

## Handout 1

# THE ROOTS OF OUR FAITH

Post this handout somewhere you will see it daily and use it as a springboard for reflection and action in the coming week.

Reflect and act on these five “T” words throughout the week as you encounter conversations and activities in your personal life and in the life of your church. Or you may prefer to focus on a different word each day. Record your thoughts and experiences in your journal.

### 1. Inspiration

*Reflect:* How do you draw on spiritual strength in encounters with others—especially difficult people or situations? How well does your church do this?

*Act:* Pray that God might inspire you this week and use you to be an inspiration for others, and then watch for an opportunity.

### 2. Integration

*Reflect:* How are spiritual disciplines or practices a part of your daily walk? How does this enable you to respond to others in love and enter into conversations about faith? How does your church encourage and incorporate spiritual practices?

*Act:* Consider one opportunity this week where you can integrate your faith into practice. This may be a witness you might provide, a habit you need to address, or an action you can perform.

### 3. Isolation

*Reflect:* When you experience isolation, what do you do to reach out and overcome it? What opportunities exist to create or deepen relationships between your church and the community?

*Act:* Identify and reach out to one person you do not know well or do not agree with on some issue. Make a phone call, write a note, send an e-mail, or extend an invitation for coffee. Let the person know of your desire to know him or her better.

### 4. Independence

*Reflect:* How is your relationship with God? How does your daily life demonstrate your reliance upon God?

*Act:* Spend time this week praying that you might be blessed with a greater understanding of what it means to be dependent on God’s guidance and direction.

### 5. Invitation

*Reflect:* When was the last time you shared your story of faith with someone? In what ways can your church invite others to share in the story of God’s love in Christ?

*Act:* Pray that God might reveal to you an opportunity to invite someone to your church. Be actively looking for that opportunity, and pray for the courage to invite someone to join you this week.

