



**LIVING
THE
GOOD
LIFE**



A PRAYER

O God, giver of life,
Reshape my life,
So that I become like your Son
I give you my life, because
He gave me his.
Fill me again
With your love.
I pray this
In Jesus' name.
Amen.

HOW IS THE JOURNEY SO FAR?

Some journeys are straightforward. There are no hold-ups, no detours, no delays. We get to our destination in good shape. Other journeys are different. There are challenges, tricky terrain to navigate and it's hard work. We are relieved when we finally arrive.

There will always be ups and downs in life. There will be some times when the journey seems smooth and life seems to be plain sailing. But we know that there will also be tough times, when it seems as if every step forward is a real challenge. We wonder whether we will ever make it.

This booklet is designed to help us to navigate life well as we seek to follow Jesus. It's part of a series called 'Living The Good Life' which encourages us to take up a particular set of practices that will enable us to follow Jesus more

closely. The goal of these practices is to help us to journey through the ups and downs that life brings with our eyes always fixed on Jesus.

As we take up these practices, there is a vital truth to remember. It doesn't all depend on us. The Bible reminds us that when we come close to God, He will come close to us. God promises that when we look to him, he will give us energy and strength. When we focus on following Jesus, we discover that through the transforming presence of the Holy Spirit, God is already at work changing us.

Our hope and prayer is that as you determine to keep on following Jesus, you will know more of his power at work in you!

TABLE OF CONTENTS

08. Prayer

18. Sabbath

28. Bible Study

38. Looking back, moving
forward

42. Further Resources



HOW TO USE THIS BOOK

This book will follow a similar pattern for each of the spiritual practices that we are going to explore together:

1. Preparation

This practice may be new to you or it may be a regular part of your discipleship. Whichever it is, some time spent in preparation will reap rewards. We have provided a few key questions to help you prepare so that you can make the most of the practice.

2. Study

For each of the practices there are three bible studies that follow the sermons preached on Sunday at our services.

- **Listening to Jesus:** We begin each practice by listening to the teaching of Jesus
- **Learning to follow:** We then look at how the practice has been lived out by the first Christians.
- **Loving the lost:** The third study then looks at the practice in the Old Testament, focussing on how the practice helps us care for those who are not yet following Jesus.

3. Next steps

Discipleship is an intentional commitment to follow Jesus. So, as we look at each practice, we will take time to think about the next steps we might take.

4. Journal

Writing down the thoughts and prayers that come to us is a great way to make sure that we remember them. Whether or not you already keep a journal, we've left space after each practice for you to jot down the things you believe God is saying to you, any key ideas that stand out to you, or ideas for how you'd like to take the practice further.

LEARNING STYLES

Each of us will take next steps in different ways. We want to encourage you to take time to process the practices in ways that will be helpful and creative for you. So, at the end of each study and practice, we'll have some suggestions for how you might be able to take what you're discovering further.

We're told that part of the greatest commandment is to love God with all our heart, soul, mind and strength, but different parts of this might come more or less naturally to us. If you want to discover how you're wired to love God, you might find the 'Making Disciples' resource helpful (see Further Resources, p.43).



For thinkers

Part of the life of a disciple is to have our minds renewed so that they become more Christ-like. If you're primarily a thinker, then this will be an area that comes naturally to you. You'll enjoy wrestling with deep thoughts, considering information carefully and discussing ideas with others.



For feelers

To be a disciple means to take on the character of Christ, growing in love, peace, patience and more. If you're mainly a feeler, then you'll find it natural to engage with your emotions and deeply-rooted character. Processing how your heart is responding, journeying with others and dreaming about what God might do will all come naturally.



For activists

A disciple of Christ doesn't just believe the right things – they also work to do the right things. If you're mainly an activist, then you'll want to put what you're experiencing into practice. Trying a new spiritual practice, serving others and testing the truth of something new by doing it will be how you best go further.



PRAYER

***// PRAYER IS NOT SOMETHING
WE MASTER, BUT AN ACT THAT
FORMS US. A FRIENDSHIP THAT
WE DEEPEN. A PRACTICE THAT
FREES US.***

Rich Villodas

THE PRACTICE OF PRAYER

It's surprising how many people pray. A recent ComRes survey suggests that over half of the UK prays. In an increasingly sceptical age, when fewer people are attending church, it's fascinating that so many people still reach out to God for help. Some pray regularly, others pray in emergencies. Some focus their prayers on global issues, others pray for their own concerns and challenges.

If we are honest, most of us find prayer a challenge. There are so many questions that we ask: Are we praying enough? Are we praying in the right way? Is God there? Will my prayers make a difference? Sometimes these questions stop us praying, taking away one of the great blessings of being a follower of Jesus.

Prayer is a spiritual practice which is right at the centre of living the good life. When we pray, we begin to discover more of God's ability to bring change in our own lives and in our world. We often make prayer complicated, but Jesus teaches us to see prayer like a child full of trust, coming to a father who is ready to help.

In Luke 18, Jesus told a parable to show his followers that they should always pray and not give up. He knew we would find it difficult and that we would need encouragement to pray. So let's step into this practice. Let's make space to talk to God, knowing that he is ready to listen to us. We don't have to be an expert, we just have to get started.

BE ENCOURAGED. GOD IS READY TO HEAR US WHEN WE PRAY – HE REALLY DOES WANT US TO PRAY!

BE EXPECTANT. HOWEVER DIFFICULT YOU HAVE FOUND PRAYER IN THE PAST, GOD CAN HELP YOU TO GROW AS YOU STEP FORWARD IN PRAYER.

BE CONFIDENT. PRAYER DOESN'T DEPEND ON OUR WISDOM OR SKILL BUT ON GOD'S GRACE AND STRENGTH. GOD IS ABLE TO DO MORE THAN WE CAN ASK OR IMAGINE.

BE HONEST. GOD KNOWS WHAT IS HAPPENING IN YOUR LIFE AND HOW YOU FEEL ABOUT IT. YOU DON'T NEED TO PRETEND TO BE SOMETHING THAT YOU ARE NOT.

BE PERSISTENT. IT CAN SOMETIMES SEEM AS IF PRAYER DOESN'T ACHIEVE ANYTHING. THINK OF IT LIKE A MEAL... EATING IS IMPORTANT WHETHER OR NOT THIS PARTICULAR MEAL IS MEMORABLE!

1. PRAYER:

LISTENING TO JESUS

BIBLE READING

Matthew 6:5-15

1. Take an honest look at the way you currently pray. What is good about it? What is not so good? How would you like to grow in prayer?
2. Read Matthew 6:5-8. What warnings and instructions does Jesus give us for prayer? What might these look like for us today?
3. What are the wonderful encouragements in these verses that we discover about God? How do these help us to pray?
4. In verses 14-15 Jesus teaches us that our willingness to forgive others is really important. Why do you think this is?
5. Looking at verses 9-13, take each line in turn and try to express them in your own words. How can you pray them today for the week ahead.



NEXT STEPS

Set an alarm on your phone for midday everyday. When the alarm goes off, stop for a couple of minutes to pray through the Lord's Prayer.

2. PRAYER:

LEARNING TO FOLLOW

BIBLE READING

Acts 4:23-31

1. Does the idea of engaging more deeply with prayer fill you with excitement or nervousness? Why do you think this is?
2. Read Acts 4:23-31. After a very difficult time, with Peter and John in prison for being followers of Jesus, they gather together to share what has happened and then to pray. How do you tend to respond to challenging times? How, practically, could you respond more like the disciples?
3. Reflect on the way that they pray and the things that they do and don't pray for (v24-30). How does this differ from the way you might pray?
4. Verses 29-30 are staggering verses. If you prayed this for yourself every day this week, what do you think could happen?
5. Look carefully at the ways that God answered their prayers in verse 31. What might this look like today in your life?



NEXT STEPS

Keep a record of the things you are praying for to remind you to pray and help you spot God's answers. You might want to use a journal, or an app like *PrayerMate* or *Inner Room*.

3. PRAYER: LOVING THE LOST

BIBLE READING

Psalm 27

1. When you're facing challenges or troubles, what are the things you go to for security and help? What are the strengths and weaknesses of going to these things?
2. Read Psalm 27, which is full of reasons that we can trust in God in times of need. Pick out a verse that jumps out to you. What aspects of this verse do you find particularly comforting, encouraging or challenging?
3. Throughout his life, David faced challenges to his rule, assaults on his character and threats to his life. How might you feel if you were in his shoes? Why is David's confidence so surprising?
4. Look at the four great prayers in this Psalm: encounter (v4), mercy (v7-10), guidance (v11), protection (v12). How could you make these prayers your own in the week ahead?
5. David doesn't keep his praying to himself – he's ready to share it with others in worship (v6) and encouragement (v14). What are some practical ways that you could pray with others, or encourage others?



NEXT STEPS

Take one of the practical steps you have identified and find a way for your community to do it in the coming weeks.

NEXT STEPS



For thinkers

Praying spontaneously can sometimes be challenging, which is why the church has a rich tradition of 'set prayers.' Try writing your own prayers to help you start praying throughout the day. Try writing one for the start, middle and end of the day.



For feelers

Commit to praying for five people who aren't yet Christians to come to experience the security of knowing Jesus as their saviour and ultimate security. Look at www.thykingdomcome.global/resources/pray-five-friends for resources to help you do this.



For activists

Go on a prayer walk around your local area. As you walk, ask for God to meet with and bless the people in the houses you pass. Ask for God to give you words, pictures or ideas for the places that you pass, prophetically guiding you in your prayers as you walk. For more tips, look at <https://www.24-7prayer.com/prayerwalking>



SABBATH

//

**SABBATH IS A WAY TO
BREAK OUR ADDICTION TO
ACCOMPLISHMENT AND
ACHIEVEMENT.**

John Mark Comer

THE PRACTICE OF SABBATH

Our world is frantic. Sometimes we are frantic as well. The pace of life often seems unrelenting, and we can easily get caught up in the sheer amount of activity in our lives and the number of things that we need to do. As a result, more and more of us struggle to simply rest. To stop and to be.

In the middle of all this, Sabbath can seem like one more thing to cram in. It can seem like an unnecessary extra in an already busy life. We feel that we can do better without it. But that's to look at Sabbath from the wrong perspective. Sabbath, rightly understood, is a vital gift from the God who cares for us and knows how life is to be lived in the best way.

At its most simple, Sabbath is a day devoted to resting in God and his good gifts. Part of the power of Sabbath is stopping to let God be God and to recover a right sense of our humanity. We are not in control of everything. It doesn't all depend on us. The world still turns when we rest. It can be a humbling experience when we discover that we are not as important as we thought we were. And ultimately it should be a refreshing experience as we discover we can live and work from the secure place of a right relationship with God.

As John Mark Comer puts it, the goal of Sabbath is "to disrupt the busyness, the workload, the media overload, and the frenetic pace of life by slowing to a deliberate stop." Sabbath is God's way to remind us that He is God and that we get to live life secure in that truth.

BE PREPARED. TAKING A GOOD SABBATH NEEDS A BIT OF PREPARATION BEFOREHAND. TRY TO CLEAR AS MUCH TIME AS YOU CAN.

BE HONEST. THERE MIGHT BE SOME REASONS YOU FIND TAKING A SABBATH DIFFICULT. BRING THESE TO GOD IN PRAYER.

BE REALISTIC. FOR SOME OF US, A WHOLE DAY OF SABBATH MAY BE TOO MUCH TO START WITH. PERHAPS START WITH A SHORTER PERIOD OF TIME DURING THE DAY.

BE CREATIVE. SPEND SOME TIME RESTING, PRAYING, READING, DOING SOMETHING THAT YOU ENJOY, OR SIMPLY BEING IN GOD'S PRESENCE.

BE THANKFUL. SABBATH IS A GIFT FROM GOD TO HIS PEOPLE TO HELP US TO FLOURISH. SPEND SOME OF YOUR SABBATH PRAISING GOD AND THANKING HIM FOR HIS GOODNESS.

1. SABBATH:

LISTENING TO JESUS

BIBLE READING

Exodus 20:8-11 & Luke 5:12-16

1. One day, a friend says to you, 'I wish that everything was still shut on Sundays, like it used to be. It makes me sad that no-one's allowed to stop any more.' What would you say to them?
2. Read Exodus 20:8-11. What are the reasons for taking a Sabbath day? What statement might we accidentally be making if we refuse to stop and take a Sabbath?
3. What do you think it might mean for the Sabbath day to be holy and blessed (v11)?
4. Read Luke 5:12-16 and Mark 1:32-39. A number of times in the gospels, we read that Jesus surprised his disciples by withdrawing to pray. Why do you think Jesus did this? Why might it have been difficult? What difference did it make?
5. Take what you've discovered by looking at Jesus' example and think about how it might apply to your own life. How might you make time to take Sabbath rest in the coming weeks?



NEXT STEPS

Look through your diary for the next month. Try to find some time each week to take a Sabbath rest and book it in. Even if you can't find a full day, book in some shorter times and work your way up to a full day.

2. SABBATH:

LEARNING TO FOLLOW

BIBLE READING

Acts 20:7, Colossians 2:16-17 & Romans 14:5-6

1. What might a good 'day off' or Sabbath look like for you? Is there a difference between them?
2. Read Acts 20:7. It is clear that the early Christians started setting aside the first day of the week, and met together then as 'church'. What does Acts 20:7 show the early Christians valued highly? What are the echoes from Acts 2:42?
3. Read Colossians 2:16-17 and Romans 14:5-6. Some people were tempted to judge others by the way that they kept various Old Testament laws, including the Sabbath. Why is it unhelpful to judge like this?
4. Which day would work best for you to take a Sabbath rest? How could you personally make it a day that is set aside for enjoying God, resting, and celebrating the gifts that God gives? How can you use it as a day to encourage other followers of Jesus?



NEXT STEPS

For many of us, Sabbath is an unfamiliar concept. Dig deeper into understanding this essential practice by exploring the resources at <https://practicetheway.org/practices/sabbath>, or those at the end of this booklet.

3. SABBATH: LOVING THE LOST

BIBLE READING

Leviticus 25:1-7

1. How easy do you find it to stop working when there are still obvious jobs to do? Why do you think this is?
2. Read Leviticus 25: 1-7. God is preparing His people for the time when they would be in the promised land. There would be a whole year of rest for the land every seventh year. What was the purpose of this? Who would be blessed by it?
3. Even though we are not obligated to celebrate a Sabbath year or Jubilee year, in what ways do you think the Sabbath and Jubilee years challenge our culture today? What might we be able to apply to our lives today from this practice?
4. Jesus has set us free and given us rest. What practical steps can you take to make sure that your Sabbath rests are times that remind you of all that Jesus has done for you?



NEXT STEPS

Sabbath isn't just for individuals, but for the blessing of our communities. Invite someone to join you in your time of Sabbath rest, enjoying time with one another and with God.

NEXT STEPS



For thinkers

Sabbaths rarely happen without intentional planning and preparation. Spend some time working out what you would need to do to prepare well for an upcoming Sabbath: what chores need to be done; what errands you need to run; what jobs need to be completed? Plan in time before your Sabbath to complete these tasks.



For feelers

Eugene Peterson speaks about Sabbath as a time to 'pray and play.' Plan a Sabbath during which you do something that gives you life – perhaps enjoying nature, getting exercise or going out for a coffee – and spend time in prayer while you're doing this thing.



For activists

Sabbath is a day to remember that God is God, that we are not and that the world will keep on turning without us! Rather than planning another day full of activity and productivity, intentionally plan a day of extravagant rest.



I SAW MORE CLEARLY THAN EVER, THAT THE FIRST THING TO BE CONCERNED ABOUT WAS NOT HOW I MIGHT SERVE THE LORD, BUT HOW I MIGHT BE SATISFIED IN THE LORD... I SAW THAT THE MOST IMPORTANT THING I HAD TO DO WAS TO GIVE MYSELF TO THE READING OF THE WORD OF GOD AND TO MEDITATION ON IT.

George Muller

BIBLE STUDY

BE OPEN. THE BIBLE HAS CHANGED PEOPLE'S LIVES FOR THOUSANDS OF YEARS AS THEY'VE LISTENED TO GOD SPEAK. EXPECT HIM TO SPEAK TO YOU.

BE PRAYERFUL. BEFORE YOU START, PRAY THAT GOD WOULD SPEAK TO YOU THROUGH HIS WORD. YOU MAY LIKE TO USE THE PRAYER ON THE INSIDE FRONT COVER.

BE THOUGHTFUL. IF YOU READ SOMETHING THAT YOU DON'T FULLY UNDERSTAND, WRITE DOWN YOUR QUESTIONS SO THAT YOU CAN DO SOME RESEARCH TO UNDERSTAND THE TEXT MORE FULLY LATER.

BE TOGETHER. THE BIBLE WAS NEVER MEANT TO BE A BOOK THAT WE JUST READ ALONE, BUT RATHER ONE WE READ IN COMMUNITY. COMMIT TO READING IT REGULARLY WITH OTHERS.

BE PERSISTENT. THE BIBLE HAS BOTH INSPIRED AND CHALLENGED PEOPLE THROUGHOUT HISTORY. DON'T WORRY IF WHAT YOU READ SEEMS TRICKY TO UNDERSTAND – JUST KEEP GOING!

THE PRACTICE OF BIBLE STUDY

It's surprising that in a world with more and more information available to us, we often find it difficult to stop and slow down and read the Bible in a deeper way. We are ready to study for exams or to read up on something that intrigues us. Some of us will happily watch hours of news, or documentaries or dramas. Why do we often find it harder to go deeper into the Bible?

At the coronation ceremony, amidst all of the drama and symbolism, the splendour and the tradition, the Queen was presented with a Bible with these words: "we present you with this Book, the most valuable thing that this world affords."

Really? Is it really more valuable than everything else on display on that day? That will depend on what we think is inside the Bible.

When we open the pages of the Bible, we are reading words written by men and women over a period of more than 1500 years. We are also reading words inspired by the loving Creator of our world who wants us to return to Him and live our lives to the full. Amidst all the different authors and styles of writing, there is one theme that brings it all together. God is rescuing and restoring broken people and a broken world in Jesus Christ.

Because God has inspired the Bible, we can trust that it is His word to us. When we discover this, we can say with confidence along with the Psalmist that the Bible is 'more precious than gold' and 'sweeter than honey'. That's why it is worth taking time to study.

1. BIBLE STUDY: LISTENING TO JESUS

BIBLE READING

Luke 2:41-52

1. Do you enjoy reading? Whether it's books, magazines, blogs, or websites, what do you read most often?
2. Read Luke 2:41-52. Try to imagine yourself in the story, perhaps as a friend of Joseph and Mary. What might it have felt like to have lost Jesus for so long?
3. There are so many surprises in verses 46-50. Look carefully through the verses and try to describe what Jesus was doing. What is the end result in verses 51-52?
4. There are many different ways that we can engage with the Bible: personal study, preaching on a Sunday, group studies and more. Which way has been most helpful to you, and why? Can you think of any times with the Bible that have been particularly significant to you?
5. How do you think you could cultivate a deeper hunger for the truth about God? How could you cultivate a deeper hunger for the Bible?



NEXT STEPS

Set yourself a realistic goal to read the Bible regularly over the next few weeks. You could choose a book to read through, or use one of the reading plans on the *YouVersion* Bible app. Ask someone to keep you accountable.

2. BIBLE STUDY: LEARNING TO FOLLOW

BIBLE READING

Luke 1:1-4 & 1 Timothy 4:11-16

1. A friend says to you 'why do you bother reading the Bible? You can't trust that it's true!' How might you respond?
2. Read Luke 1:1-4. Luke is beginning his account of the life of Jesus. What are the different things he says he is trying to achieve in writing down this account? How might these encourage you as you read Luke's gospel?
3. In addition to trusting the people who wrote different parts of the Bible, we can also trust that by the Holy Spirit, God inspired them as they wrote (see 2 Timothy 3:16 and 2 Peter 1:19-21). How would this truth change the way in which you read the Bible? How is it different to when we read other books?
4. Read 1 Timothy 4:11-16. Look carefully at each of the encouragements that Paul gave to Timothy, a younger church leader. Why do you think that is so important for church leaders to pay careful attention to both lifestyle and teaching the Bible? Pray into these for your leaders at Christ Church.
5. How do you think you could listen more carefully to what is read and taught from the Bible on Sundays?



NEXT STEPS

The Bible is different to any other book we might read. Continue to learn how to read this special book by watching the 'How to read the Bible' series from The Bible Project (see Further Resources).

3. BIBLE STUDY: LOVING THE LOST

BIBLE READING

Deuteronomy 6:1-9

1. Think about an exam or test that was really important to you, perhaps at school or for your work or to be able to drive. How did you study to get that qualification? How much of what you learnt can you remember now?
2. Read Deuteronomy 6:1-9. As the people of Israel prepare to enter the promised land, God wants them to remember and live by certain commands and truths. What is the big purpose behind this? How does the fact that God wants to bless us change the way that we read the Bible?
3. Look at the different ways that God's word is to be prominent in the people's lives (verses 6-9). What might it have felt like to be part of a community like this?
4. How do you think that you could treasure God's word more? How can you make sure that you live by what you learn? How do you think that you could help and encourage others around you to do the same?



NEXT STEPS

God speaks to us in a particular way through the Bible. Keep a journal of what you think God says to you each time you read the Bible. You might want to make a note of any verses that particularly stand out to you.

NEXT STEPS



For thinkers

We all need help in understanding the Bible. Consider buying a commentary, Study Bible or accessing online resources to supplement your Bible Reading. When you read the Bible, have this resource open alongside to refer to as you go.



For feelers

The Bible is a book for God's people together, not just individuals. Organise some time to meet up with others to read the Bible together. If you're not part of a Small Group, join one at Christ Church by visiting <http://ccsurbiton.org/smallgroups/>



For activists

Choose a Bible verse that is particularly impactful for you and commit it to memory. Once you have one memorised, move on to another one, building up a reserve of God's word in your heart and mind.



LOOKING BACK, MOVING FORWARD

As we come to the end of our journey beginning to explore some of the spiritual practices, we want to encourage you to take a moment to pause. It can be all too easy to rush on to the next thing, not taking time to explore and celebrate that things that God has done, the things He could still be doing and the things that He might do in the future.

So instead, we want to take time to prayerfully reflect back over the experience of exploring these practices. We'll do that with some simple questions, with space to write down your thoughts. This is designed to be the first steps into a conversation between you and God about the things you've learnt, the ways you've grown and the challenges you've faced in this journey of discipleship.

We'd like to encourage you to put aside some time to go through these questions. As you do, begin by praying and asking God to be with you as you look back, to speak to you by His Spirit, and to give you insight into the journey he wants to continue walking with you as you move forwards. You may not be immediately certain of how to answer, but ask God to prompt and remind you of the things He wants you to remember.

Q1

Which practice did you find most enjoyable? Why?

Q2

Which practice did you find most challenging? Why?

Q3

Think of a time during the practices that you were particularly aware of God's presence with you, or you heard God speaking in a special way. What happened? How might this experience lead you to act differently going forward?

Q4

Which practice could you explore further or practice again? Consider a challenge to grow your faith, or a practice that feels more natural that you could develop into a regular habit.

NEXT STEPS



For thinkers

Give yourself more time to process what God has begun in your life by starting a regular journal. Take time each day to make a short note of the things you're aware God is doing in your life.



For feelers

Having gone through these questions by yourself, meet up with your home group or with a friend to discuss what you've written. Pray together, asking God to continue working in your life as you continue a life of discipleship.



For activists

Choose a practice that you would like to practice again and decide when you are going to do so. Consider inviting others to join you in this practice.

FURTHER RESOURCES



To keep up-to-date with all the talks from the *Living the Good Life* series and for further resources and information, keep an eye on www.ccsurbiton.org/livingthegoodlife.

You'll find a digital version of this handbook on the website.

There are many other resources available on the practices and patterns in the *Living the Good Life* series, but here a few that you may find particularly helpful:



WEBSITE

The Bible Project is an animation studio based in Portland, Oregon. They've created a huge catalogue of videos, blogs, podcasts and more to help you understand books of the Bible, Biblical themes and theological concepts. Their resources are all exceptional and are a great starting point to explore a range of topics.

www.thebibleproject.com



Book

Garden City, John Mark Comer

In *Garden City*, pastor and speaker John Mark Comer explores our calling and purpose, looking at Genesis and the story of a man, a woman, and a garden. He unpacks God's creation and his original intent for how we are meant to spend our time. Here, you'll find answers to questions like "Does God care where I work?", "What about what I do with my free time or how much rest I get?", and "Does he have a clear direction for me?"



BOOK

How to Pray, Pete Greig

Pete Greig is the founder of the 24-7 Prayer Movement and has written some of the most widely regarded books on prayer that are available. In his latest book, Greig brings together everything he has learnt over 20 years of ministry in order to answer that common question: 'how do I pray?'



BOOK

The New Bible Commentary

Bible Commentaries or Study Bibles can be incredibly helpful resources to help us understand challenging parts of the Bible. There are many available that are very good, but we'd like to recommend *The New Bible Commentary* to you, a one-volume commentary of the entire Bible. The *NBC* strikes a good balance of accessibility and detail. It's an investment, but one we think is worthwhile!



BOOK

A Simple Way to Pray, Martin Luther

A Simple Way to Pray is a letter that Martin Luther, one of the most important figures in the Protestant Reformation, wrote to his barber to help him learn how to pray. It's a short booklet packed full of helpful tips on how to start praying using the Lord's Prayer, the Ten Commandments or any passage of the Bible.



PODCAST

Solid Joys, John Piper

Every day, John Piper – an author, theologian and pastor from the United States – releases a short 3-5 minute reflection on a verse of the Bible. These podcasts are great to listen to in the morning, perhaps as you're getting ready for the day or travelling to work.

**HOW ARE YOU COPING
WITH THE UPS AND
DOWNS OF LIFE?**

**WHAT MIGHT YOUR
LIFE BE LIKE IN 5 OR 10
YEARS TIME?**

**IS CHANGE REALLY
POSSIBLE?**

**JOIN US FOR THE
SECOND PART OF
LEARNING TO LIVE THE
GOOD LIFE.**



8 Christ Church Road, Surbiton, KT5 8JJ

E: office@ccsurbiton.org | **T:** 020 8390 7215

WWW.CCSURBITON.ORG

