



As One Body

Begin with a time of stillness and waiting on God. Share how you feel about some of the pain in your life. (20 minutes)

Relationship with our community

The picture of Community given in Acts 2:42–47 is compelling and refreshing. Read it now, out loud. The main elements that it brings out are the devotion to the apostle's teaching, fellowship, the breaking of bread and to prayer.

What is our own balance in and experience of these four areas in our lives?

The Apostle's teaching embraces that body of teaching which unfolds God's involvement in our lives and that which came through the life and sacrifice of Jesus our Lord. It makes for interesting and invigorating study as it is so intimately connected with our own struggles for meaning and identity, our joys in exploration and discovery.

Fellowship has worn thin as a word to express the multi-layered feast of relationship that is possible in the body of Christ. For many, the rhythm of intimacy and communion, celebration and mourning has been lost.

The Breaking of Bread is the focal point of our worship together. It is the reliving and remembering of Christ's Gift to us, that unique and tender drawing of humanity to Godself which has so transformed our world and our experience.

Devotion to prayer carries for us many different connotations. It is in our community context that we explore and develop, share and use our abilities in prayer. It is our personal devotion knit together with one another to form that weave of a community's devotion to its Lord.

Reflect for fifteen minutes on your own faith community and how far it has developed in the above areas and any other you may think of.

- What part do you feel you play? Is this where you see your abilities or strengths to lie?

Journal and share with your group.

At home this week, continue with your exploration of your church community. If specific areas of weakness or need emerge, you may think of discussing them with someone from your church.



Sergio Milandri has a Masters in Personal Formation and has been a relationship mentor in South Africa for over 25 years. He and his wife, Elizabeth, live in Hout Bay, Cape Town, and run the Sans Pareil Retreat Centre from there. **For more material visit www.relating.com or email sergio@relating.com**