

Making evangelism a way of life.

Getting the most out of teaching.

PODCAST OVERVIEW

Teaching resource (what is it there for?)

It **isn't** there ...

1. To increasing your knowledge and information base (though that is a beneficial thing).
2. To make you feel inspired and warm and fuzzy every week (though that isn't a bad thing to happen).
3. To be agreed or disagreed with or as a resource for a debate.
4. Regurgitation of the material verbatim.

It **is** there...

1. To resource your conversations primarily with God about your life lived with mission and evangelism becoming second nature in your day in day out living.
2. To help us in our meet up have conversations that begin to move all of us towards an active commitment to mission and evangelism.

We want to hear about anything that God may have brought into awareness for you. To hear what stirred in you, what it motivated. To know that you took what you heard and converted it into how it will impact on your attitude or your action.

In summary

This weeks teaching has made me aware that _____

Therefore my question is, how then shall I live?

A practical guide.

1. Don't listen to the podcast half an hour before you go to your meetup. Try and listen at the very least the day before.
2. Have ready a means of taking notes that works for you. You can do this in two ways. Journal or print the notes (*most weeks will have an accompanying set of notes*) and write onto these.
3. Download the podcast or listen online. Some weeks are videos not just audio.
4. Have headphones. It helps make a podcast easier to hear.
5. Pray. Ask the Holy Spirit to draw into your own awareness what the Spirit would love you to see or hear.
6. Listen to the podcast and take notes. Record what grabs your attention and why. Be

open to God speaking to something that irritates you as well as what inspires you.

7. At the end of note taking, identify your one or two things that are worth bringing to your meetup.

Point 8 - 12 are to help you find your one or two things to bring to your meetup. They are available to print separately to this so you can use them each time you listen to the teaching. *You can find the podcast listening guide on the same page as the podcast this week.*

8. Awareness

Record what thoughts, feelings or attitudes are floating around your head after listening to the podcast. Record these very simply as bullet points and **take no more than 1 minute to do this**. A healthy brain holds between 4 and 7 dominant thoughts at any given time. So what 4 - 7 thoughts are you aware of as a result of what you have heard?

9. Attention

Pick one of your 4 - 7 thoughts that you want to give more attention to and begin to journal. Some questions that you might want to use to kick start the process could be, Why this thought, what is it there for? Is it part of a bigger network of thoughts, experiences or conversations I've had in the past or recently? What emotions are attached to it? A really challenging pair of questions might be, If I pursue this to its conclusion what will it cost me/What will its gain be? **Take no more than 4 minutes**. The brain can do a lot more in 4 minutes than we would give it credit for.

10. Amend

Read over what you have written. Ask the Holy Spirit if anything needs to be amended, added or removed (after all, his thoughts are not our thoughts). Write this down. **Take no more than 1 minute for this**.

11. Apply

You have reached the point where you can answer the earlier question. How then shall I live? Apply has two parts to it.

The first part is awareness. Not the one you started with but your new one now that you've examined it a bit more. Think of it as a conclusion or perhaps the bit of gold or pearl that you've uncovered after all the digging around. Write down in a sentence what you've become aware of. Again, **no more than 1 minute is needed**. This is what you should bring along to your meetup. When explaining it at your meetup its ok to briefly give the background to how

you got to this point.

The second part you can do during or after your meetup. It is also awareness, what awareness do others have that might release even more value to your gold or the pearl you've discovered. Allow them to see and to hear for you. With this extra input and with the help of the Holy Spirit you get to answer the question... HOW THEN SHALL I LIVE? I find it helpful to break it down into 4 or 5 next steps, the first being achievable in the next week. Sometimes what we become aware of is more complex than a simple, 'this week I will...'. Remember this might be about a heart/attitude shift as well as, or instead of, an action/doing response.

12. Ask

Take your summary sentence and repeat it as a prayer until you listen to the next weeks teaching.

REMEMBER. YOU DON'T NEED ANY MORE THAN 7 MINUTES. AIM TO REDUCE IT TO THAT IF YOU ARE A ZEALOUS PROCESSOR AND LOVE JOURNALING.

Your 7-10 minute exercise this week.

Use your experience to date of Xplore/Reunion or the experience of hearing the faith stories in your meetup. Treat this as though the podcast and have a go at the 5 steps outlined above/on the podcast. Use the '**a podblast**' provided on the same page as the podcast.

When you gather together in your meet-up.

The space that we want to carve out needs to be;

1. **Welcoming.** A sense that you and the others belong.
2. **Safe.** Otherwise who'd ever take a risk. Practice confidentiality.
3. **Significant.** Your time and presence is valuable so speak and do the things that come from or arrive into that which is significant. Treat everyone as present even if they can't be with you.

A few last thoughts

1. Do you understand? If not ask, either in your group or get in contact with Neville, Emma or David.
2. As the year goes by you will be reaching moments where you know what you next need to do in mission and evangelism. Self commitment is tough and often withers from pressure, distraction, fear or too much information. Who in your reunion community can you ask to check in with you? It won't always be the same person, it's the one who resonates with your 'action plan'. They don't hold you accountable, you hold yourself accountable. They are there to challenge you when you don't bother with your commitment, to motivate you when it feels too hard. To laugh with you when it goes wrong. To pray for you throughout. Time bound it so it isn't a 'for life' thing!
3. When committing to an action, break it down into 4 or 5 next steps. The best way to write these and share them is to think what will it look like so I know it is happening?
4. Paul in Acts 15 describes a decision as seeming good to them and to the Holy Spirit. Keep checking in, teasing things out with this community and with God.