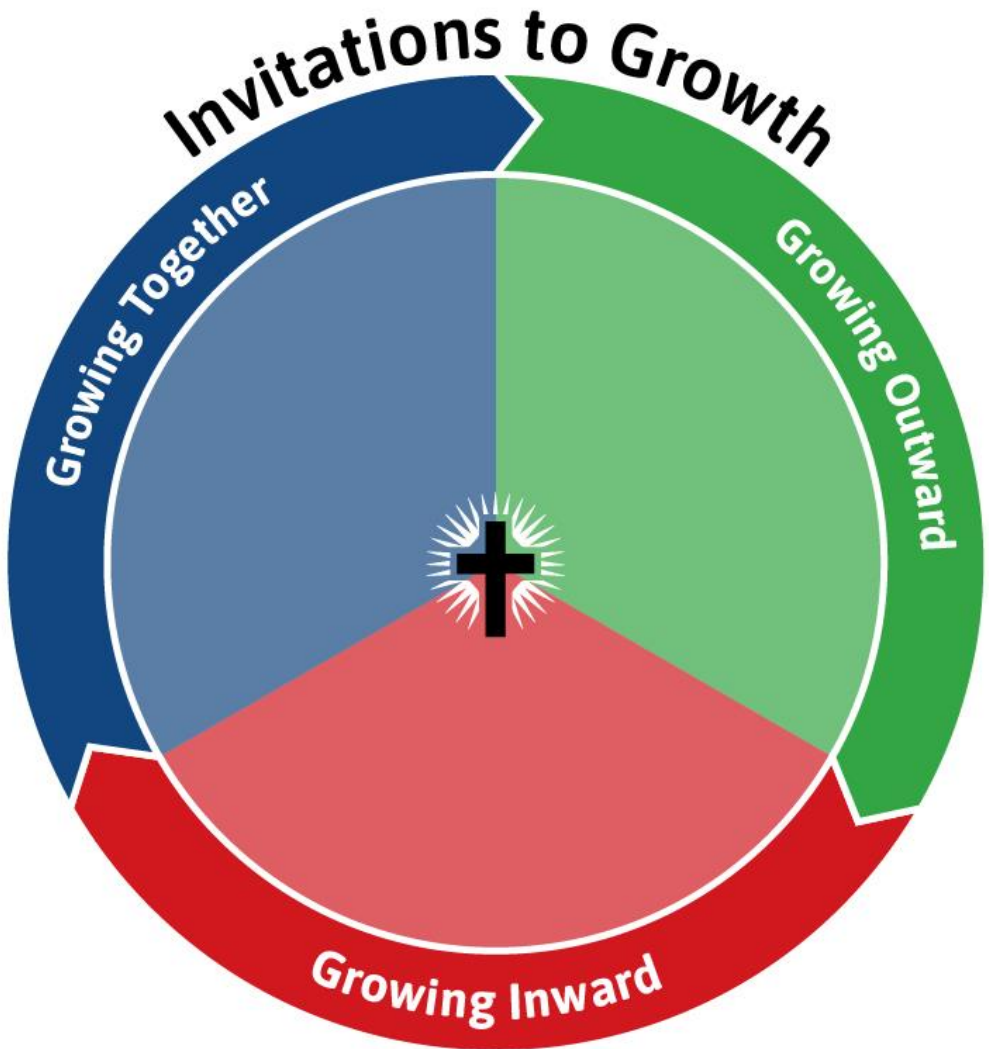


My Spiritual Walk – Growing in Grace



We are all on a path of spiritual growth together, but each of us experience it in a unique way, and we may be at different stages on it.

It is not a destination

Spiritual life that has Christ at its centre is not about reaching a destination or a position. It is not a transaction, saying that if you do x then you progress to the next phase. Rather it is an exciting and dynamic journey with times of faster and slower growth. Everything in the journey should draw us closer to Christ.

Our spiritual life is often a 'back-and-forth' movement with Christ and we are continuously being saved, built, filled, and purposed. This requires that we always see ourselves on a journey seeking spiritual growth through the opportunities that are on offer and through personal disciplines. Hopefully over time there is a progression towards living a more Christ-like life and moving into a more meaningful relationship with God.

Spirituality is like a dance

Expressed differently, spirituality is God's dance with us. In John Wessels' book, *'Missing Jesus? Finding the Shepherd we Lost'*, this spirituality is compared to a 5-step dance with the steps of:

1. Conviction
2. Belief
3. Repentance
4. Obedience
5. Trust

Like any dance, when you have been through the steps once you don't stop, but continue to repeat the steps, gaining satisfaction that the dance continues with you being part of it. Each time you go through the steps again there is new life and enjoyment to be had from the dance.

Tested and true foundations of spiritual development

Over the millennia, people seeking to deepen their spiritual life and draw closer to God, have found the following disciplines to be the foundations from which spiritual growth springs:

- Daily prayer
- Daily Scripture reading
- Regular corporate worship (fellowship and sharing of time, talents, and resources)
- Participating in Small Groups (in the Methodist tradition, Class Meetings and Home Groups)

Practising these disciplines is the best way to strengthen a sense of spiritual growth within you and help develop a firm foundation in faith to grow in other areas of your spiritual life.

Other areas of growth offered at Trinity Methodist Church

With these solid practices in place, Trinity offers several opportunities for spiritual growth. These are displayed in the graphic that follows.

These opportunities for growth are for *anyone* wishing to grow in an intentional way and are made up of three dimensions:

- Growing Inward (Head)
- Growing Together in relationship (Heart)
- Growing Outward (Hands)

Spiritual growth happens through all three of these areas, and often in no specific order, but always with a sense of intentional reflection, prayer, and engagement.

We call these ‘opportunities’ because no-one is forced or coerced to do them, nor are they mandatory in any way! What they are is a recognition by members of Trinity and others outside our church that these courses, areas of service, and places of fellowship have helped them deepen their relationship with God or live a more faithful life. By offering them we are hoping that they will have a similar impact in your life and we invite you to engage with them wholeheartedly!

Some notes on the Spiritual Growth graphic:

- At the heart of it, the graphic takes into account that we all want to develop a closer relationship with Christ. For many, the start of this relationship (and the point to which we all keep returning) begins with an earnest **Seeking** of God, which often quickly moves into a time of **New growth** in our relationship with God and the church, and opportunities to **Grow the Kingdom**. Each of these times of growth help us to **produce various kinds of fruit** in our lives and gives us new opportunities to develop a closer relationship with Christ. This closer relationship moves us to **Seek God**, starting the process over again.
- The graphic reflects the idea that growth happens in all areas of spirituality – head, heart and hands.
- The resources reflected on the graphic are by no means exhaustive. There are many other ways to grow in closeness to Christ and in your relationship with God, but these are the resources we believe are most able to help you grow. Trinity makes them available with the specific intention of

inviting you into a journey of growth, exploration and maturity in faith, and fellowship.

- The graphic is also designed to help you get a picture of where growth could happen in your life and allow you to see on one page the opportunities available to you at Trinity.
- If you are new to the Christian Spiritual journey, then it may be more helpful for you to involve yourself in programmes or activities which are closer to the outer boundaries of the graphic.
 - Programmes in black font in the graphic should assist in providing a firm foundation for spiritual growth.
 - As you feel led, we highly recommend that over time you do the 'annual' and 'bi-annual' programmes.
- Note that the graphic isn't only a set of courses, but it reflects that spiritual growth also happens through service, giving, community, and fellowship. Growth is slowed when we don't give of ourselves in community (giving of self, time, resources etc.) in a sacrificial and generous way.
- This service in community opens the door to ministry of helps for those called to leadership, administration, governance, hospitality and financial support (giving).

What's the next step?

To assist in determining which areas to give your time and energy to, we have developed a 'Spiritual Self-assessment' which can help you to identify how you are doing in different aspects of your spirituality and what your next steps for growth could be.

A deeper calling

Those who believe they have a calling to become a Local preacher, Prayer guide or a Home Group leader should engage with their Home Group leader, a minister or pastor or other leaders of the church to assess a way forward.

Invitations to Growth



My Spiritual Walk - Core resources which may enable growth

Growth invitations	Core Resource which may enable growth		This may be for you, if you ...	
Seeking (Establishing Faith)	Sunday Sermons		Appropriate / relevant Sermon series sermons and Participant guides	Are seeking
			Table Talk	Are seeking answers to life’s big questions OR know someone who is
			Seekers Confirmation Course (16-20 yr olds) (8 months)	Young people desiring a membership course
New Growth (Laying a believers foundation – Learning and growing in Christ – Onward growth)			A Simple Rule for life by Neil Oosthuizen (Small booklet)	Want to root yourself in Methodism
			New members orientation (one evening)	Desire church membership
			New life in Christ booklet	Have recently committed your life to Christ
			Manna and Mercy (Weekend: Friday evening and Saturday)	Desire big picture view of the bible and our relationship with God
		Missing Jesus? (17 week small group study)	Desire to get to know Jesus better and his core messages	

Growth invitations	Core Resource which may enable growth		This may be for you, if you ...	
	Sunday Sermons	Participate in a Home Group (Young Adults can also join The Gathering)	<i>Invited Course</i> (6 weeks individuals / 9 weeks Small Groups)	Want to invite others into the Church
Ongoing growth			<i>SHAPE</i> course	Want to know your spiritual gifts and where best to serve God
			Spiritual self-assessment	Want to identify where there is more scope for spiritual growth
			Spiritual disciplines - <i>The Potters Hand</i> (7 weeks)	Desire to learn how to grow in intimacy and to open up your life to receiving God’s grace
			<i>New Testament Survey & Old Testament Survey</i> (23 Sessions each)	Want to deepen your knowledge of the Old and New Testaments
			<i>Disciple 1</i> - Becoming disciples through bible study (34 Weeks)	Desire to become a better Disciple
			<i>Retreats</i> (Semi silent, Week of Guided Prayer, Trinity Retreat, Lent, etc.)	Are seeking heart growth and more intimacy with God
			Meet on a regular basis with a Spiritual Director for Spiritual Direction	Desire to deepen your relationship with God

Outlines and information for the various programmes offered

For information on when these will next be offered, please contact the office (011 888 1740), refer to the Trinity Website <https://www.trinitylinden.org.za> / or read the weekly Trinity Congregational Correspondence emails.

Table Talk – Discussing Life's Big Questions

Frequency offered: Once a year

Table Talk is aimed at people (specifically non-members) seeking answers to some 'big life questions'. Members are encouraged to take on the roles of facilitators and volunteers and invite non-members, within their sphere of influence, to be part of the journey (and can also attend Table Talk with them). Each session will consist of a meal, a presentation on one of the questions and a small group discussion.

The following questions will be discussed:

1. Does God exist?
2. What is the meaning of life?
3. Why is the world so broken and evil?
4. Is Jesus important?
5. What is hope and is there any?
6. Why be a Christian?

Participants will also have the opportunity to submit additional questions that may be incorporated or addressed sometime during the six weeks.

Seekers Confirmation course

Frequency offered: Annually

The Seekers Confirmation course is offered for teenagers in English and comprises an eight month journey that answers the foundational questions of faith in Christ, personal spiritual development, communal growth in the church, service to others, Methodism and other topics. The course also comprises two weekend camps and a testimony. Parent participation is also built into the programme in various ways. If you are a teenager interested in Confirmation then please contact Pastor Bronwyn Delpont: youth@trinitylinden.org.za

Sermon series and Participant guides

Sermons which may be useful for those who are seeking God are on Trinity's website and in some cases, there is a participant guide to supplement the sermon. These are stand-alone courses and can be done by a home group, a small group, or as an individual. Topics cover everything from living well in

Christ to Social Christian responsibility Deepening personal spirituality – You can find all pervious Trinity sermon series on our website or contact the church office for hard copies.

A Simple Rule for Life by Neil Oosthuizen

Frequency offered: Anytime

A small booklet available from the church library. Contact the church office to borrow or purchase a copy (R50). Contents:

1. A Simple Rule for life
 2. Part 1 – Do no harm
 3. Part 2 – Do good
 4. Part 3 Stay in love with God
 5. Living Spiritually
- A short note on John Wesley

New Members Orientation Evening

Frequency offered: 3 times a year

An Information and Orientation evening for people who wish to become full members of Trinity Methodist Church. The programme covers:

- Methodism (History and what makes it unique) and History of Trinity Methodist church (Videos watched before the orientation)
- The faith journey and Spiritual Gifts
- Trinity's vision and strategic focus with an introduction to its leaders and staff members.
- An outline and opportunity for discussion about the various ministries which are offered at Trinity and where one can serve.
- Giving and Trinity's finances.
- The order of service and promises to be made when welcomed into membership. In the service you will make a public confession of your faith in Christ.

New life in Christ booklet

Frequency offered: Anytime

If you would like a booklet which has bible readings and notes to provide information and guidance, which would typically be used during the first 30 days after a person has given their life to Christ, please contact the Receptionist at the church office or email info@trinitylinden.org.za.

Manna and Mercy: a brief history of God's unfolding promise to mend the entire universe, by Daniel Erlander

Frequency offered: Every 2nd year

This will be presented over a weekend – Friday evening and Saturday.

Overview:

This course is about the God of the Bible, revealed in both the Hebrew scriptures and the New Testament, a God who is present and active in human history.

Missing Jesus? Finding the Shepherd we lost, by John Wessels

Frequency offered: Every 2nd year

A facilitated 17 week small group study, covering:

- Beginnings
- Understanding who Jesus of Nazareth is
- Understanding the significance of Jesus' birth and ministry
- The Kingdom Consciousness Movement
- Kingdom Consciousness Movement – established in Jesus' practice
- Kingdom Consciousness Movement – established in Jesus' teaching about:
 - The Kingdom of God
 - Money and possessions
 - Honour
 - Solidarity
 - Power
- Understanding the effects of Jesus' death and resurrection
- Entrusting yourself to the Shepherd
- Following the Shepherd every day
- Understanding and Experiencing the Holy Spirit

Invited Course (6 weeks for individuals / 9 weeks for Home Groups and Small Groups)

Frequency offered: Annually

'The study guide takes us through the Gospels and Acts to see both how God calls us into a relationship with himself and, how we can be used by God to invite people into that very same life changing relationship.

Yes, this is a series that will further help us to share our faith in a genuine, loving way as we join God on his Mission to invite people back to himself through his Son – Jesus Christ'

Pastors Harry and Dave from the Summit Drive Church.

Outline of the programme:

1. Why invite?
2. Whose invitation is it anyway?
3. So who is invited?
4. What gets in the way of inviting?
5. What does inviting look like today?
6. What are the risks and rewards of inviting?

S.H.A.P.E. course

Frequency offered: Every 2nd year

The course helps you discover God's purpose for your life by looking at your God given 'S.H.A.P.E.'

What God made a person to BE determines what God intends for them to DO. A person can understand the purpose they were created for when they understand the kind of person they are. They can then discover the unique way God intends for them to serve.

S – Spiritual gifts – discover what Spiritual gifts you have and how to use these in ministry

H – Heart – What you love to do / what you are passionate about?

A – Abilities – Identify what natural talents and skills you have

P – Personality Traits – Where does your personality best suit you to serve?

E – Experiences – What spiritual, painful, educational and ministry experiences have you had?

Spiritual Self-assessment

Frequency offered: Anytime

Helps a person to identify which of the following areas they may want to focus more on for growth by answering a few questions:

1. Experiencing and connecting with God
2. Biblical knowledge
3. Personal Prayer
4. Spiritual Sharing
5. Passion for Church and intercessory Prayer
6. Applying spiritual truths in daily life
7. Knowledge and practicing spiritual gifting

8. Connecting with Jesus through connecting with need
9. Working for the Kingdom

Please request a hard copy of the Spiritual Self-Assessment from the church office.

Spiritual disciplines - *The Potters Hand*

Frequency offered: Every 2nd year

7 week facilitated programme coving 2 lessons per week – including ‘practice makes perfect’ exercises for between weeks

1. Overview of Spirituality and Spiritual Disciplines
2. Praying in a balanced and biblical way (The Lord’s prayer)
3. Your picture of God
4. Why and how should I journal?
5. Intercessory Prayer
6. The Examen of Consciousness
7. Centering Prayer
8. Bible reading as a Spiritual Discipline
 - Lectio Divina
 - Reading the bible.
9. Study and Spiritual Reading
10. Befriending God’s Allies (Silence and Solitude)
11. Lifestyle Disciplines (Simplicity and Service)
12. Sabbath Rest / Keeping the Sabbath
13. Why and how should I fast?
14. Covenant accountability
15. Putting it all together

Disciple Programme

Frequency offered: Every 3rd year

Disciple 1 - Becoming disciples through Bible Study

The study gives the Old and New Testaments equal time, emphasizing the wholeness of the Bible as a revelation of God. *Disciple* draws upon the work of scholars, the personal Bible reading, and study of the participant, and dynamic group discussion to aid understanding of the Bible. This is a thirty-four week overview of the entire Bible. It requires independent study each week in preparation for weekly group meetings.

New Testament Survey & Old Testament Survey

Frequency offered: Annually (alternating each year)

Many Christ followers are convinced of the trustworthiness of the scriptures as a whole, and we often read pieces of scripture regularly, but we often have difficulty seeing the big picture. Each course covers the scope of the Old and New Testaments, breaking them into segments to unpack each week. The overall goal of these courses is to support what we learn in 2 Peter 3:18, "To grow in grace and in the knowledge of our Lord Jesus Christ."

Retreats

Each year Trinity's Prayer and Spirituality portfolio arranges different retreat opportunities. For example:

- Semi silent retreat
- Week of Guided Prayer
- Trinity Retreat (men and women)
- Lent
- Retreat in a bottle

Spiritual Direction

Frequency offered: Anytime

We encourage people who are seeking to grow their relationship with God to meet regularly with a qualified Spiritual Director. Spiritual Direction assists people in developing, deepening, and cultivating their personal relationship with God. It also aims to foster a loving relationship of the Directee with themselves, others, and the world. Together the Director and Directee explore God's invitation and the Directee's response to it.

If you want to know more about this you can contact the office, the Prayer and Spirituality Portfolio head or contact the Jesuit Institute directly and request a Spiritual Director:

<https://www.jesuitinstitute.org.za/request-a-spiritual-director/>

My Spiritual Walk - Areas in which you can get involved working with others and God to grow the Kingdom



To find out more or to get involved below please contact the church office 011 888 1740

Serving the broader community

- Serving with the ReachOut Portfolio team in any of the following areas of ministry – Mission to Mozambique, Tshepo Community Development

Initiative, Orange Farm Community, Uzima, Zandspruit, Ikageng, Blanket Drives and Wool Bank, Annual Community Service Day

- Soup Kitchen
- Thursday Sewing classes
- Holiday Club or Pop-up Play Place
- Women's Auxiliary
- Service Organisations – Women's Manyano, Young Woman's Manyano, Wesley Guild and Young Men's Guild.

Caring for our members (Contact the Pastoral Care Pastor for more details)

- Food Pantry
- Senior Citizens and/or Shepherding our seniors
- Home and/or Hospital visitation
- Prayer Steward and Prayer ministry
- Care Conversations
- Christians In Action (CIA) for Cancer

Serving on Sundays

- Flower arranger
- Door steward
- Help to set up and serve tea
- Welcome team
- Sound & Streaming technicians
- Reader, Data projectionist, Visual team
- Make banners
- Worship team, musicians, Inspiring Worship Service planning
- Choir
- Vestry stewards
- Communion steward

Service in church operations (Administrative Portfolios)

- | | |
|---------------------------|-----------------------------|
| 1. Property & Security | 2. Legal, Compliance & Risk |
| 3. Information Technology | 4. Staff & Operations |
| 5. Marketing & Innovation | 5. Finance & Stewardship |

Serving as a leader (including 'Discipling' others)

1. Get involved in arranging retreats, courses, programmes, pastoral care workshops, The Gathering (for young adults), life skills training from a logistics perspective or by being a presenter.
2. Children and Youth Group leader on a Friday evening/night
3. Children's & Youth Church leader on a Sunday morning
4. Seekers (Confirmation) leader
5. Home Groups or Kopanang Service Class leader
6. Portfolio Head or member of a portfolio (Children & Young Families, Education & Training, Fellowship, Home Groups & Class Meetings, Pastoral Care, Membership, Prayer & Spirituality, ReachOut, Worship, Youth, Young Adults, Property & Security, Information Technology, Marketing & Innovation, Legal, Compliance & Risk, Staff and operations, Finance & Stewardship)
7. Society Steward

Giving financially

The Bible's teaching on giving includes the practice of tithing – but also goes further to encourage gracious and sacrificial giving. The Grace of Giving is a gracious response to a gracious God. Our experience of grace is dynamic. We become gracious in response to our experience of grace. We also experience grace through being gracious.

A true relationship with God is not only personal but is also social. Part of the social dimension of that relationship is involvement in your local church. Part of that involvement is your financial support of your church. In this social dimension of life we understand that our contribution to church and society is essential and that we do work in various kinds of employment so that we have the ability to give financially into our local church. God provides for us so that we can provide for God's work in the church.

According to Wesley, all the necessary instructions can be condensed into 3 simple rules:

1. Gain all you can
2. Save all you can
3. Give all you can

All the facilities and ministries which Trinity provide are made possible by the financial support from its worshippers.

