

Worksheet: Christian Life Model

Make notes on your current practice in each area. Note any intention about experimenting or changing at the end of each section.

A. WORSHIP: *Continue ... in the breaking of the bread and the prayers.*

1. Holy Eucharist – Participation on all Sundays and Major Holy Days
2. Daily Office - which Office? When? How? With whom?
3. Personal Devotions – Intercession and/or recollection and/or meditation and/or ...
4. Spiritual Reading
5. Other

In what ways do I want to experiment with or change these practices?

B. DOCTRINE: *Continue in the apostle's teaching and fellowship*

Connecting yourself with what has authority in the Christian Life. Increasing your ability to relate those sources of authority to your decision-making; understanding how to use Scripture – Tradition – Reason as you reflect on your life and as a backdrop in discernment and decision making.

1. Scripture – doing lectio divina and/or study. Consider relating this to use of the Daily Office
2. Christian doctrine, church history, ethics
3. Other

In what ways do I want to experiment with or change these practices?

C. ACTION: *To represent Christ and his church; to bear witness to him wherever they may be*

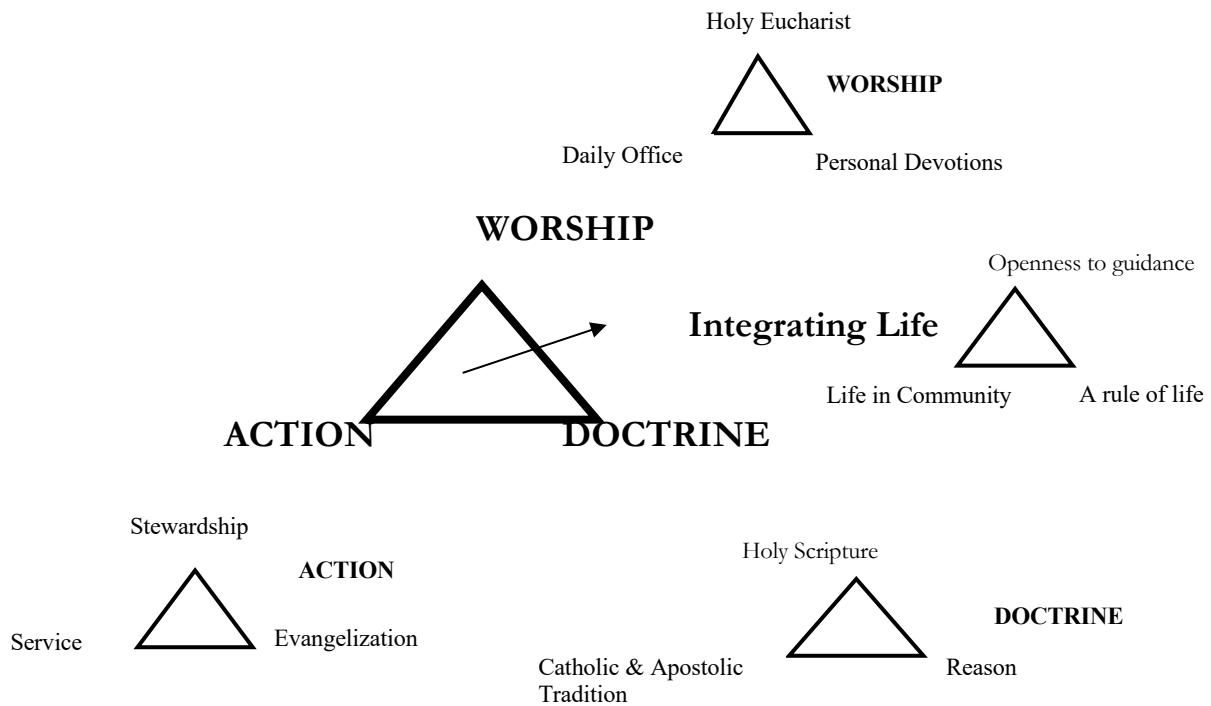
Describe your responsibilities and opportunities for service, evangelization and stewardship in the various areas of your life.

1. Family

2. Friends
3. Work
4. Community – Neighborhood – as a citizen
5. Church
6. Self

In what ways do I want to experiment with or change these practices?

THE CHRISTIAN LIFE MODEL



NOTE: When used as an organizational model for the parish church The “Integrating Life” triangle becomes “oversight” and it’s three elements are spirituality, leadership, and community.

Christian Life Model - Copyright Robert A. Gallagher 1984, 2006. Also see chapter 2 in *Fill All Things: The Dynamics of Spirituality in the Parish Church*, R. Gallagher, Ascension Press, 2008