



Way of Life Quick Start

Here's an example of a 'quick start' way of developing a new habit, Suppose you've decided you want to develop a new habit of praying daily, you could approach it this way (a Soul Friend should be a great support in this).....

1. Choose a time of day when you're usually most available and least tired
2. Choose a prayer resource such as the Community of Soul Friends, Northumbria Community or Church of England. There's a new App - 'Every Moment Holy' which some people find helpful
3. Choose a place where you're going to pray
4. Starting with just a few minutes each day, spend some time with God either using a resource like those above or simply say thank you to God for the things you are thankful for, remember people in particular need, and pray for your own needs.
5. Review after a week - Did the time work? Did the space work? How about the resource you chose
6. If you're not sure, try for another week
7. Review again and try something else if you need to

Once you've hit upon a rhythm which seems to be working, you could look at some of these things.....

8. Find a booklet* or App* of daily readings which includes a short Bible passage and reflection. See if you can add this to your daily habit. If every day is too much, begin with just a few days each week
9. The important thing is to keep reviewing your habit. It may work for a while but then need a little adjustment a month or two down the line
Remember - you're looking for a pattern that works - not a padlock!

*There are lots of resources available. See a website like eden.co.uk for a range. Some popular Apps include Daily Bread, Reflections for Daily Prayer, Encounter with God.