



Way of Life

Ideas for stations that allow people to reflect and respond to each of the four directions Up, In, With and Out of the Way of Life

Up

For this station the idea used was that of balloons ascending upwards. Therefore ideally helium balloons could be used, but normal balloons will suffice.

Equipment

Balloons
String
Drawing pin/blue tack
Speech bubble post-it notes
Pens

Reflection Questions

- How do you grow your relationship with God?
- How do you respond to God's love for us?
- How do you put God first in your life?

Commitment Question

- What commitments could I make to share the love of God with others in both word and deed?



In

For this station a door is used to think about our journey in. Practically any door will do, but be careful it is not an access door or fire escape. The more interesting the door the better.

Equipment

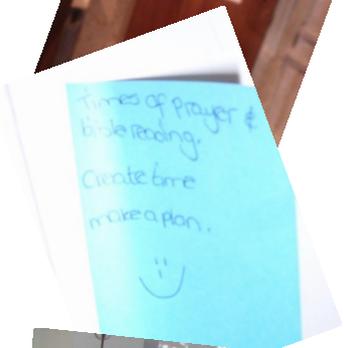
Door
Rectangle post-it notes
Pens

Reflection Questions

- How do you grow as a Christian?
- How often do you read and study the Bible?
- How do you create a balance with the demands on your life?

Commitment Question

- What commitments could you make to help you grow as a Christian and to deepen your relationship with God?



With

For this station large 'paper chain' style figures were used to create the image of being alongside one another in our spiritual journeys.

Equipment

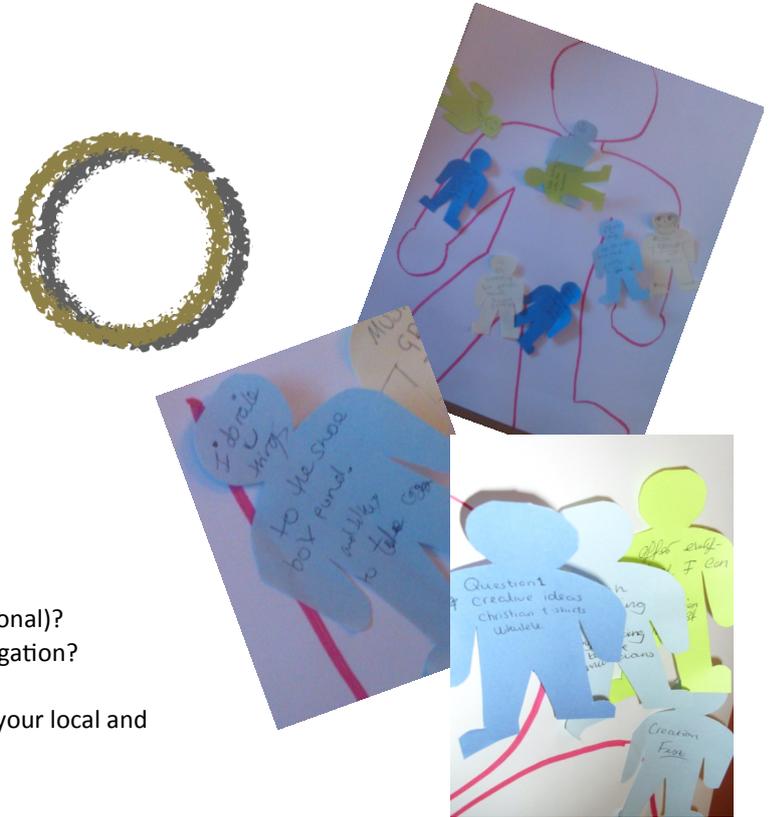
Large figure drawn on card (or picture of people)
People shaped post-it notes (cut from normal post-it notes)
Pens
Blue tack/ drawing pins

Reflective Questions

- How do you use your gifts within your local church?
- How do you get involved in the wider church (inter/national)?
- How do you get to know other members of your congregation?

Commitment Question

- What commitments could you make to work with both your local and the international church community?



Out

For this station an OS map of the local area was used with the aim of looking out into the local community and beyond.

Equipment

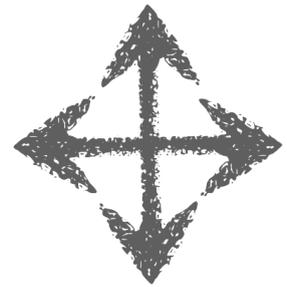
OS map
Arrow post-it notes
Pens
Table

Reflective Questions

- How do you share your faith with others?
- How do you serve your local community?
- How do you look after God's creation?

Commitment Question

- What commitments could you make to support and share your faith with your community?



- These stations were designed for use with young people, you may want to change some of the ideas, questions and commitments to better suit your group.
- It is helpful to have a table or ledge by each station for people to write on.
- Do allow plenty of time for circulation, reflection and response. We discovered that people would look at all the stations and then return.
- We asked an additional question relevant to our consultation, so do consider this ie suggestions to the way forward with WOL or if interested in Way groups/ home group etc