



The HOW of the Practices of Jesus?

THE PRACTICES OF JESUS

HOPE
COMMUNITY
CHURCH

‘Where I started was with connection... Because by the time you are a social worker for 10 years what you realise is that connection is why we are here, it is what gives purpose and meaning to our lives. This is what it is all about... connection – the ability to feel connected – is neurobiologically how we are wired; it is why we are here’.

Brene Brown, Ted Talk ‘The Power of Vulnerability’

Our Father

In heaven

Holy is your name

Your kingdom come

Your will be done

On earth as it is in heaven

Give us today our daily bread

Forgive us our sins as we forgive those who sin against us

Lead us not into temptation

But deliver us from evil

For yours is the kingdom, the power and the glory forever
and ever.

By this everyone will know that you are my disciples, you will love one another.

John 13.35

The Fellowship of the Believers

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.

Acts 2

When we are truly gathered into worship, things occur that could never occur alone. There is the psychology of the group to be sure, and yet there is so much more; it is divine interpenetration. There is what the biblical writers call *koinonia*, fellowship in the power of the Spirit. This experience far transcends *esprit de corps*... There comes a divine melting of our separateness.

Richard Foster (Celebration of Discipline, The Path to Spiritual Growth)


But I will not drive (your enemies) out in a single year, because the land would become desolate and the wild animals too numerous for you. **Little by little** I will drive them out before you, until you have increased enough to take possession of the land. I will establish your borders... Exodus 23.19-20

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
2	Rest	3 m run	2 m run or cross	3 m run	Rest	30 min cross	4 m run
3	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
4	Rest	3.5 m run	2 m run or cross	3.5 m run	Rest	40 min cross	5 m run
Hal Higdon 5	Rest	4 m run	2 m run or cross	4 m run	Rest	40 min cross	6 m run
6	Rest	4 m run	2 m run or cross	4 m run	Rest or easy run	Rest	5-K Race
7	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	7 m run
8	Rest	4.5 m run	3 m run or cross	4.5 m run	Rest	50 min cross	8 m run
9	Rest	5 m run	3 m run or cross	5 m run	Rest or easy run	Rest	10-K Race
10	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	9 m run
11	Rest	5 m run	3 m run or cross	5 m run	Rest	60 min cross	10 m run
12	Rest	4 m run	3 m run or cross	2 m run	Rest	Rest	Half Marathon



‘But even more blessed (happy, favoured) are those who hear the word of God and put it into **practice**’. Luke 11. 28





together,
bit by bit,
we work the plan

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