

# How to demonstrate your faith when not in church?

The PCC Education Committee started a discussion earlier this year about ways in which our home life can be linked creatively and spiritually with our activities in church and among fellow worshippers. There was also a theme of what it is that makes Christians identifiably Christian? Jewish people have their kosher regulations and their special Sabbath evening rituals. Moslems have their prayer pattern throughout the day. Hindus have their shrines to the deities at home. Sikhs have their distinguishing clothing... What makes us visibly Christian? Is it necessary that we have something or do something to declare our affiliation? Neil decided to try and gather some ideas for discussion at the next meeting and here are some of his thoughts.

## 1. Grace before meals

Can feel awkward if you are not used to it. It might be difficult for members of your family who are not part of the congregation? Or it could be inclusive of all the family? You may make up your own or look at a book of graces or choose from the vast array on the internet. It is essentially thanking God for creation and the human role in making good things come from the earth to share.



## 2. Morning and Evening prayers

Before breakfast or the evening meal or at bed time? Light a candle? Just reflect silently, or express hopes for the day or issue arising from it. Ask God to give your work and home life a sense of love and purpose. This is traditionally called prayer and it is actually very easy just as long as you speak from the heart and naturally. There are, of course, formal acts of morning and evening prayer as well.

## 3. Read the bible readings

Look in advance at the readings for the next Sunday – perhaps together with others? Stop Press always presents the references of the readings. This will make the readings make more sense on the Sunday next.

## 4. Plan ahead

Make your shopping plans so that you don't need to shop on Sundays. Sunday shopping was always resisted in the past and there is even a Lord's Day Observance Society, set up to protect Sunday from non-religious activities, now somewhat defeated. I still feel awkward about going to the shops on Sundays, but oddly, I don't feel the same way about other things like sport. It would be good if we avoided Sunday routine shopping.

## 5. Make Sunday special

After your morning attendance at church, try and plan afternoons with a "non-work" quality. Don't do the chores, but rather be with the family and friends, go and visit people and share, or help a neighbour.

## 6. At Christmas

As Christmas comes along, display a nativity scene in the house or window for all to see.

## 7. Christmas cards

Always send Christmas cards with proper nativity images.

## 8. At Easter

Make sure that you display an Easter garden, perhaps home-made. It is not about rabbits or chicks, is it? Easter is a tough time to explain. Find out more?



## 9. On holiday

Whenever away from home, make sure you attend a church on Sunday and talk to people about Holy Cross.

## 10. Being visible

Have a photograph or painting of the church on your wall and talk about it to visitors.