



St Andrew's & All Saints

Partnering with God in the flourishing of our communities

**How to get 'unstuck' and how to
help others do the same**



STUCK!

We Discovered a Spiritual Continuum

"I believe in God, but I am not sure about Christ. My faith is not a significant part of my life."

"I believe in Jesus and I am working on what it means to get to know him."

"I feel really close to Christ and depend on him daily for guidance."

"My relationship with Jesus is the most important relationship in my life. It guides everything I do."

Exploring Christ

Growing in Christ

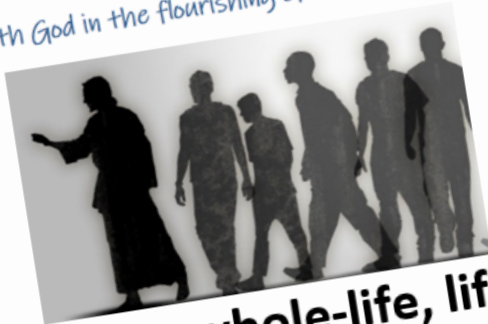
Close to Christ

Christ-Centered

Chart 2-1: This framework emerged in our original research as the most powerful predictive description of how people grow spiritually. We discovered that spiritual attitudes and behaviors increase significantly in frequency and intensity as people move across the continuum.

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Growing as whole-life, life-long disciples of Jesus

disciples of Jesus

As a church we are committed to helping each of us grow as disciples

Read the go	the Al

To learn to

- To learn to
- **BE WITH Jesus** - to know him and
 - **BECOME** more like him
 - **LIVE** like him
- my discipleship journey?**
- I believe and I'm investigating
 but I'm still exploring
 Jesus is.

- **BE WITH Jesus** - to know him and
- **BECOME** more like Jesus
- **LIVE** like Jesus

Where am I in my discipleship journey?

I am not sure what I believe and I'm investigating
 I may come to church, but I'm still not committed
 It's all about me and who Jesus is for me

- ## -long
- How as discipline
- ### Possible Next steps
- Read the gospels – pick up one from the back of church if you need to.
 - Join the Alpha or Start! Course
 - Use the 'Try Praying' booklet or app to start praying - www.trypraying.co.uk
 - Come along to church and ask God if he is there, to show you
 - Join a Life Group to 'try it out'
 - Learn more about the basics of faith and how to live as a Christian.
society.org.uk/explore-the-bible/the-bible-course/
 - Pray regularly and connect with others.
 - Learn more about the basics of faith and how to live as a Christian.
society.org.uk/explore-the-bible/the-bible-course/
- are not already...ing, praying, serving, giving)
openness to the Holy
are

Possible Next steps

Next steps
 If you need to, contact your local church or the
 website www.trypraying.com

www.trypraying.co.uk

Exploring Faith

am I in my discipleship journey?

Choosing Faith

I believe in God and have made a choice to become a Christian, but at the moment I may be still working out what it means to live as a Christian and 'have a relationship with Jesus.' Faith does not currently have a big impact on my life. I may pray to ask for help from God when I need it.

Following
Jesus

I'm growing in my relationship with God and wanting to follow Jesus. I try to pray and read my Bible when I can, and want God to be part of my life. My faith is important to me and does have some impact on my life and the decisions I make. I am trying to think how God might use me and have an impact out on my self Monday - Saturday.

- Join a Life Group to 'try it out'
- Come along to church to 'try it out'
- Come along to church to 'try it out'
- Seek to develop regularly
- Attend church rhythms of prayer & worship
- Come on Alpha to learn more about the basics of faith
- Join a Life group to learn and connect with others.
- Try the Bible Course www.biblesociety.org.uk/explore-the-bible/the-bible-course
- Consider confirmation/baptism if you have not already.
- Find ways to be involved in church life (worshipping, praying, serving, giving)
- Develop daily patterns of prayer, reflection on scripture & openness to the Holy Spirit
- Join & become a committed member of a Life Group
- Have a 'frontline visit' to discuss how God might be using you where you are
- Find friends to share with, pray with and be people who can 'spur you on'.
- Meet up with a church leader to explore your giftings and passions and where you can serve/minister in the church
- Sharing faith course (coming soon!) and attend prayer ministry training session
- Find ways to serve alongside others in different ministries in or outside the church
- Regularly meet with other Christians to be accountable to and to spur one another on
- Reflect on how God is using you on your frontline (see the LCC's '6M's') with
- Is He at work? What is he calling you to be or do next?
- Attend prayer ministry training sessions.
- Share what God is doing in your life and share with others.
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St Andrew's & All Saints Discipleship Survey

As a church we are committed to helping people grow as disciples. As part of that, we'd love at the start of this year, to find out anonymously where people are on their discipleship journey, and to hear from you the challenges you face and the support you need. This will help us be more effective as a church at discipling and planning our programmes. So we'd love to invite you to fill in this questionnaire. Please don't put your name on it and do be honest so that we can get an accurate snapshot of where people are and the support they need. We will feed back the results of this in due course. Thanks for being willing to take part.

1) General information (please fill in what you are comfortable with – the more you do the more it will help us discern needs of different groups):

a) Age:

Under 18 ☐ 18-30 ☐ 31-50 ☐ 51-70 ☐ Over 70 ☐

b) How would you best describe yourself (tick all the boxes which apply to you):

Male	
Single	
No children	
Children left home	
Home maker	

Female	
Widowed	
preschool children	
In paid work	
Student	

Married	
Separated/divorced	
primary or secondary children	
not in paid work	
Retired	

c) How long have you been a Christian?


☐ Less than 1 year
☐ 1-3 years
☐ 4-10 years
☐ 10-20 years

☐ 20+ years
☐ I wouldn't consider myself to be a Christian yet.

2) Spiritual Habits: How often, on average do you...

Daily	Several times a week	Once a week	Several times a month	Once a month	Several times a year	Once a year	Less often	never

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Faith Journey	Whole Church	Whole church %
Exploring Faith		
Choosing Faith		
Following Jesus		
Sent by Jesus		
Jesus-Centred		
Stuck or Grown Cold		
Total	173	100%

St Andrew's & All Saints

Faith Journey	Whole Church	Whole church %
Exploring Faith	4	2%
Choosing Faith	13	8%
Following Jesus	62	36%
Sent by Jesus	39	23%
Jesus-Centred	26	15%
Stuck or Grown Cold	29	17%
Total	173	100%

Why do people get 'stuck'?

Why do people get 'stuck'?

- **Theology does not 'seem to fit' any more**
 - Wrong view of God?
 - Does not work... grey not black and white
 - Incorrect theology 'If you become a Christian all your problems will be solved'
 - Doubts
- **Disappointment from the past**
 - Unanswered prayer
 - Tragedies of the past... where was God?
 - Events don't fit our 'worldview of God'

Why do people get 'stuck'?

- **Current Life events & life transitions**
 - Stress/Depression
 - Marriage crises
 - Struggles and suffering
 - Life transitions... kids arriving, leaving home, retirement, moving to a new area
 - Mid-life crisis becomes a 'faith crisis'
 - We blame God for things that have not gone right

Why do people get 'stuck'?

- **Sin and wrong choices**

- Blockage to God & hardened heart
- Deliberate disobedience (Romans 1:24 'Therefore God gave them over...')
- Unforgiveness

- **Detached ourselves from God**

- we are not meeting God in 'Holy habits'
- We have detached from God - God is there but we have moved...
- Isolated ourselves from other Christians
- Lack of obedience... subtly, gradually creeping away from God

- **Sometimes God just feels distant**

Why do people get 'stuck'?

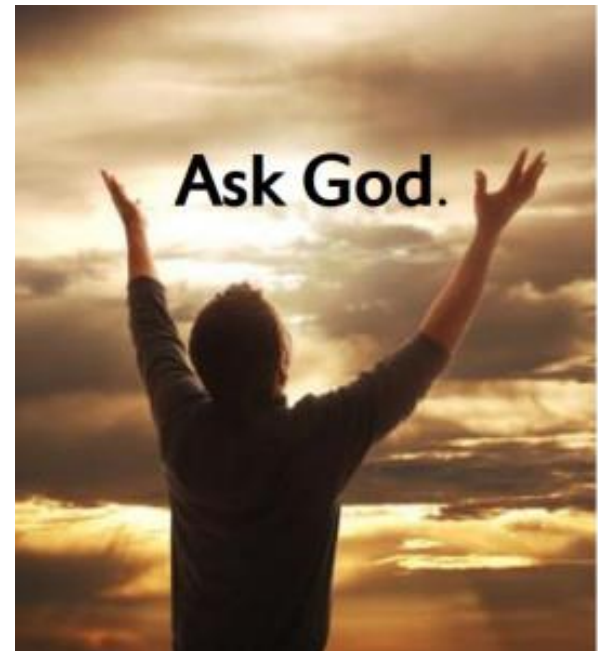
- Theology does not 'seem to fit' any more
- Disappointment from the past
- Current Life events & life transitions
- Sin and wrong choices
- Detached ourselves from God
- God just sometimes feels distant
- Other?

Reflect for a moment... do you relate to any
of these?

12 ways to get unstuck

1) Be honest and real with others and God

2) Ask God ‘Why am I stuck and what can I do about it?’



12 ways to get unstuck

- 3) Hold tight and let others support you
- 4) Find someone to journey with you
- 5) Connect up in community again (Life groups etc.)
- 6) Consider more in depth prayer ministry/
counselling



12 ways to get unstuck

7) Confessing and repenting of the blockages (with others where necessary)

8) Getting back into holy habits (even if we don't feel God is there)

9) Exploring new ways of encountering God

10) Reflect on your image of 'Who God is?' & 'How He sees you?'



12 ways to get unstuck

11) Step out again... and take a risk with God

12) This Lent review your journey with the 'Discipleship MOT' and have a '1-2-1 conversation'



Discipleship

MOT

Reflecting on your journey as a whole-life,
life-long follower of Jesus

An Invitation...

As a church we'd love to invite all of us this Lent, to take a little time out with God, to reflect on our discipleship journey. Whether we feel 'stuck' or whether we are excited about what God has been doing, or somewhere in between, this is a chance for each of us to offer ourselves to God afresh and allow him to continue to grow us and transform us. We encourage you to use this leaflet however it best works for you – some will find it useful to take a chunk of time out to go through it all step by step, for others all God might want you to reflect on is the first question! So be open to the prompting of the Holy Spirit and use it however it best suits you. We've provided some blank spaces for you to make notes of your reflections. You might also like to refer to the 'Discipleship Journey' sheet (you can download it here <http://www.standrewsandallsaints.org/discipleship-resources/>) with next steps on that we gave out at church a few weeks ago as you fill this in. If it is of help to you, we'd love to provide someone for you to reflect with and pray this through with in the form of a '1-2-1 Discipleship conversation' after you have been through with this MOT (you only need share with them the bits of this that you feel comfortable about sharing).

The reflection is shaped around our definition of a disciple:

- A disciple is someone who, by God's grace is learning to:
 - BE WITH Jesus - to know him and walk with him in the whole of life
 - BECOME more like Jesus – to become more Christ-like in our character.
 - LIVE like Jesus – to live how Jesus would in our context, off-ontline.



UP



BE WITH Jesus
*to know Him and to
walk with Him*

3D

Discipleship
Learning to...

LIVE like JESUS
in our context, on
our 'frontline'



OUT

IN



**BECOME more
like JESUS**
in our character

And remember...

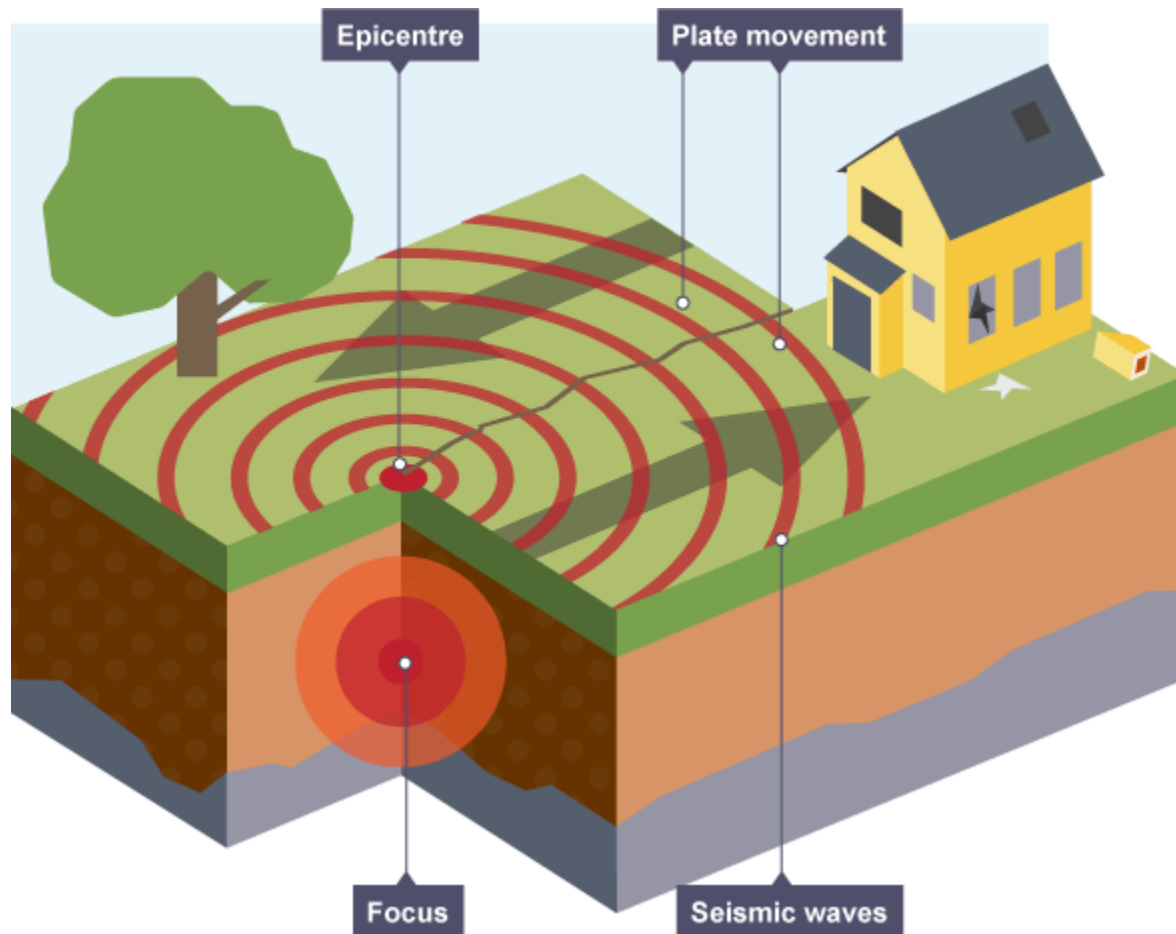
- We all get stuck at times – Bible is full of it.
- Great Christians too - Mother Theresa



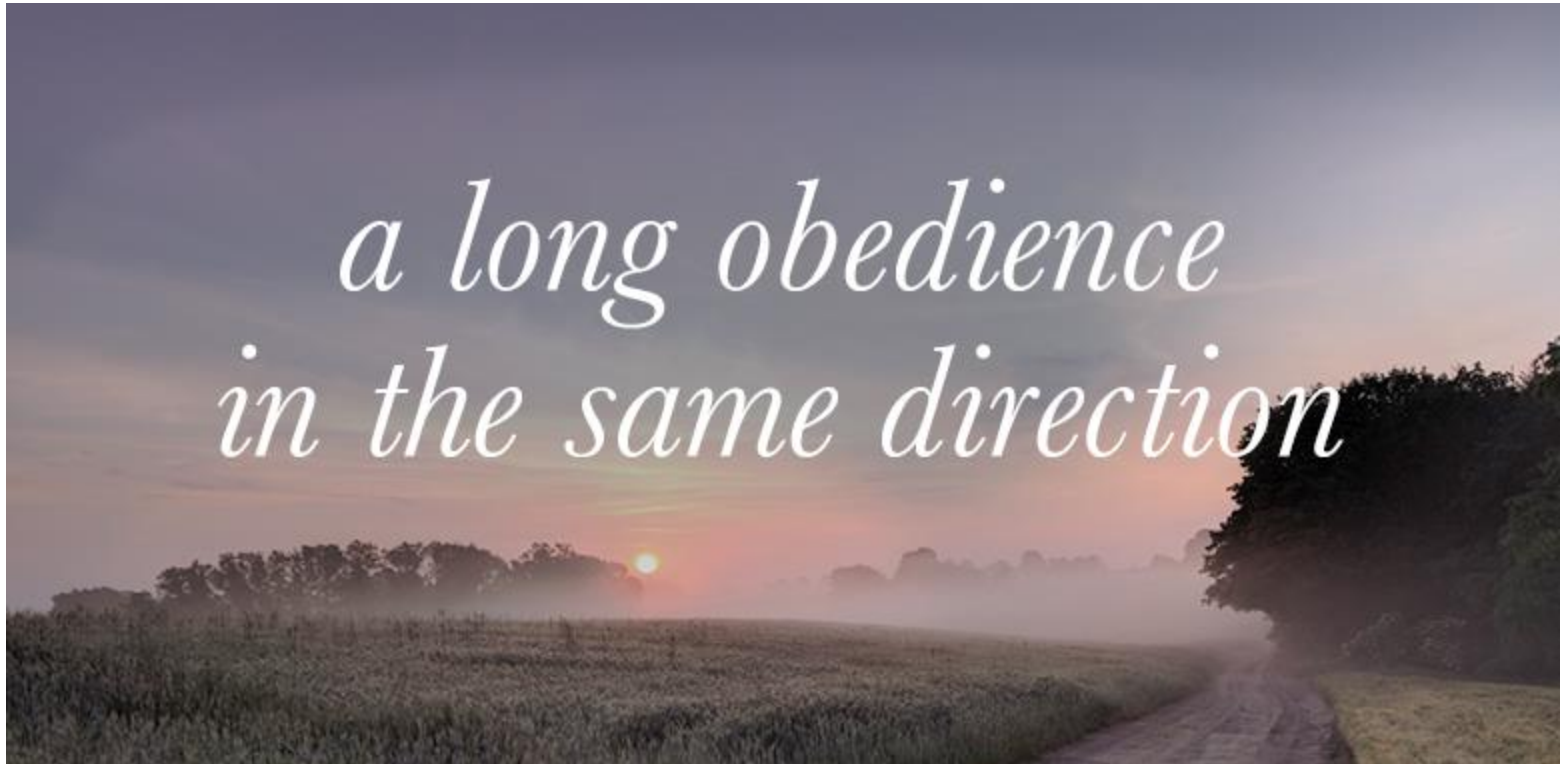
"Please pray specially for me that I may not spoil His work and that Our Lord may show Himself — for there is such terrible darkness within me, as if everything was dead," she wrote in 1953. "It has been like this more or less from the time I started 'the work.'"

"I utter words of community prayers — and try my utmost to get out of every word the sweetness it has to give — but my prayer of union is not there any longer — I no longer pray."

Stuck-ness can lead to an earthquake of change!



Discipleship is...



*a long obedience
in the same direction*

Eugene Peterson

So keep on walking...