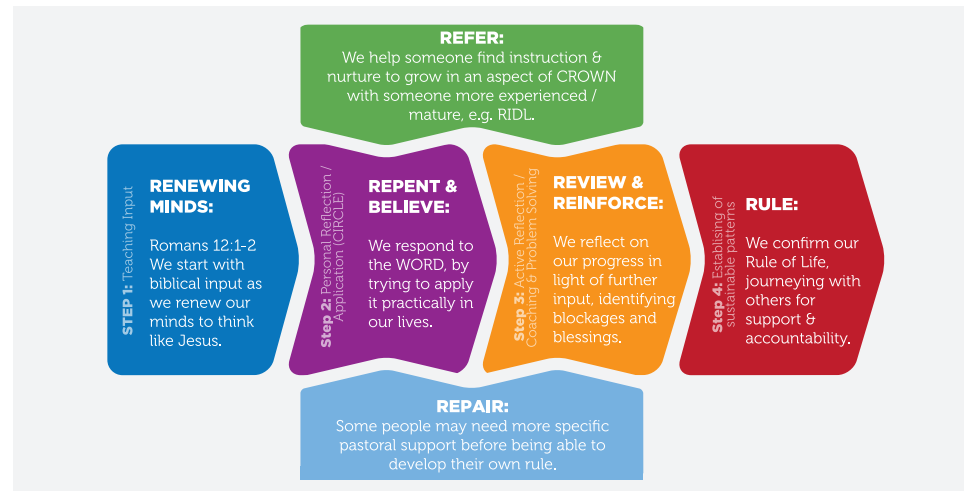


Handling these kinds of questions demands wisdom. Some people may need reassurance, encouragement and love; for others, challenge, repentance and exhortation to choose God's way. Ultimately, the hope is that the mentee can overcome things preventing them from moving forward in their relationship with God in this area - to form good and healthy rhythms they can sustain. Do point them in the CROWN coaches for practical input and help and support too.



FOCUS ON WHAT GOD IS BLESSING: The other key focus in building a strong pattern helping the mentee discern where God is at work. As you tease this out with them, celebrate signs of God's presence in their rhythms, and emerging fruit. Encourage them to build patterns that reflect and focus on life and growth. Specifically, in Community, we are leading people towards deeper commitment to fellowship and worship.

STEP 4: FORMING A RULE

As things become clearer, encourage the mentee to begin to write their rule down. This may include practical steps that help establish and protect the patterns - as well as the practical detail of their rhythm. If it is hard to get started, try sharing examples, (see CROWN example rhythms booklet). Once a personal rule has been resolved, move on with the mentee to another element of CROWN, noting that as we grow in our faith, it would be good to return to this at some point and ask how God might be leading them to develop their pattern further.

OTHER RESOURCES: CROWN Discussion Starter Questions. CROWN Example Rhythms. CROWN Mentor Guide. CROWN Life-Beats Study Booklets. CROWN Teaching Videos.

We value belonging to & worshipping with the church family.



Community

CROWN MENTOR QUICK-GUIDE BUILDING A PERSONAL COMMUNITY RULE

AIM

To work with a group or mentee to enable them to form rhythms that become a consistent, life-giving and sustainable personal rule for the Community element of the CROWN rule of life.

WHAT MIGHT THAT LOOK & FEEL LIKE?

The mentee will show a growing commitment to the life of the church, becoming intentional about public worship and connecting with the church family. This will be demonstrated in deepening experience of God and relationships with others in community - and by playing a part, both contributing to, and receiving from others. A community rhythm also lends itself to shared rhythms, i.e. a common rule that members of a group or Missional Community might commit to.

PREPARE

Have in mind the broad process and steps for guiding people to form rhythms (see diagram) and reflect on which stage you feel they have reached. Make time to pray for those you are journeying with, seeking the LORD's wisdom and insight to help them to grow. Note any Scriptures, thoughts, questions or impressions that come to mind which may be useful for when you meet.

STEP 1: RENEWING MINDS - SCRIPTURE

(See the Life Beats Studies for further details)

Presence in Community: Ephesians 2:19-22 & 1 Peter 2:4-5

Present in Community: Acts 2:42-47

Spend some time with the mentee establishing the biblical foundations behind the rhythm by discussing the passages or working through the study material. They can also watch some of the relevant CROWN short teaching videos available on-line between sessions. Work with the questions this provokes, looking at other passages and resources that might be useful to help the mentee come to an personally owned understanding of these key principles.

A Community Rhythm positions us both for deeper encounter with God in worship, and deepening loving relationships as we share life together.

TAKING THE NEXT STEP: Explore with the mentee what the first or next step of commitment to a community rhythm looks like? For new believers, it is important to impress the need not to live an isolated or individualistic journey and the importance of regular worship and fellowship.

For well established Christians, the questions may be more qualitative - are they meeting and experiencing God within their patterns? How might Jesus be calling them deeper in this area? How might their rhythm better position them to be led by the Holy Spirit? It is also helpful to consider the ways rhythms overlap, for example, if someone's spiritual gift is "helps" or "kindness", then their Community rule may include a way of expressing that to others in the church. We want their rhythms to reinforce rather than undermine each other - so do check in that their existing patterns remain strong whilst they specifically focus on Community.

It is important to be realistic about what is resolved, it is better to take small 'baby steps' that can be sustained than try to do too much that will end in failure and discouragement. However, do agree clear steps with the expectation (and accountability) that they will be seen through. These will provide the basis for reflection and the shaping of their eventual rule.

STEP 2: REPENT AND BELIEVE

WHAT IS GOD SAYING? Begin to explore what it means to respond to the biblical teaching. At this stage it may help to imagine a 'blue sky' scenario - so that the mentee can share their aspirations or a sense of what an ideal rhythm might look like for Community. Encourage them to Dream Big! For some, it may be to recapture patterns in which they have felt closest to God in this area. Try to get them to contextualise it to St Michael's, so how might they engage in Sunday Worship, Missional Communities and other ministries.

ESTABLISH A BASELINE: Having established a sense of what God might be saying to them, it is important to ground this in reality. Where do they think they are now? What is going well; what is not? Do they consider this an area of strength or is it a real struggle? What regular patterns do they have of sharing life with others in the church family? Are they part of a Missional Community or other group? Are they intentional about being 'present' in worship. Would they say they 'let themselves' be built into the temple in which God dwells by his Spirit? Have they chosen to belong? Honest reflection will help form a realistic pattern to build upon.

STEP 3: REVIEW AND REINFORCE

OVERCOMING BLOCKAGES: As people seek to grow in Community, there may be specific challenges they come up against. Some may be practical and require creative thinking and problem-solving, others may be deeper rooted, exposing strongholds and demanding pastoral care. You may need to explore why someone feels they won't fit in: is it due to their background, experiences or culture? How might they overcome it? Do fears (such as rejection) undermine their ability to commit to community? Do they have unrealistic expectations of others, or does a need to be in control prevent them from receiving help and support? Using the CROWN discussion starter questions can help draw people out and help them self-reflect.