
FOLLOWING JESUS

LifeWORKS is a way of helping us live our lives to the full, as followers of Jesus.



Whether we've just started following Jesus, or been doing so for many years - LifeWORKS helps our faith stay fresh and real.

LifeWORKS keeps us:

- rooted in all that God has done and continues to do for us (our LifeSOURCE).
- living a life of trust, obedience, contentment, gratitude, generosity and courage (our LifeSHAPE).
- connected to God through prayer, the Bible, the help of Christian friends and living a balanced life (our LifeSTREAMS).

These three main themes of LifeWORKS guide us on the journey of following Jesus at Thornbury Baptist Church.



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LifeWORKS

staying in shape as a Christian

How is my Life?

LifeSHAPE

live for God

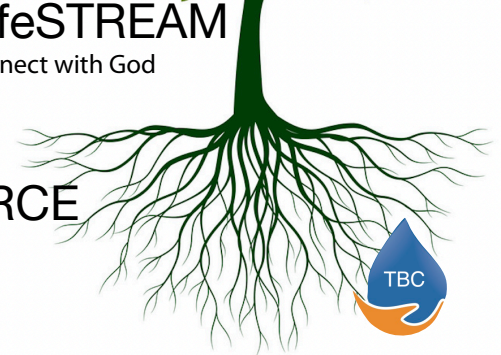


LifeSTREAM

connect with God

LifeSOURCE

rooted in God



Questions

for personal reflection

for prayer

for discussion with others



This booklet contains questions for each part of the LifeWORKS journey of Christian discipleship.

There are questions to help you reflect on:

- Your relationship with God (your LifeSOURCE)
- Your daily life (your LifeSHAPE)
- Your ways of connecting with God (your LifeSTREAMS)

LifeWORKS is a life-long process, so don't attempt all of the questions at once! You could:

- Think about one question a day, perhaps as part of your time with God.
- Take the booklet on a walk or to a coffee shop and reflect there.
- Share them in conversation in your LifeGROUP or with a friend.

Talk to God as you think about the questions, and let him speak to you about any course of action he might want you to take.

Prayer
Scripture
Christian community
Rest & recreation

LifeSTREAM

connect with God



ABOUT this Stream: Hearing God's call to rest is a key to physical, mental and spiritual health.

Rest & Recreation

- What significance do I attach to my work (paid or unpaid, at home or elsewhere)?
- How is worship expressed, daily and weekly?
- How valuable is it for me to encounter God in creation?
- Where do I express my creativity?

BIBLE: The Lord is my shepherd;
I have all that I need.
He lets me rest in green meadows;
he leads me beside peaceful streams.
He renews my strength. Psalm 23:1-3

Prayer
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LifeSTREAM

connect with God



ABOUT this Stream: To stay in shape we need the help and encouragement of others on the same journey.

Christian Community

- Who are the friends with whom I share my LIFEWORKS journey? What is happening in these relationships?
- How does joining with a worshipping Christian community work in my life?
- Where am I serving others, and being served in God's family?
- How can I deepen my engagement with others in prayer?

BIBLE: So encourage each other and build each other up, just as you are already doing. 1 Thessalonians 5:11

The Father's love and mercy
Jesus' sacrifice and friendship
The Spirit's power and leading

LifeSOURCE

rooted in God



ABOUT this Source: Being a Christian is to be drawn into the loving arms of our heavenly Father.

God the Father

- What does it mean to me that God loves me, right here, right now?
- Do I find it easy or difficult to believe that God is kind?
- What questions do I have for God at the moment?
- Am I making room to enjoy God's closeness?

BIBLE: The Lord always keeps his promises; he is gracious in all he does.
The Lord helps the fallen and lifts those bent beneath their loads.
The Lord is righteous in everything he does; he is filled with kindness.
The Lord is close to all who call on him, yes, to all who call on him in truth.
Psalm 145: 13,17,18

The Father's love and mercy
Jesus' sacrifice and friendship
The Spirit's power and leading

LifeSOURCE

rooted in God



ABOUT this Source: A deep appreciation of Jesus's life, death and resurrection is at the very centre of staying in shape!

Jesus

- How is the life of Jesus serving as my inspiration at the moment?
- What does it mean to me that Jesus is my Saviour?
- How does my life demonstrate that Jesus is my Lord?
- Am I joining with others to encounter Jesus in bread and wine?

BIBLE: And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness. Colossians 2:6-7

Prayer
Scripture
Christian community
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LifeSTREAM

connect with God



ABOUT this Stream: To stay in shape we need to listen carefully and regularly for everything that God says to us.

Scripture & Learning

- How has God spoken to me through Scripture recently?
- Is my use of the Bible realistic and life-giving? If not, what might change?
- What am I learning from sources other than scripture (creation, reading, conversations with others etc)?
- What would I like to know more about and how could I achieve this?

BIBLE: ... The holy Scriptures... have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus. All Scripture is inspired by God and is useful to teach us what is true and to make us realise what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. 2 Timothy 3: 15,16

Prayer
Scripture
Christian community
Rest & recreation

LifeSTREAM

connect with God



ABOUT this Stream: Making time to enjoy God's presence, to speak to him and listen for his voice should be a pleasure - and priority!

Prayer

- What forms of prayer help me encounter God at present?
- What is the current rhythm of my prayer life (over the past month)?
- Can I recall any recent answers to prayer?
- Does fasting play a part in my life?

BIBLE: Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6

The Father's love and mercy
Jesus' sacrifice and friendship
The Spirit's power and leading

LifeSOURCE

rooted in God



ABOUT this Source: The gift of the Holy Spirit makes God real to us, transforms us and empowers for living faithfully.

Holy Spirit

- How is the Holy Spirit opening my eyes to God?
- Which gifts and abilities has the Spirit recently inspired me to use for others?
- Am I aware of the Spirit challenging or directing me at the moment?
- Where is God's power at work in me?

BIBLE: I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. Ephesians 3:16-18

LifeSHAPE

live for God



Trust and Obedience
Gratitude and Contentment
Generosity and Courage

ABOUT this Shape: Our ability to control our lives is limited, and so being able to trust God is a comfort and source of strength!

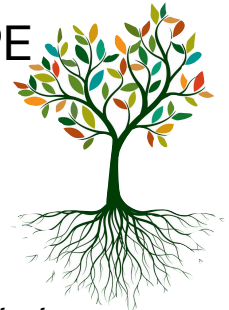
Trust

- In what ways do I currently experience God's love for me?
- In which areas of my life would I like to trust God more?
- Are there things that God seems to want me to trust him for in greater measure?
- Where do I need faith for my future? Are there blockages to trusting God for this?

BIBLE: Trust in the Lord with all your heart;
do not depend on your own understanding.
Proverbs 3:5

LifeSHAPE

live for God



Trust and Obedience
Gratitude and Contentment
Generosity and Courage

ABOUT this Shape: Jesus call us to a life of courage: standing up for justice, standing out for God and speaking up for him.

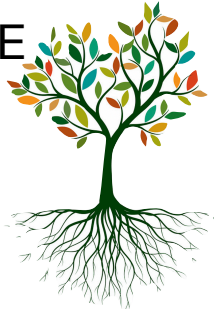
Courage

- When I last had a clear opportunity to talk about my faith, did I respond or ignore the opportunity?
- How am I 'living the Gospel' and doing what is right in situations where there is the pressure to do otherwise?
- In what ways can I stand up for righteousness or confront injustice on my frontline?
- Am I aware of fear holding me back in any area of my life?

BIBLE: Be on guard. Stand firm in the faith.
Be courageous. Be strong. And do everything with
love. 1 Corinthians 16:13,14

LifeSHAPE

live for God



Trust and Obedience
Gratitude and Contentment
Generosity and Courage

ABOUT this Shape: Jesus was radically generous, giving his very life for others - and he calls us to be the same!

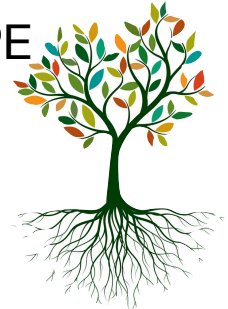
Generosity

- In what ways have I been generous with my time recently?
- In what ways have I been generous with my money and possessions recently?
- In what ways have I been generous with my gifts and skills recently?
- In what ways am I generous with those whom I feel don't deserve it?'

BIBLE: I say, love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you. If someone slaps you on one cheek, offer the other cheek also. If someone demands your coat, offer your shirt also. Give to anyone who asks; and when things are taken away from you, don't try to get them back. Do to others as you would like them to do to you. Luke 6:27-31

LifeSHAPE

live for God



Trust and Obedience
Gratitude and Contentment
Generosity and Courage

ABOUT this Shape: Obedience is the sign that we love and trust God. Our greatest joy is found in giving him pleasure!

Obedience

- How does my love for God express itself in my life?
- Are there specific areas in which I am consciously obeying God?
- What positive impact does my following God have on myself and on others?
- Where am I being challenged to greater obedience? How am I responding to that challenge?

BIBLE: Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." John 8:31,32

LifeSHAPE

live for God

Trust and Obedience
Gratitude and Contentment
Generosity and Courage



ABOUT this Shape: God's call to learn contentment and live simply is an antidote to stress and anxiety.

Contentment & Simplicity

- Where am I content with God's provision and where am I discontent?
- Are there ways in which simplifying my life would help me be more contented?
- Are there aspects of my life where I should rightly feel discontented? What are they and how can I address them?
- How can I find contentment in those areas of my life that are changing or challenging?

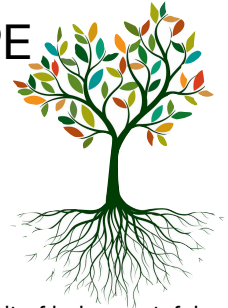
BIBLE: Yet true godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content.

1 Timothy 6:6-8

LifeSHAPE

live for God

Trust and Obedience
Gratitude and Contentment
Generosity and Courage



ABOUT this Shape: Developing the habit of being grateful for all of God's good gifts is good for the mind and for the soul!

Gratitude

- What do I have to be grateful for in my spiritual life?
- What do I have to be grateful for in my working life?
- What do I have to be grateful for in my family and other relationships?
- What do I have to be grateful for in my possessions and circumstances?

BIBLE: Always be joyful. Never stop praying.

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:16-18