



DIOCESE of
WINCHESTER

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DIOCESE of
WINCHESTER

SHARING **GOD'S** LIFE

2018 Lent course

for the
Diocese of Winchester

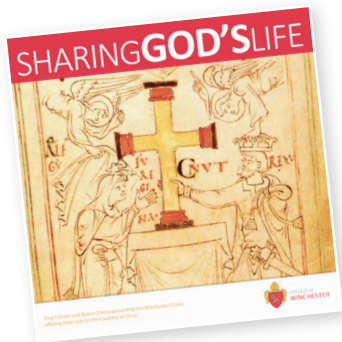
PARTICIPANT'S GUIDE

Welcome to the course!

You may never have heard of a 'Rule of Life'
(sometimes called a 'Rhythm of Life'),
or you may have had one for years – it doesn't matter.
This is a journey for everyone, as we respond together
to God's grace, and go on learning to say
YES to Jesus Christ.



The course is based on the Diocesan leaflet, **'Sharing God's Life'**, and you can find all the leaders' material and handouts on the Diocesan website: winchester.anglican.org/lent-course-2018/



- The first session emphasises the importance of establishing who we are by God's grace, and clarifying our individual calling as Jesus' disciples.
- The middle three sessions closely follow the content of the 'Sharing God's Life' leaflet.
- The last session is more of a workshop, as you move towards your first commitment – which might have a group aspect.

Use this leaflet to make notes as you go along – then by the end you will have a clearer picture of what the Spirit is saying...



Session 5. **YES to fruitfulness**

(A personal Rule of Life)

Loving: I will...

Living: I will...

Serving: I will...

When will I review this commitment?

With whom?

Session 2.

Loving God & self, family & friends

(Loving)

New ways of LOVING:

Horizontal lines for writing notes.

Session 3.

Living God's life together

(Living)

New ways of LIVING:

Horizontal lines for writing notes.