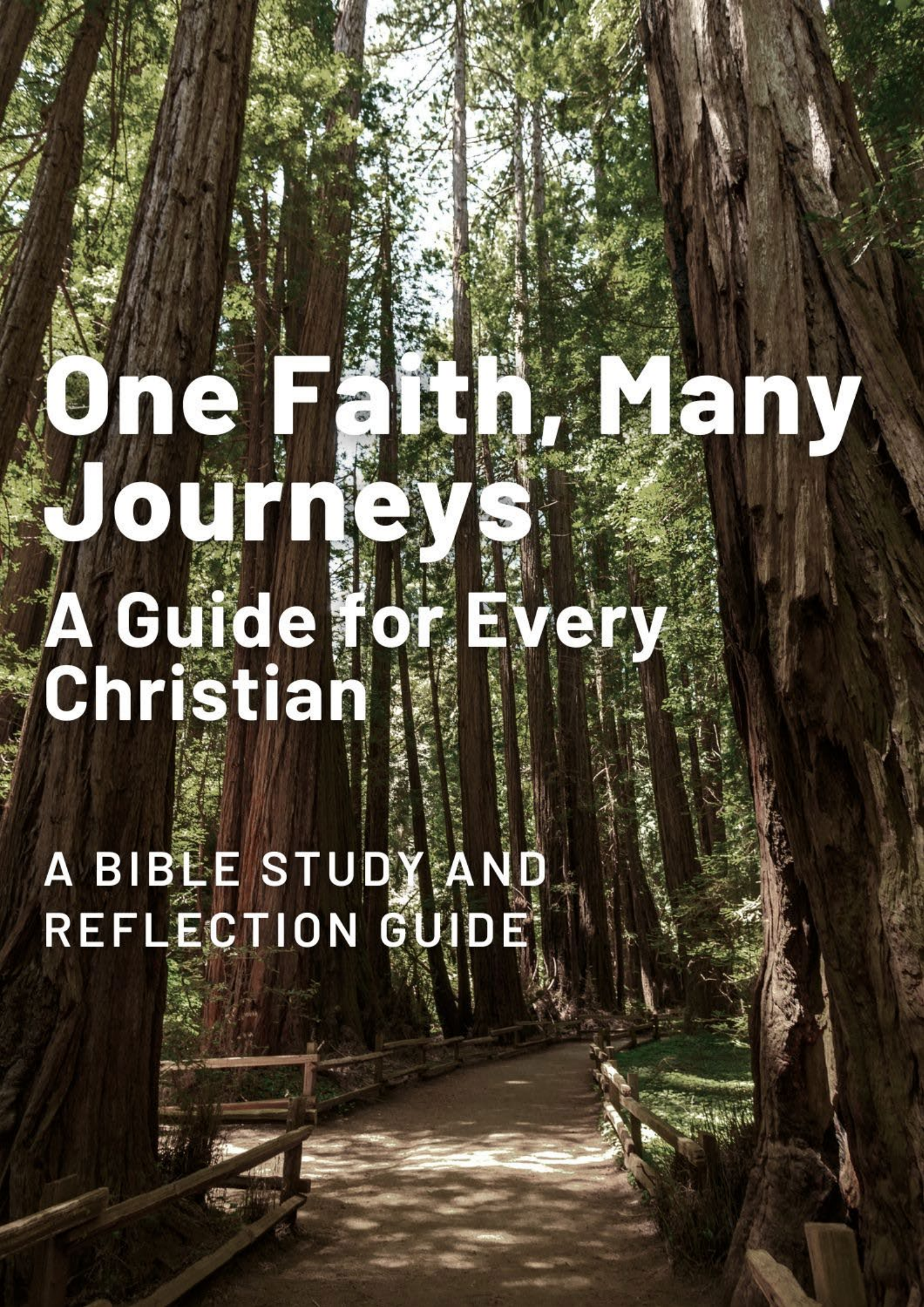


A photograph of a dirt path winding through a forest of tall redwood trees. The path is bordered by a wooden fence on both sides. The trees are very tall and have thick, textured bark. Sunlight filters through the canopy, creating dappled light on the path.

One Faith, Many Journeys

A Guide for Every Christian

**A BIBLE STUDY AND
REFLECTION GUIDE**

Faith, Hope, and Love Ministries

About Us

At FHLM, we are dedicated to nurturing faith, fostering hope, and spreading love. We provide both spiritual and practical guidance to Christians, students, and Christian leaders. We are not a church, and we do not offer financial support.

We are a small ministry with a simple hope: to put warm, thoughtful, Bible-centred resources into the hands of anyone who wants to grow closer to Jesus — whether you are gathering a group around a kitchen table or sitting quietly with a cup of tea and an open Bible. Everything we make is offered freely, in the hope that it will be a blessing and passed on.

Core Values

Our mission is grounded in the values of unconditional love and unity. We prioritise inclusion and diversity over dogmatism and division, reaching out to people right where they are, and trying our best to follow the example of Jesus.

Contents

This guide is organised into three main sections:

- Leaders Guide
- Bible Study Notes
- Worksheet

Note

This guide is formatted for double-sided printing, to save paper and make for a nicer reading experience.

Stay in Touch

We would love to keep walking alongside you. Explore our growing library of Bible study and reflection guides, and do get in touch to let us know how you are getting on.

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Leader's Guide

One Faith, Many Journeys: A Guide for Every Christian

Introduction for Leaders and Solo Readers

Dear Leaders and Solo Readers,

Welcome to “One Faith, Many Journeys: A Guide for Every Christian,” from all of us at Faith, Hope, and Love Ministries. Whether you are leading a group or exploring on your own, we are so glad you are here. Over ten sessions we will walk through the great cornerstones of the Christian life, with room for every reader, wherever they find themselves on the road.

Each session looks at a different part of the journey, and you should feel free to make this guide your own — rearrange the sessions, linger where one is landing, trim a discussion that isn’t. The material is a starting point, not a script. The suggested prayers, too, are simply there to help you begin; pray them as they stand, or from your own heart.

We have laid out the sessions to fit on a single, double-sided page — Scripture and notes on one side, discussion and reflection questions on the other — so they are easy to photocopy and hand round. You can find out more about us, or say hello, at <https://fhlm.org>, or on Facebook, Instagram, and LinkedIn.

A word on copyright: everything we produce is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. In plain terms, you are welcome to share and adapt it, as long as you credit us, keep it non-commercial, and pass on any changes under the same terms.

A word on Scripture: the verses in this guide are taken from the Berean Standard Bible (BSB), used with kind permission. Please read along in whichever translation you love best — we are not endorsing any single one.

Our prayer is that, wherever this study finds you, it would deepen your relationship with God and with others, and remind you that there is one faith — and room in it for every journey.

In service to Christ,

Faith, Hope and Love Ministries

Session 1: Faith in Jesus Christ

Opening Prayer:

"Father God, as we gather today to explore the depths of faith in Your Son, Jesus Christ, we ask for wisdom and understanding. Open our hearts to grasp the transforming power of faith. Amen."

Key Scripture:

Ephesians 2:8-9 (BSB) "For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, not by works, so that no one can boast."

Supplementary Scripture:

- John 3:16 (BSB) "For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life."

Discussion Points:

1. More Than Belief:

- How does faith in Jesus differ from simply acknowledging that He existed?
- Ephesians 2:8-9 calls faith a gift from God. How does that shape the way you see your own faith journey?

2. A Faith That Acts:

- How does John 3:16 resonate with you personally?
- James 2:17 says faith without action is dead. Where has your faith shown itself in action?

Desired Outcomes:

By the end of this session, we hope everyone will see faith not merely as belief but as a living, active relationship with Jesus — received as a gift of grace, not earned — and the foundation on which the whole Christian life is built.

Closing Prayer:

"Heavenly Father, thank You for the gift of faith in Your Son, Jesus Christ. May our understanding deepen, and may our lives be a testament to this faith. Amen."

Session 2: The Holy Trinity

Opening Prayer:

"Father, Son, and Holy Spirit, as we consider the mystery and beauty of Your triune nature, grant us wisdom and insight to understand You more deeply. Amen."

Key Scripture:

John 14:10–11 (BSB) "Do you not believe that I am in the Father and the Father is in Me? The words I say to you, I do not speak on My own. Instead, it is the Father dwelling in Me, performing His works. Believe Me that I am in the Father and the Father is in Me—or at least believe on account of the works themselves."

Supplementary Scripture:

- Ephesians 4:3–6 (BSB) "Be diligent to preserve the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all."

Discussion Points:

1. One God, Three Persons:

- How has your understanding of the Trinity grown over time, and how has it shaped your faith?
- John 14:10–11 speaks of the Father and the Son as one. How does that deepen your understanding of God?

2. A Model for Unity:

- Can you share a time when you sensed the Holy Spirit guiding or strengthening you?
- How can the unity of the Trinity (Ephesians 4:3–6) be a model for the way we live in community?

Desired Outcomes:

By the end of this session, we hope everyone will hold the Trinity not as a dry doctrine but as a living reality — one God in three persons — that shapes our worship, deepens our love for God, and offers a model of unity for our life together.

Closing Prayer:

"Triune God, thank You for revealing Yourself to us as Father, Son, and Holy Spirit. May our understanding of Your nature deepen our faith and enrich our relationships with You and one another. Amen."

Session 3: The Bible

Opening Prayer:

"Lord, as we open Your Word today, may it be a lamp to our feet and a light to our path. Guide us in understanding and applying its eternal truths. Amen."

Key Scripture:

2 Timothy 3:16-17 (BSB) "All Scripture is God-breathed and is useful for instruction, for conviction, for correction, and for training in righteousness, so that the man of God may be complete, fully equipped for every good work."

Supplementary Scripture:

- Psalm 119:105 (BSB) "Your word is a lamp to my feet and a light to my path."

Discussion Points:

1. The Living Word:

- 2 Timothy 3:16-17 calls Scripture "God-breathed." How does that shape the way you read the Bible?
- How has reading the Bible deepened your relationship with God?

2. Hearing and Doing:

- Matthew 7:24 speaks of putting the Word into practice. Can you share a time a biblical truth made a real difference?
- Hebrews 4:12 calls the Word "living and active." How has it shaped your growth?

Desired Outcomes:

By the end of this session, we hope everyone will treasure the Bible not merely as a book but as the living Word of God — a light for the path, a guide for daily life, and a means of real transformation.

Closing Prayer:

"Father, thank You for giving us Your Word as a guide and a source of eternal truth. May we continue to seek You through its pages and live out its teaching in our daily lives. Amen."

Session 4: Prayer

Opening Prayer:

"Lord, as we gather to explore the power and purpose of prayer, open our hearts to receive Your wisdom and draw us closer to You. Amen."

Key Scripture:

Matthew 6:9-13 (BSB) "So then, this is how you should pray: 'Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"

Supplementary Scripture:

- Philippians 4:6-7 (BSB) "Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."

Discussion Points:

1. How We Pray:

- Which part of the Lord's Prayer (Matthew 6:9-13) speaks to you most, and why?
- Can you share a time when prayer brought you peace in a hard situation (Philippians 4:6-7)?

2. Surrender and Fellowship:

- How do you approach surrender in prayer, as Jesus modelled in Gethsemane (Matthew 26:39)?
- How has praying with others enriched your faith and drawn your community together?

Desired Outcomes:

By the end of this session, we hope everyone will see prayer as far more than a duty — a real conversation with God that brings peace, teaches surrender, and knits a community together — and will be encouraged to make it a steady part of daily life.

Closing Prayer:

"Father, thank You for the gift of prayer, by which we speak with You, seek Your guidance, and know Your peace. May our prayer lives be enriched and our hearts aligned with Your will. Amen."

Session 5: Worship

Opening Prayer:

"Lord, as we consider the essence of worship, open our hearts to truly honour and glorify You in spirit and in truth. Amen."

Key Scripture:

John 4:23-24 (BSB) "But a time is coming and has now come when the true worshipers will worship the Father in spirit and in truth, for the Father is seeking such as these to worship Him. God is Spirit, and His worshipers must worship Him in spirit and in truth."

Supplementary Scripture:

- Psalm 100:4 (BSB) "Enter His gates with thanksgiving and His courts with praise; give thanks to Him and bless His name."

Discussion Points:

1. In Spirit and in Truth:

- What does worshipping "in spirit and in truth" (John 4:23-24) mean to you?
- Can you recall a time worship led you into a deeper sense of God's presence (Psalm 100:4)?

2. A Whole-Life Offering:

- Romans 12:1 speaks of offering ourselves as "living sacrifices." How do you live that out?
- How has worshipping together with others shaped your faith?

Desired Outcomes:

By the end of this session, we hope everyone will come to see worship not as mere ritual but as a whole-life offering of love and devotion to God — sincere, transforming, and beautifully shared with others.

Closing Prayer:

"Father, we thank You for the privilege of worship, a way to express our love, gratitude, and devotion to You. May our lives be a continual act of worship that honours You and draws us closer to Your heart. Amen."

Session 6: Sacraments

Opening Prayer:

"Lord, as we explore the sacraments, open our hearts to understand these significant practices as means of Your grace. Amen."

Key Scripture:

Matthew 28:19 (BSB) "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit."

Supplementary Scripture:

- 1 Corinthians 11:24-25 (BSB) "and when He had given thanks, He broke it and said, 'This is My body, which is for you; do this in remembrance of Me.' In the same way, after supper He took the cup, saying, 'This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me.'"

Discussion Points:

1. Signs of Grace:

- How has your understanding of Baptism and Communion grown over time?
- What do you feel or reflect on during Communion (1 Corinthians 11:24-25)?

2. Grace and Community:

- How do the sacraments foster a sense of community among believers?
- How do you see the sacraments deepening your own relationship with God?

Desired Outcomes:

By the end of this session, we hope everyone will see the sacraments not as empty ritual but as living signs of God's grace — means of grace, acts of worship, and shared moments that draw us closer to God and to one another.

Closing Prayer:

"Heavenly Father, thank You for the sacraments, which serve as tangible means of Your grace. May we continue to seek a deeper understanding and appreciation of these holy practices. Amen."

Session 7: Love and Compassion

Opening Prayer:

"Lord, as we consider the virtues of love and compassion, may our hearts be open to embody these essential characteristics in our lives. Amen."

Key Scripture:

1 Corinthians 13:4–7 (BSB) "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no account of wrongs. Love takes no pleasure in evil, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things."

Supplementary Scripture:

- Matthew 22:37–39 (BSB) "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself."

Discussion Points:

1. The Shape of Love:

- Which part of the description of love in 1 Corinthians 13:4–7 do you find hardest to live out?
- How do you hold together love for God and love for others (Matthew 22:37–39), day to day?

2. Compassion in Action:

- Can you share a time you felt moved to show compassion to someone very different from you?
- How might you extend love and compassion to those who are often overlooked or forgotten?

Desired Outcomes:

By the end of this session, we hope everyone will see love and compassion not as passing feelings but as active choices at the very heart of following Jesus — reaching, especially, to those the world tends to overlook.

Closing Prayer:

"Father, thank You for teaching us the true meaning of love and compassion. May we strive to live these virtues in our daily lives, reflecting Your nature to the world around us. Amen."

Session 8: Ethical Living

Opening Prayer:

"Lord, as we explore what it means to live ethically, open our hearts to the transforming power of Your teaching. Guide us to live lives that reflect Your love and righteousness. Amen."

Key Scripture:

Matthew 5:20 (BSB) "For I tell you that unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Supplementary Scripture:

- Ephesians 2:10 (BSB) "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance as our way of life."

Discussion Points:

1. A Higher Righteousness:

- What does ethical living mean within your Christian faith (Matthew 5:20)?
- How do you seek to keep your integrity in everyday dealings?

2. Love, Even for Enemies:

- How do you understand and apply Jesus' call to love our enemies (Matthew 5:44)?
- Ephesians 2:10 roots good works in grace, not merit. How does that free the way you live?

Desired Outcomes:

By the end of this session, we hope everyone will see ethical living not as rule-keeping but as the natural fruit of grace — marked by integrity, social responsibility, and a love so generous it reaches even our enemies.

Closing Prayer:

"Father, thank You for the wisdom and guidance Your Word provides for living well. May we be lights in this world, reflecting Your love and righteousness in all that we do. Amen."

Session 9: Community and Fellowship

Opening Prayer:

"Lord, as we consider the importance of community and fellowship, remind us of Your love that binds us together. Help us to be both givers and receivers of this divine love. Amen."

Key Scripture:

Acts 2:42-47 (BSB) "They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. All the believers were together and had everything in common, sharing with anyone who was in need... And the Lord added to their number daily those who were being saved."

Supplementary Scripture:

- 1 Corinthians 12:12-14 (BSB) "The body is a unit, though it is composed of many parts. And although its parts are many, they all form one body. So it is with Christ. For in one Spirit we were all baptized into one body, whether Jews or Greeks, slave or free, and we were all given one Spirit to drink. For the body does not consist of one part, but of many."

Discussion Points:

1. The Body of Christ:

- What in the early church (Acts 2:42-47) most inspires — or challenges — you for your own community?
- How do you see the diversity and interdependence of 1 Corinthians 12:12-14 in your own fellowship?

2. Spurring One Another On:

- Can you share a time you gave or received the kind of encouragement Hebrews 10:24-25 describes?
- How have you known God's love tangibly through community (1 John 4:11-12)?

Desired Outcomes:

By the end of this session, we hope everyone will see community not as an optional extra but as an essential part of the Christian life — a place of belonging, growth, and the tangible love of God, where we both give and receive.

Closing Prayer:

"Father, thank You for the gift of community and fellowship. May we continue to grow in love and unity, reflecting Your divine love to the world around us. Amen."

Session 10: Eternal Life and Hope

Opening Prayer:

"Lord, as we explore the promise of eternal life, may our hearts be filled with hope and gratitude. Help us to grasp the depth of Your love that offers us this eternal gift. Amen."

Key Scripture:

John 3:16 (BSB) "For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life."

Supplementary Scripture:

- Romans 8:18 (BSB) "I consider that our present sufferings are not comparable to the glory that will be revealed in us."

Discussion Points:

1. The Heart of the Gospel:

- How does the promise of eternal life shape your daily life and choices?
- John 3:16 is often called the essence of the Gospel. How does it resonate with you?

2. Hope in Suffering:

- How does Romans 8:18's promise of coming glory help you face present suffering?
- Colossians 3:1-2 calls us to set our minds on things above. What might that look like in practice?

Desired Outcomes:

By the end of this session — and of the whole study — we hope everyone will carry a renewed hope, grounded in the promise of eternal life: a hope that steadies us in suffering, reorders our priorities, and comforts us in grief.

Closing Prayer:

"Heavenly Father, thank You for the promise of eternal life, a gift that fills us with hope and shapes our lives in the present. May this hope be a light to us and to those we meet, drawing all closer to You. Amen."

One Faith, Many Journeys: A Guide for Every Christian

Whether you are new to Christianity, a seasoned believer, or simply exploring, this study offers a warm and inclusive journey through the essentials of Christian living.

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Session 1 – Faith in Jesus Christ

Faith in Jesus Christ is the cornerstone of the Christian life. It is not merely believing that Jesus existed; it is trusting Him as Saviour and Lord — acknowledging that we cannot save ourselves, and that He alone reconciles us to God. That realisation changes the whole direction of a life.

Paul writes, “For it is by grace you have been saved through faith, and this not from yourselves; it is the gift of God, not by works, so that no one can boast” (Ephesians 2:8–9). Faith is a gift, not a wage — not something we earn by good deeds, but a grace God gives. And its promise is wide: “For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life” (John 3:16). That promise reaches everyone, whatever their background or past.

Faith is also relational and transforming. To believe in Jesus is to enter a relationship with Him — pictured in Scripture as a shepherd and his sheep, a father and his children, a vine and its branches. And it changes us: how we see ourselves, others, and the world. It is not a single moment but a lifelong becoming.

And true faith is active. It is not merely agreeing with Christian ideas, but a lived experience that touches every part of life. “Faith by itself, if it does not result in action, is dead” (James 2:17). Good works do not earn our salvation; they are the natural overflow of a life changed by Jesus. Faith, then, is trust, relationship, transformation, and action — the starting point of the journey, and the foundation of all that follows.

Discussion and Reflection Questions

Faith in Jesus Christ

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

- 1.** How would you describe faith in Jesus in your own words?
- 2.** How does faith in Jesus differ from simply believing that He existed?
- 3.** Ephesians 2:8–9 calls faith a gift. How does that shape the way you see your journey?
- 4.** How does John 3:16 resonate with you personally?
- 5.** In what ways has faith in Jesus changed the way you see yourself, others, and the world?
- 6.** Scripture pictures faith as a relationship — shepherd and sheep, father and children. Which image speaks to you most?
- 7.** Can you share a time you felt genuinely transformed by your faith?
- 8.** James 2:17 says faith without action is dead. Where has your faith shown itself in action?
- 9.** What helps your faith stay active and growing, rather than merely notional?
- 10.** What is one step you could take this week to deepen your faith in Jesus?

Session 2 – The Holy Trinity

The Holy Trinity is a foundational Christian belief: that God is one being in three persons — Father, Son, and Holy Spirit. The word “Trinity” never appears in the Bible, yet the reality is woven all through it, revealing a God who is at once wonderfully complex and perfectly one.

Jesus speaks of His oneness with the Father: “Do you not believe that I am in the Father and the Father is in Me?... it is the Father dwelling in Me, performing His works” (John 14:10–11). This is not so much a puzzle to be solved as a relationship to be entered — and understanding the Trinity is a way of drawing nearer to God. The Holy Spirit, too, is at work: the Helper who makes the teaching of Jesus real in our lives and guides us into truth.

The Trinity also shapes how we live together. Paul urges us to “preserve the unity of the Spirit through the bond of peace. There is one body and one Spirit... one Lord, one faith, one baptism; one God and Father of all” (Ephesians 4:3–6). The unity-in-diversity of God becomes a model for the church: many members, one body.

And the Trinity teaches us to hold mystery gently. Each person reveals something of God — the Father in creation and providence, the Son in redemption and grace, the Spirit in sanctification and power — yet all are fully God. We will not grasp it entirely, and that is well; some things we hold in wonder rather than mastery. Far from an abstract idea, the Trinity is a living reality that shapes how we know God and how we love one another.

Discussion and Reflection Questions

The Holy Trinity

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

- 1.** How has your understanding of the Trinity grown over time, and how has it shaped your faith?
- 2.** John 14:10-11 speaks of the unity of the Father and the Son. How does that deepen your view of God?
- 3.** Can you share a time you sensed the Holy Spirit guiding or strengthening you?
- 4.** How can the unity of the Trinity (Ephesians 4:3-6) be a model for our life together?
- 5.** Each person of the Trinity reveals something of God. Which aspect resonates with you most, and why?
- 6.** How comfortable are you with holding mystery — not fully grasping the Trinity?
- 7.** How does knowing God as Father, Son, and Spirit shape the way you pray?
- 8.** In what ways might the Trinity shape how we value both unity and diversity?
- 9.** What does it mean to you that God is, in Himself, relational?
- 10.** How might a deeper sense of the Trinity change your daily walk with God?

Session 3 – The Bible

The Bible holds a central place in the Christian faith as the inspired Word of God. Made up of the Old and New Testaments, it is far more than a historical record or a collection of moral sayings — it is a living text that still speaks to hearts and minds today.

Paul writes, “All Scripture is God-breathed and is useful for instruction, for conviction, for correction, and for training in righteousness, so that the man of God may be complete, fully equipped for every good work” (2 Timothy 3:16-17). Scripture teaches us what is true, corrects us where we stray, and equips us for good. And it lights the way: “Your word is a lamp to my feet and a light to my path” (Psalm 119:105) — a guide through uncertain and dark seasons.

The Bible also draws us into a deeper relationship with God, and asks to be lived, not merely read. Jesus said, “everyone who hears these words of Mine and acts on them is like a wise man who built his house on the rock” (Matthew 7:24). The Word is meant to be put into practice, in the ordinary decisions of everyday life.

And Scripture changes us from the inside out. “For the word of God is living and active. Sharper than any double-edged sword... it judges the thoughts and intentions of the heart” (Hebrews 4:12). As we read, study, and dwell on it, it shapes our thoughts, our attitudes, and our actions. More than a book, the Bible is the living Word of God — guiding, teaching, comforting, and transforming us.

Discussion and Reflection Questions

The Bible

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

- 1.** How has your relationship with the Bible changed over time?
- 2.** 2 Timothy 3:16–17 calls Scripture “God-breathed.” How does that shape the way you read it?
- 3.** How has the Bible corrected, taught, or trained you in a particular season?
- 4.** Psalm 119:105 calls the Word a lamp and a light. Can you share a time it guided you through difficulty?
- 5.** Matthew 7:24 speaks of putting the Word into practice. Where have you seen a biblical truth make a real difference?
- 6.** Have you ever turned to the Bible in sorrow, fear, or doubt? What impact did it have?
- 7.** Hebrews 4:12 calls the Word “living and active.” Where have you felt its transforming power?
- 8.** What helps you engage with the Bible regularly, even in busy seasons?
- 9.** Is there a passage that has become especially precious to you? Why?
- 10.** What is one way you could grow in reading and living the Bible this month?

Session 4 – Prayer

Prayer is a fundamental part of the Christian faith — our means of communication with God. It is not a ritual to perform or an obligation to discharge, but a heartfelt conversation with the Maker of the universe: a way to seek guidance, give thanks, confess, and grow closer to Him.

Jesus Himself gives us a model. “So then, this is how you should pray: ‘Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done... Give us this day our daily bread. And forgive us our debts... And lead us not into temptation...’” (Matthew 6:9-13). In a few lines the Lord’s Prayer gathers up the whole of life — God’s holiness, our daily needs, forgiveness, and protection.

Prayer is also where we find God’s peace. “Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6-7). When we bring our worries to God, we receive a peace beyond our understanding.

And prayer is an act of surrender, and a shared one. In Gethsemane Jesus prayed, “My Father... yet not as I will, but as You will” (Matthew 26:39) — the very heart of surrender. Yet prayer is also communal; there is a unique grace in praying with others, drawing God’s presence into the life of a community. Through prayer we draw closer to God, align our will with His, and are changed by His nearness.

Discussion and Reflection Questions

Prayer

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

- 1.** How has your understanding of prayer changed over time?
- 2.** Which part of the Lord's Prayer (Matthew 6:9-13) speaks to you most, and why?
- 3.** Can you share a time when prayer brought you peace in a challenging situation (Philippians 4:6-7)?
- 4.** How do you approach surrender in prayer, as Jesus modelled in Gethsemane (Matthew 26:39)?
- 5.** How has praying with others enriched your faith?
- 6.** What obstacles get in the way of a steady prayer life, and how have you met them?
- 7.** How do you weave the different notes of prayer — praise, confession, thanksgiving, asking — into your days?
- 8.** What helps you focus and stay present in prayer?
- 9.** How might prayer become a more natural part of your daily life?
- 10.** What is one thing you sense God inviting you to bring to Him in prayer this week?

Session 5 – Worship

Worship is at the heart of the Christian life — a way to honour and glorify God. It is not only singing songs or attending a service; it is a whole way of living that reflects a heart devoted to God, an expression of love, reverence, and gratitude, offered both alone and together.

Jesus points to what matters most: “the true worshipers will worship the Father in spirit and in truth, for the Father is seeking such as these to worship Him. God is Spirit, and His worshipers must worship Him in spirit and in truth” (John 4:23-24). Worship is not a performance or a going-through-the-motions; it is sincere connection with God at the deepest level.

Worship also ushers us into God’s presence. “Enter His gates with thanksgiving and His courts with praise; give thanks to Him and bless His name” (Psalm 100:4). When we come to God with grateful, praising hearts, we find a joy and peace unlike anything else. And worship is a whole-life offering: Paul urges us “to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual service of worship” (Romans 12:1).

And worship is meant to be shared. The letter to the Hebrews urges us not to “neglect meeting together... but let us encourage one another” (Hebrews 10:24-25). Coming together to honour God spurs us on in faith and lifts our hearts. Far more than ritual or tradition, worship is love and devotion offered to God — a means of meeting Him, a catalyst for change, and a bond that unites His people.

Discussion and Reflection Questions

Worship

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How has your understanding of worship grown over time?
2. What does worshipping “in spirit and in truth” (John 4:23–24) mean to you?
3. Can you recall a time worship led you into a deeper sense of God’s presence (Psalm 100:4)?
4. Romans 12:1 speaks of offering ourselves as “living sacrifices.” How do you interpret that for your life?
5. How has worshipping with a community shaped your faith journey?
6. What everyday things, beyond singing, do you count as worship?
7. What helps you worship sincerely, rather than merely going through the motions?
8. How might gratitude deepen your worship?
9. What can get in the way of wholehearted worship, and how do you address it?
10. What is one way you could make worship a more consistent part of daily life?

Session 6 – Sacraments

Sacraments are significant practices in Christianity — outward signs of an inward grace. Traditions differ on their number and meaning, but two are recognised across the church: Baptism and Communion. They are not merely symbolic gestures; they are means through which God gives grace and strengthens faith.

Baptism is often the first sacrament a believer receives, marking the washing away of sin and the start of a new life in Christ. Jesus commissioned it: “Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit” (Matthew 28:19). It is at once a personal declaration and a communal welcome into the body of Christ.

Communion — the Lord’s Supper — remembers the sacrifice of Jesus and celebrates His love and grace. Paul recalls His words: “This is My body, which is for you; do this in remembrance of Me’... ‘This cup is the new covenant in My blood; do this, as often as you drink it, in remembrance of Me’” (1 Corinthians 11:24–25). It is a profound act of worship that joins us to His redeeming work.

And the sacraments knit us together. When we share in them we are not only meeting God but strengthening our bonds with one another, as the early believers did in the breaking of bread. They are tangible encounters with the living God — physical reminders of spiritual truths — helping us grasp the depth of His love, and deepening our relationship with Him and with each other.

Discussion and Reflection Questions

Sacraments

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How has your understanding of Baptism and Communion grown over time?
2. How did you feel when you were baptised, or how might you feel if you have not yet been?
3. What thoughts or emotions do you experience during Communion?
4. How do the sacraments foster a sense of community among believers?
5. How do you see the sacraments deepening your relationship with God?
6. In what ways are the sacraments “tangible” reminders of spiritual truth for you?
7. What questions or uncertainties have you had about the sacraments, and how have you explored them?
8. How does 1 Corinthians 11:24-25 shape the way you approach Communion?
9. How might a fuller appreciation of the sacraments enrich your worship?
10. What is one way you could engage more thoughtfully with the sacraments?

Session 7 – Love and Compassion

Love and compassion lie at the centre of the Christian faith, reflecting the very nature of God. They are not optional extras but essential marks of every believer's life — to show love, kindness, and mercy to others, whatever their background, beliefs, or behaviour.

Scripture's great portrait of love is Paul's: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud... it keeps no account of wrongs. Love takes no pleasure in evil, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things" (1 Corinthians 13:4-7). And Jesus draws the whole law together in love: "Love the Lord your God with all your heart... and love your neighbor as yourself" (Matthew 22:37-39).

Compassion is love with its sleeves rolled up — not only feeling for those who suffer, but acting to ease their pain. In the parable of the Good Samaritan (Luke 10:30-37), a man goes out of his way to help a stranger from a wholly different background, and Jesus tells us to go and do likewise. Compassion widens the circle of our care to include those who are not like us.

Love and compassion also have a public shape. Jesus said, "I was hungry and you gave Me something to eat... I was a stranger and you took Me in... I was sick and you looked after Me" (Matthew 25:35-36) — our love is meant to reach the marginalised, the overlooked, and the forgotten. Far from mere feelings, love and compassion are active choices, the hallmark of a life changed by Jesus, and a witness to the world of God's grace.

Discussion and Reflection Questions

Love and Compassion

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How has your understanding of love and compassion grown since you began your faith journey?
2. Which part of the description of love in 1 Corinthians 13:4-7 do you find hardest to embody?
3. How do you hold together love for God and love for others (Matthew 22:37-39), day to day?
4. Can you share a time you felt moved to show compassion to someone very different from you?
5. How might you extend love to those who are often overlooked or forgotten?
6. What helps you keep a compassionate heart in a world that can seem indifferent or hostile?
7. How does the Good Samaritan (Luke 10:30-37) challenge or encourage you?
8. Where do you find it hardest to love, and what helps you there?
9. How is love more than a feeling — an active choice — in your experience?
10. What is one concrete act of love or compassion you could offer this week?

Session 8 – Ethical Living

Ethical living is a vital part of the Christian journey. It is not simply following a set of rules; it is embodying the values and character Jesus taught — living uprightly as the natural overflow of our faith and our relationship with God.

One of the great texts on the subject is the Sermon on the Mount (Matthew 5–7), where Jesus sets out a bold vision for His followers. He calls for a righteousness of the heart: “unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven” (Matthew 5:20) — not more rule-keeping, but a changed heart.

Ethical living includes integrity — being consistent in word, action, and belief — and it reaches even to how we treat those who wrong us. “Love your enemies and pray for those who persecute you” (Matthew 5:44), Jesus said. It is a radical call that runs against the grain of human nature, and a clear sign of the Gospel’s transforming power. It has a social shape, too: in the parable of the sheep and the goats (Matthew 25:31–46), Jesus ties our care for “the least of these” to our love for Him.

Crucially, ethical living is not a way to earn salvation but a response to grace already received. “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance as our way of life” (Ephesians 2:10). Good works are not the root of our salvation but its fruit. Lived out, this kind of life becomes a light to the world, pointing others to the grace that changed us.

Discussion and Reflection Questions

Ethical Living

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

- 1.** How do you define ethical living within your Christian faith?
- 2.** Which teaching from the Sermon on the Mount (Matthew 5–7) resonates with you most, and why?
- 3.** How do you seek to keep your integrity in everyday dealings?
- 4.** How do you understand and apply Jesus' call to love our enemies (Matthew 5:44)?
- 5.** How do you extend your ethical living to social and communal responsibility?
- 6.** Ephesians 2:10 roots good works in grace. How do you balance faith and works?
- 7.** How does your faith guide the decisions you make when no one is watching?
- 8.** Where do you find ethical living most challenging, and where do you find strength?
- 9.** How can our everyday choices point others to the grace that changed us?
- 10.** What is one area of your life you sense God inviting you to bring more into line with His ways?

Session 9 – Community and Fellowship

Community and fellowship are vital to the Christian faith. Christianity is not a solitary pursuit but a shared journey, walked alongside others of the same faith. This is rooted in the very nature of God, who is Himself relational.

The early church shows us the pattern. “They devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer... And the Lord added to their number daily those who were being saved” (Acts 2:42-47). They shared their lives and their possessions, meeting one another’s needs – a picture of what Christian community can be: a place of growth, support, and practical help.

Paul’s favourite image for the church is a body. “The body is a unit, though it is composed of many parts... So it is with Christ. For in one Spirit we were all baptized into one body... For the body does not consist of one part, but of many” (1 Corinthians 12:12-14). Each member has a unique part to play, and every part is needed for the health of the whole.

Community is also where we grow and are held accountable, and where we meet God’s love in tangible form. Hebrews urges us to “spur one another on to love and good deeds” and not to neglect “meeting together” (Hebrews 10:24-25). And John reminds us, “if we love one another, God remains in us, and His love is perfected in us” (1 John 4:11-12). Community is no optional extra; it is where we both give and receive, nurtured and equipped for the road.

Discussion and Reflection Questions

Community and Fellowship

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

- 1.** How do you understand community and fellowship within your Christian journey?
- 2.** What in Acts 2:42-47 most inspires or challenges you for your own community?
- 3.** How do you see the diversity and interdependence of 1 Corinthians 12:12-14 in your own fellowship?
- 4.** Can you share a time you gave or received the encouragement Hebrews 10:24-25 describes?
- 5.** How does community provide a place for spiritual growth and accountability?
- 6.** How have you known God's love tangibly through community (1 John 4:11-12)?
- 7.** What obstacles to real community have you faced, and how have you met them?
- 8.** How do you discern your own role within the body of Christ?
- 9.** How can we welcome those from different backgrounds and life situations?
- 10.** What is one way you could invest more deeply in community this season?

Session 10 – Eternal Life and Hope

The promise of eternal life is a cornerstone of the Christian faith, giving a deep sense of hope and purpose. It is not merely an abstract idea about the future; it is a reality that shapes how we live now, offering a framework for the trials, challenges, and joys of this life.

Jesus speaks of it in the best-loved verse of all: “For God so loved the world that He gave His one and only Son, that everyone who believes in Him shall not perish but have eternal life” (John 3:16). Here is the whole Gospel in a sentence — God’s love as the driving force behind the promise of life that never ends.

This hope reframes our present sufferings. Paul writes, “I consider that our present sufferings are not comparable to the glory that will be revealed in us” (Romans 8:18). Suffering is real, but it is not the last word; it is held within a far greater hope. And that hope shapes today, too: “Set your minds on things above, not on earthly things” (Colossians 3:1-2), letting eternity reorder our priorities and values.

The promise of eternal life also brings comfort in grief. Because Jesus died and rose again, death is transformed from an ending into a new beginning, and we do not grieve as those without hope. So this hope is a source of comfort, purpose, and steadiness — shaping how we see our circumstances, how we treat others, and how we meet whatever comes. It is a firm foundation on which to build a meaningful life.

Discussion and Reflection Questions

Eternal Life and Hope

Here are some questions to guide your discussion and quiet reflection. There's no need to rush through them all — linger wherever God seems to be at work.

1. How does the promise of eternal life shape your daily life and decisions?
2. John 3:16 is often called the essence of the Gospel. How does it resonate with you?
3. How does Romans 8:18's promise of coming glory help you face present suffering?
4. Colossians 3:1-2 calls us to set our minds on things above. What practical steps might that involve?
5. How does the hope of eternal life bring comfort in loss and grief?
6. How might this eternal hope shape the way you treat others, especially those who do not share your faith?
7. In what ways can we live out Christian hope in both word and deed?
8. How has your sense of hope grown over the course of this study?
9. What helps you keep an eternal perspective amid the pressures of daily life?
10. As this study closes, what is one way you will carry its truths forward with you?

Worksheet

This worksheet is a companion to the study — a way of taking its themes off the page and into everyday life. Whether you are new to Christianity, a seasoned believer, or simply exploring, these steps are meant to be meaningful at any stage of the journey.

In a group

If you are leading a group, do give a copy of this worksheet to each person to take home. Explain that it is for personal reflection and practical application. In your meetings, or in quiet times of reflection, you might invite people to share their insights, their struggles, and their experiences — while making clear that completing the worksheet is never required, only offered as a help.

On your own

If you are reading on your own, use this worksheet as a personal guide to reinforce and apply what the study has stirred in you.

The worksheet sets out ten simple, doable steps — one for each part of the study. As you take them up, our prayer is that your relationship with God, and with others, would deepen and grow.

Ten Steps for Your Christian Journey

As you work through these steps, watch for the way God deepens your relationship with Him and with others. They are meant to be meaningful at any stage of the journey.

1. Ground Yourself in Faith:

Take a quiet moment to renew your trust in Jesus, receiving faith afresh as the gift of grace it is.

2. Reflect on the Trinity:

Set aside time to marvel at God as Father, Son, and Holy Spirit, and to notice the Spirit's work in your life.

3. Read the Bible Daily:

Build a simple habit of Scripture — even just one verse a day — and let it light your path.

4. Build a Habit of Prayer:

Make regular space to speak with God in praise, confession, thanksgiving, and asking — and to listen.

5. Worship Wholeheartedly:

Worship God in spirit and in truth, in gathered services and in the small offerings of everyday life.

6. Engage with the Sacraments:

Reflect on the meaning of Baptism and Communion, and take part with a thankful, attentive heart.

7. Love and Show Compassion:

Look for one practical way this week to show love and compassion, especially to someone easily overlooked.

8. Live with Integrity:

Seek to align your actions, words, and beliefs with the teaching of Jesus, even when no one is watching.

9. Invest in Community:

Draw near to a group of believers who can support you, and offer your own encouragement in return.

10. Live in Hope:

Hold the promise of eternal life before you, letting it steady you in trials and reorder your priorities.

May God bless you richly as you walk this journey of faith — one faith, with room for every journey — guided always by the teaching and love of Jesus Christ.

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Thank you for spending this time with us. We'd love to keep walking alongside you — so do stay in touch, and let us know how the study went.

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