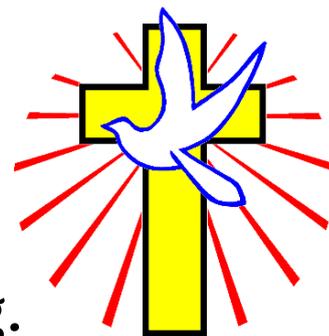


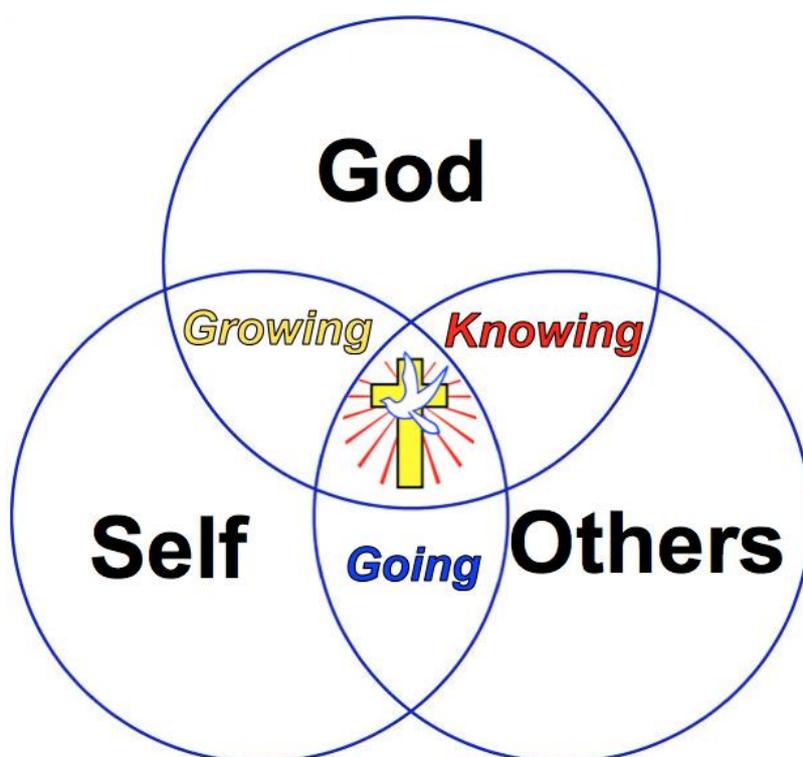
Christ Church, Epsom Common

living well



A pattern for healthy holistic living.

“I have come that they might have life, and have it abundantly!” (John 10:10)



This booklet invites each of us to develop a conscious and individually-tailored plan to keep God, as revealed in Christ, at the centre of everything we do. To assist us in constantly seeing God as the source of our being, it offers examples of spiritual and other practices to provide structure and direction for our lives, helping us to pay proper attention to God and the world around us – and to “**live well**”.

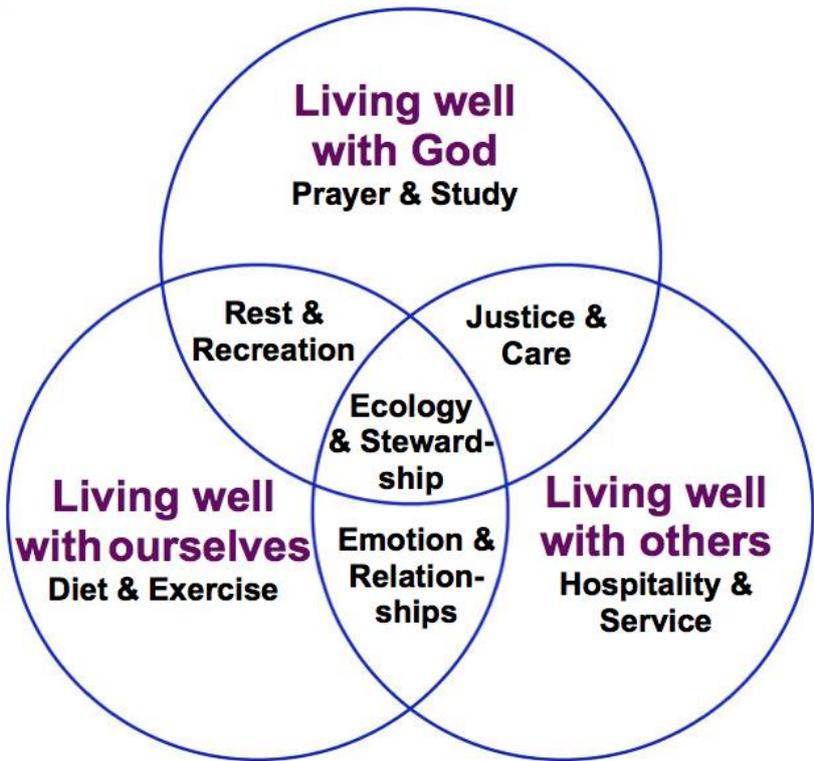
While God has made each of us unique, we believe at Christ Church that we share a three-fold mission: **Knowing** God in Christ; **Growing** in his likeness; and **Going** out in love and service.

How each of us gets there will vary depending on our individual personalities, gifts, circumstances and callings. In addition, God will have different practices and emphases for different phases of our lives. *For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. (Jeremiah 29:11)* Nevertheless, as a community of love at Christ Church, we have committed to forming the kind of “Holy Habits” that lead to us **living well**.

living well is not to be viewed as a ‘to do’ list – and it is certainly not an exhaustive pattern. It simply provides the framework of a discipleship programme to help us live in Christ and become spiritually more fruitful.

There is a lot of overlap in **living well** with God, others and ourselves. The diagram below shows seven key areas for developing Holy Habits, each of which is explored in more detail on the following pages. But only you can decide what works best for you, and you are invited to do so on the final page.

Live faithfully in the life God has given you.



1: Prayer and Study

“I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,”

Ephesians 1:18

Daily

- Use the ‘Sacred Space’ app or another online resource e.g. www.franciscans.org.uk Or <http://daily.commonworship.com/daily.cgi>
- Try a simple daily Examen www.ignationspirituality.com
- Count your blessings or practice thankfulness
- Use the Lectionary, ‘Call to Pray Cycle’ or Daily Bible Study notes (*Pick up at back of church*)
- Listen to the news and or read a newspaper and pray about the key issues

Weekly/monthly

- Attend corporate worship
- Attend a fellowship Group
- Have a longer time for stillness, prayer or meditation

Annually

- Go on a retreat
- Visit a pilgrimage site
- Attend a Christian conference or festival
- Learn a new skill

2: Rest and Recreation

“Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”

1 Peter 3:4

Daily

- Turn off your phone, computer, radio/TV for a while and focus on your breathing
- Spend 10mins listening/observing the world around you
- Get enough rest

- Monitor work/life balance

Weekly/monthly

- Make something or read a book
- Catch up with friends/family
- Have some 'me' time and do something you really enjoy
- Do nothing but watch the clouds/stars

Annually

- Go on a day trip to a favourite place
- Take a holiday or a short break if you can
- Attend something that will inspire you e.g. concert, art gallery, theatre, walk in the country, or thought-provoking talk.

3: Ecology and Stewardship

"The earth is the Lord's, and everything in it."

1 Corinthians 10:26

Daily

- Show care for your immediate environment e.g. feed the birds or pick up litter
- Recycle as much as possible and decrease use of paper
- Use less non-renewable energy

Weekly/monthly

- Water the plants
- Avoid waste by planning shopping
- Appreciate Epsom town and nature
- As much as possible, shop and bank in an ethical and environmentally friendly way
- Support local shops, projects or charities

Annually

- Plan responsibly for larger expenses/taxes
- Review giving to charities/church
- Volunteer with the Epsom Common Association or another conservation group

4: Diet and Exercise

"Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come."

Timothy 4:7b-8

Daily

- Drink plenty of water
- Eat regularly and as healthily as possible
- Take breaks, move around and get some fresh air

Weekly/monthly

- Drive less/walk or cycle more
- Get your heart pumping!
- Have a meat or alcohol-free period

Annually

- Set a health/fitness challenge
- Keep up with regular health checks
- Fast/detox

5: Emotions and Relationships

"So, if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation;" Corinthians 5:17-18

Daily

- Practise patience
- Be aware of things that are important to you
- Deal with issues, don't let them fester

Weekly/monthly

- Practise focused listening skills (to God, yourself and others)
- Make distinct time for the significant people in your life
- Cultivate friendships

- Talk more, text/email less!

Annually

- Assess what do you need to stop/start doing
- Cherish life
- Get support from a counsellor/life coach /mentor /soul friend

6: Hospitality and Service

“Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it.”

Hebrews 13:2

Daily

- Practise ‘random acts of kindness’
- Be willing to put yourself out for others and seek opportunities for extending a smile or a helping hand

Weekly/monthly

- Extend friendship or support to someone, invite them to an event or meal
- Get to know your neighbours
- Volunteer for something that won’t benefit you
- Have a conversation with someone you don’t know

Annually

- Befriend or invite elders, isolated members or young families for a meal
- Collect for a worthy cause
- Welcome new members

7: Justice and care

“Learn to do good; Seek justice, Reprove the ruthless, Defend the orphan, Plead for the widow.”

Isaiah 1:17

Daily

- Speak carefully and respectfully
- Be inclusive and welcoming
- Make a stand against gossip, violence or intolerance

Weekly/monthly

- Be prepared to challenge corruption in politics or business
- Write campaigning letters or support social justice projects
- Support the Foodbank

Annually

- Reduce carbon footprint
- Vote in local and general elections
- Volunteer for a specific project e.g. Christian Aid collection

Developing living well

You are now invited to make your own plan for 2018-19, using the framework overleaf.

This booklet can also be used in conjunction with Christ Church's daily or hourly prayer bookmarks.

Further suggestions for developing Holy Habits can be found on the weekly notice sheet.

Please share your thoughts on *living well* – we need to encourage and support one another in this faith journey.

Talk to PCC members or tweet **@CCEpsom #livingwell**

For further reading

- '*Living well as a human being*' by Susan Sayers; Kevin Mayhew, 2007
- '*Followers of the Way*' by Simon Reed; Bible Reading Fellowship, 2017
- '*How to be a Mindful Christian*' by Sally Welch; Canterbury Press, 2016
- '*The Path*' Laura Beth Jones; Hachette Books, 1996

My living well targets 2019 -2020

Now, choose one practice in each of these seven Holy Habits to make a commitment to work on. It doesn't matter if it's a daily, weekly or annual suggestion – or even another idea of your own. Write them down here.

1. Prayer and Study

.....

2. Rest and recreation

.....

3. Ecology and stewardship

.....

4. Diet and exercise

.....

5. Emotions and relationships

.....

6. Hospitality and service

.....

7. Justice and care

.....

..... *Sign & date as a commitment*

You may wish to find someone you trust to share your journey with. Who might this be?

From time to time, monitor your progress. Try to identify those things which you find easier or more difficult, and think about why that is.

If you would like a spiritual director or soul friend to accompany you in **living well**, please speak to a member of the staff team.