

AN EIGHT-SESSION FILM SERIES THAT SEEKS TO OPEN UP CONVERSATIONS ON HOW FAITH EXPRESSES ITSELF IN EVERYDAY LIFE AND WITNESS.



# expressions



# INTRODUCTION

## Faith can't be all talk.

As Christians, do we struggle to connect what we believe with how it is expressed in our everyday lives?

*How can we express our faith better?*

Might you benefit from taking time to explore what this looks like in your home, your church and your community?

Expressions is an eight-session film series that seeks to help those meeting in a variety of church settings to connect themes from different passages of Scripture and open up conversations on how their faith expresses itself in everyday life and witness.

The resource is a mix of downloadable on-screen Bible teaching, and stories from members of the Presbyterian Church in Ireland, along with questions for discussion provided in this booklet.



# HOW IT WORKS

This guide works alongside the Expressions film series to provide a structure for group discussion, questions on which to reflect and space for taking notes.

It is designed in a way to help you engage with the Bible passage, reflect on the teaching material and discuss it with others.

Each session is divided into the following sections:

## BEFORE YOU WATCH

Introductory questions to set the scene and stimulate discussion before reading the Bible passage together.

## AS YOU WATCH // SCRIPTURE

A heads-up of some things to listen for as you watch the Expressions film and a space to jot down a few notes if you wish.

## AFTER YOU WATCH // SCRIPTURE

A set of three questions taking the group through the Bible passage:

- 💡 **React:** Initial reaction to what you have just heard and seen.
- ❓ **Reflect:** A reflection on the Bible passage.
- **Respond:** A question that pushes towards what this practically means in your life.

## MORE TO WATCH // STORY

A set of three questions to think about the personal story:

- 💡 **React:** Initial reaction to what you have just heard and seen.
- ❓ **Reflect:** A reflection on the Bible passage.
- **Respond:** One specific thing you commit to do as a result of the session.

## BEYOND BEING TOGETHER

Some extra ways to go further in reading, reflecting or reacting to the theme.

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## SESSION 1: Awareness

Faith expressing itself through being with Jesus each moment

Following Jesus isn't just about understanding theological ideas or chasing mountain-top moments, but is built on awareness and confidence of his presence with us every moment in life.

This session explores how immersing ourselves in God's presence through time spent in his Word and prayer will help others to see that Jesus makes a difference.

# Awareness

## BEFORE YOU WATCH

**Start:** Share something trivial or important that you spend a lot of time thinking about as you go about your everyday life. What does this reveal about what's important to you? Are you surprised by this?

**Scripture:** Read Acts 4:8–14 together.

**See:** Share any words or phrases from the passage that reveal the disciples' awareness of Jesus. What else struck you?

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"If you think being ordinary excludes you from God's amazing plans and ways, or doesn't qualify you for God's extraordinary presence at work in your life, then Acts 4 should challenge your thinking."

## AS YOU WATCH // SCRIPTURE

As you watch the film, consider what things distinguished the apostles from those around them and what difference that brought to their lives. You may want to jot down a few notes in the space below.

## AFTER YOU WATCH // SCRIPTURE

**React:** Share something that stood out for you from the film.

**Reflect:** How did the apostles react to the extreme pressure they were under from the authorities? How does that challenge and encourage you about how you react in situations in which you feel under pressure?

**Respond:** Look again at verses 13 and 14. The ordinariness of the apostles surprised the authorities. What can you learn from how their solid assurance about Jesus and personal experience of him gives them courage in this moment? How could you develop this kind of awareness in your everyday life?

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## SESSION 1: Awareness

Faith expressing itself through being with Jesus each moment




"If you enter your day as an act of worship it just changes everything. Each morning I want to correct the compass of my own heart."

# Awareness

A man in a dark blue puffer jacket and dark pants is walking hand-in-hand with a young girl in a purple and blue puffer jacket and dark pants. They are walking on a grassy path in a park-like setting with trees and a stone archway in the background. The man is looking towards the girl, and the girl is looking towards the camera. The scene is bright and sunny.



## MORE TO WATCH // ANDY'S STORY

-  **React:** Share something that stood out for you from the story.
-  **Reflect:** In the video, Andy outlines his approach to developing an awareness of God in his life at every moment of the day. He thinks of MMR – Mornings, Mealtimes and Routines. How can you and your family build moments into your days to develop this kind of ongoing awareness of your life lived in the presence of God at all times?
-  **Respond:** In what practical, everyday ways can you live with a greater awareness of Jesus and, like the apostles, share him courageously with those around you?

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## BEYOND BEING TOGETHER

Write down on a piece of paper one way that you will seek to grow in your awareness of the presence of Jesus with you in the week ahead.

Share it with each other and put it in a place you will see every day this week as a reminder of your commitment.

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