cards/ A copy of <i>Finding the Way</i> for reference.
5-10 minutes	Discussion in small groups (3-4 people). From watching the video, reflect on: <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Participants may find it helpful to have printed or projected copies of the discussion questions.	Printed or projected questions.
5-10 minutes	Plenary session.	Invite each group to feed back but do not extend this activity unnecessarily. Noting the group's responses on a flip chart might be a helpful focus.	Flip chart stand, paper and marker pens.

Outline 3: Session 1 (continued)

Timing	Activity	Notes to the facilitator	Resources
5 minutes	Testimony video: Susanne Platt.	Briefly introduce the video. (NB: This testimony was recorded before the wording of the MWoL commitments had been finalised. Susanne's words may differ from the ones participants are reading.) Afterwards, ask participants to reflect on what inspires or challenges them in this clip.	Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/
25 minutes	In small groups (3-4 people) discuss one or all of the following questions: <ul style="list-style-type: none"> • What is the pattern of your prayer life? • How easy or hard do you find it to pray? • What has spoken to you recently in worship or in the Bible? 	Note that these questions are found in the Worship section of a <i>Methodist Way of Life</i> . Participants may find it helpful to have printed or projected copies of the discussion questions.	Printed or projected questions.
10-15 minutes	In a plenary session, discuss: <ul style="list-style-type: none"> • How did you find the experience of sharing? • What is the value of a structured time for this type of conversation? • What helps you to be honest about your spiritual journey? 	Always be aware of issues of confidentiality if participants are sharing details of their previous conversation in the larger group setting. Focus rather on the questions provided. You may choose to note responses on a flip chart.	Flip chart stand, paper and marker pens.
5 minutes	Looking forward: Using a <i>Methodist Way of Life</i> locally.	Share any plans in which your church or circuit are going to use a <i>Methodist Way of Life</i> .	Consider providing an information sheet with an outline of how people can participate.
2 minutes	Read <i>Finding the Way</i> , pages 3-14, at home.	Ask participants to read the pages indicated and to work through the exercises, keeping a journal of their thoughts and reflections if possible.	Spare copies of <i>Finding the Way</i> , for anyone who doesn't have one.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet.

Outline 3: Session 2

Timing	Activity	Notes to the facilitator	Resources
10 minutes	<p>Welcome, introduction and prayer.</p> <p>Ice-breaker question: Have you used a <i>Methodist Way of Life</i> this week as part of your spiritual life? If so, how helpful did you find it?</p> <p>Remind participants of the group's agreed ways of working.</p>	<p>Invite participants to briefly reintroduce themselves around their table. If participants know each other use the suggested ice-breaker question.</p>	<p>Display the flip chart with the ways of working agreed by your group.</p>
5 minutes	<p>Read the <i>Methodist Way of Life</i> commitments together.</p>	<p>Ensure that spare copies of the <i>Methodist Way of Life</i> commitment cards are available on each table.</p>	<p>Printed commitment cards (available in a number of languages). www.methodist.org.uk/mwol/cards/</p>
20 minutes	<p>In small groups (3-4 people), reflect on pre-reading <i>Finding the Way</i>, pages 3-14.</p>	<p>Ask participants to share their responses to the pages they have read in <i>Finding the Way</i>, including journal entries if appropriate. Then look specifically at one or more of the questions on page 14.</p>	<p>Copies of the questions in the Exercises from <i>Finding the Way</i>, page 14.</p>
20 minutes	<p>In a plenary session:</p> <p>Ask each group to put forward one thought that emerged from their conversation.</p>	<p>You may find it helpful to note down the responses on the flip chart.</p>	<p>Flip chart, paper and marker pens.</p>
10 minutes	<p>PowerPoint: Using a <i>Methodist Way of Life</i>.</p>	<p>Use the PowerPoint to highlight how a <i>Methodist Way of Life</i> can be used. Speaker notes are provided on the presentation.</p>	<p>Large TV or projector and computer. PowerPoint presentation www.methodist.org.uk/mwol/other-resources/</p>

Outline 3: Session 2 (continued)

Timing	Activity	Notes to the facilitator	Resources
15 minutes	In small groups (3-4 people): Discuss together ways in which you could envision using a <i>Methodist Way of Life</i> : <ul style="list-style-type: none">• individually• as a church• as a circuit.	Give each group a piece of paper or sticky notes and a pen to note down their responses. These can then be displayed around the room.	Paper and pens for each group.
2 minutes	Read <i>Finding the Way</i> , pages 15-40, at home.	Ask participants to read the pages indicated and to work through the exercises, keeping a journal of their thoughts and reflections if possible.	Spare copies of <i>Finding the Way</i> , for anyone who doesn't have one.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 3: Session 3

Timing	Activity	Notes to the facilitator	Resources
10 minutes	<p>Welcome, introduction and prayer.</p> <p>Ice-breaker question:</p> <p>Have you used a <i>Methodist Way of Life</i> this week as part of your spiritual life? If so, how helpful did you find it?</p> <p>Remind participants of the group's agreed ways of working.</p>	<p>Invite participants to briefly reintroduce themselves around their table.</p> <p>If participants know each other use the suggested ice-breaker question.</p>	<p>Display the flip chart with the ways of working agreed by your group.</p>
5 minutes	<p>Read the <i>Methodist Way of Life</i> commitments together.</p>	<p>Distribute copies of the <i>Methodist Way of Life</i> commitment card.</p> <p>Note that you will use these throughout the sessions.</p>	<p>Printed commitment cards (available in a number of languages).</p> <p>www.methodist.org.uk/mwol/cards/</p>
30 minutes	<p>In small groups of 3-4 people discuss the following questions based on an allocated section from <i>Our Calling</i> (Worship, Learning and Caring, Service and Evangelism). Use your reflective reading of <i>Finding the Way</i> as a foundation for your conversations.</p> <p>In your small group reflect together:</p> <ul style="list-style-type: none"> • What did you learn? • What questions did it prompt for you? • Were there any of the exercises you found particularly helpful or challenging? 	<p>Split participants into small groups (3-4 people).</p> <p>If you have four or more groups allocate one of the four sections to each group:</p> <ul style="list-style-type: none"> • Worship • Learning and Caring • Service • Evangelism. 	<p>Ensure that spare copies of <i>Finding the Way</i> are available (at least one per group).</p> <p>Printed or projected copies of the questions.</p>
20 minutes	<p>In a plenary session: Invite feedback on the discussions.</p>	<p>Ask the different groups for feedback on each section in turn, allowing other groups to add their comments. You may find it helpful to note down the responses on a flip chart.</p>	<p>Flip chart, paper and marker pens.</p>

Outline 3: Session 3 (continued)

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Reflect together on the theme of breathing in and out (<i>Finding the Way</i> , page 26). <ul style="list-style-type: none"> • How helpful did you find this as an image of the spiritual life? 	Remind participants of the concept of breathing in and out (<i>Finding the Way</i>). Invite individuals to respond to the question posed.	
5 minutes	Discuss in small groups how you might use a <i>Methodist Way of Life</i> in your church or circuit.	The discussion about circuit and churches may best be done in small groups.	Paper and pens.
5 minutes	Invite participants to spend some time reflecting on how they might use a <i>Methodist Way of Life</i> in their own journeys of faith.	The question about how they may use a <i>Methodist Way of Life</i> may be best done individually.	
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 4: a four-session course (4 x 60-75 minutes)

Before the course: Ask all who sign up to the course to read *Finding the Way* at home and to keep a journal or some notes as they read. The first introductory session will ensure everyone is in the same place. During the course suggest participants reread the sections that will form the focus of each subsequent session before the next meeting.

Session 1

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Welcome, introduction and prayer. Ice-breaker question: When have you been reminded of God this week? Agree ways of working.	If participants do not know each other invite them to briefly introduce themselves around their table. If participants do know each other use the suggested ice-breaker question. Create and agree the ways of working for your group.	Flip chart, paper and marker pens.
10 minutes	Video: What is a <i>Methodist Way of Life</i> ?	Briefly introduce the video. Point out that after the video you will discuss what you have seen, reflecting on two questions: <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/
3 minutes	Distribute the <i>Methodist Way of Life</i> commitment cards.	Note that you will use these throughout the sessions. Ask if there are any questions at this point.	Printed commitment cards (available in a number of languages). www.methodist.org.uk/mwol/cards/
5 minutes	In small groups (3-4 people) discuss: From the video, reflect on: <ul style="list-style-type: none"> • What struck you as helpful? • What do you think is challenging? 	Inform participants of the subsequent plenary session. Participants may find it helpful to have printed or projected versions of the discussion questions.	Printed or projected questions.
5 minutes	Plenary session.	Invite each group to feed back but do not extend the activity unnecessarily. Noting responses on a flip chart might be helpful.	Flip chart stand, paper and marker pens.

Outline 4: Session 1 (continued)

Timing	Activity	Notes to the facilitator	Resources
5 minutes	Testimony video: Susanne Platt.	Briefly introduce the video. (NB: This testimony was recorded before the wording of the MWOl commitments had been finalised. Susanne's words may differ from the ones participants are reading.) Afterwards, ask participants to reflect on what inspires or challenges them in this clip.	Large TV or projector, downloaded video: www.methodist.org.uk/mwol/videos/
15 minutes	In small groups (3-4 people) discuss one or all of these questions: <ul style="list-style-type: none"> • What is the pattern of your prayer life? • How easy or hard do you find it to pray? • What has spoken to you recently in worship or in the Bible? 	Use questions from another section of a <i>Methodist Way of Life</i> if you prefer. Participants may find it helpful to have printed or projected versions of the discussion questions.	Printed or projected questions.
15 minutes	Together in a plenary session, discuss: <ul style="list-style-type: none"> • How did you find the experience of sharing? • What is the value of a structured time for this type of conversation? • What helps you to be honest about your spiritual journey? 	Always be aware of issues of confidentiality if participants are sharing details of their previous conversation in the larger group setting. Focus rather on the questions provided. You may choose to note responses on a flip chart.	Flip chart stand, paper and marker pens.
3 minutes	Looking forward: Using a <i>Methodist Way of Life</i> locally.	Share any plans in which your church or circuit are going to use a <i>Methodist Way of Life</i> .	Consider providing an information sheet with an outline of how people can participate.
2 minutes	Read <i>Finding the Way</i> , pages 3-14, at home.	Ask participants to read the pages indicated and to work through the exercises, keeping a journal of their thoughts and reflections if possible.	Spare copies of <i>Finding the Way</i> , for anyone who doesn't have one.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 4: Session 2

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Welcome, introduction and prayer. Ice-breaker question: Have you used a <i>Methodist Way of Life</i> this week as part of your spiritual life? Remind participants of the agreed ways of working.	Invite participants to briefly reintroduce themselves around their table. If participants know each other use the suggested ice-breaker question.	Display the flip chart with the ways of working agreed by your group.
5 minutes	Read the <i>Methodist Way of Life</i> commitments together.	Ensure that you have spare copies of the commitment cards.	A <i>Methodist Way of Life</i> commitment cards.
20 minutes	In small groups (3-4 people): Reflect on pre-reading <i>Finding the Way</i> , pages 3-14.	In small groups (3-4 people) ask participants to share their responses to pages 3-14 of <i>Finding the Way</i> , including journal entries if appropriate; then look specifically at one or more of the questions on page 14.	Copies of the questions in the Exercises from <i>Finding the Way</i> , page 14.
10 minutes	In a plenary session: Ask each group to put forward one thought that emerged from their conversation	You may find it helpful to note down the responses on the flip chart.	Flip chart, paper and marker pens.
10 minutes	PowerPoint: Using a <i>Methodist Way of Life</i> .	Use the PowerPoint to highlight how a <i>Methodist Way of Life</i> can be used. Speaker notes are provided on the presentation.	Large TV or projector and computer. PowerPoint presentation. www.methodist.org.uk/mwol/other-resources/
2 minutes	Read <i>Finding the Way</i> , pages 15-25, at home.	Ask participants to read the pages indicated and to work through the exercises, keeping a journal of their thoughts and reflections if possible.	Spare copies of <i>Finding the Way</i> , for anyone who doesn't have one.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 4: Session 3

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Welcome, introduction and prayer. Ice-breaker question: Do you have a preferred time or place to spend time with God? Remind participants of the agreed ways of working.	Invite participants to briefly reintroduce themselves around their table. If participants know each other use the suggested ice-breaker question.	Display the flip chart with the ways of working agreed by your group.
5 minutes	Read the <i>Methodist Way of Life</i> commitments together.	Ensure that you have spare copies of a <i>Methodist Way of Life</i> commitment cards.	A <i>Methodist Way of Life</i> commitment cards.
30 minutes	In small groups (3-4 people): Discuss the following questions on your allocated section (Worship or Learning and Caring) based on your reading of <i>Finding the Way</i> . <ul style="list-style-type: none"> • What did you learn? • What questions did it prompt for you? • Were there any of the exercises you found particularly helpful or challenging? 	Split the participants into small groups (3-4 people). Allocate one of these two sections to each group: <ul style="list-style-type: none"> • Worship • Learning and Caring. 	Ensure that spare copies of <i>Finding the Way</i> are available (at least one per group). Printed or projected copies of the questions.
20 minutes	In a plenary session: Ask for feedback from groups on each section in turn, allowing other groups to add their comments.	Take each section for feedback. <ul style="list-style-type: none"> • Worship • Learning and Caring 	Flip chart, paper and marker pens.
2 minutes	Read <i>Finding the Way</i> , pages 26-40, at home.	Ask participants to read the pages indicated and to work through the exercises, keeping a journal of their thoughts and reflections if possible.	Spare copies of <i>Finding the Way</i> , for anyone who doesn't have one.
5 minutes	Closing worship	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Outline 4: Session 4

Timing	Activity	Notes to the facilitator	Resources
10 minutes	<p>Welcome, introduction and prayer.</p> <p>Ice-breaker question: When have you felt close to God this week?</p> <p>Remind participants of the agreed ways of working.</p>	<p>Invite participants to briefly reintroduce themselves around their table.</p> <p>If participants know each other use the suggested ice-breaker question.</p>	<p>Display the flip chart with the ways of working agreed by your group.</p>
5 minutes	<p>Read the <i>Methodist Way of Life</i> commitments together.</p>	<p>Ensure that you have spare copies of a <i>Methodist Way of Life</i> commitment cards</p>	<p>A <i>Methodist Way of Life</i> commitment cards.</p>
5 minutes	<p>Reflect together on the theme of breathing in and out (<i>Finding the Way</i>, page 26).</p> <ul style="list-style-type: none"> • How helpful did you find this as an image of the spiritual life? 	<p>Remind people of the concept of breathing in and out and then introduce the question.</p>	<p>Copies of <i>Finding the Way</i> for reference.</p>
20 minutes	<p>In small groups (3-4 people):</p> <p>Discuss the following questions on your allocated section (Service or Evangelism) based on your reading of <i>Finding the Way</i>.</p> <p>Reflect together:</p> <ul style="list-style-type: none"> • What did you learn? • What questions did it prompt for you? • Were there any of the exercises you found particularly helpful or challenging? 	<p>Split the participants into small groups (3-4 people).</p> <p>Allocate one of these two sections to each group:</p> <ul style="list-style-type: none"> • Service • Evangelism. 	<p>Printed or projected copies of the questions.</p>
10 minutes	<p>In a plenary session:</p> <p>Ask for feedback on each section in turn, allowing other groups to add their comments.</p>	<p>Take each section for feedback.</p> <ul style="list-style-type: none"> • Service • Evangelism. 	

Outline 4: Session 4 (continued)

Timing	Activity	Notes to the facilitator	Resources
10 minutes	Looking forward: How would you as a group, or as an individual, like to use a <i>Methodist Way of Life</i> in the future?	It will be helpful to record responses on a flip chart so that you can help to facilitate future actions.	Flip chart, paper and marker pens.
10 minutes	Invite participants to write a prayer in response to the four-week course.	You may choose to write your own prayer before the session and share it with the group. You may wish to leave space in the closing worship for people to offer these prayers if they choose.	Paper and pens.
5 minutes	Closing worship.	Use the short liturgy provided on page 22 to close the session.	Printed or projected copies of the closing worship sheet (page 22).

Closing Worship

**Before you begin, ensure that people have a *Methodist Way of Life* commitment card.
Invite people into a time of quiet reflection and prayer.**

Leader In the quietness, you are invited to:

- give thanks to God for something that has inspired you during this session
- think about one thing you have learned or remembered about yourself during this session.

Leader Prayer (this or some other):

*Gracious God, thank you for your extraordinary love shown to us in Jesus.
Help us to live each moment of each day in gratitude, loving those around us and witnessing to the ways of your kingdom.
Refresh us continually in the power of the Holy Spirit to be people of the Way.*

All Read the *Methodist Way of Life* commitments together.

Leader As we go our separate ways let us bless each other:
Go in peace to love and serve the Lord

All **In the name of Christ. Amen.**

