
MY LIVING FAITH

An Exercise in Thinking Theologically



THE NOURISHING VOCAITON PROJECT

 ST. OLAF | THE LUTHERAN CENTER
FOR FAITH, VALUES, AND COMMUNITY

My Living Faith: An Exercise in Thinking Theologically, provides individual people and whole congregations the opportunity to think and reflect theologically about their faith and life. It provides an opportunity for people to think together about their fundamental beliefs and how those beliefs are encountered and expressed, as well as how those same beliefs impact their daily lives.

This exercise is most effective when completed by individuals and shared within small group settings.

The reflection upon hymns and/or worship songs and biblical texts and stories can either be done by individuals or by small groups.

Compiling as many responses as possible from each question will provide for rich conversation regarding the core beliefs and expressions of faith of congregational participants. Providing and posting newsprint to record responses can be a helpful way for folks to both share and learn about the beliefs and practices of one another.

This exercise can be completed all at once, or in various parts over time. It can also be completed in a large group setting, with small groups for table conversations, or it can be completed by various ministries or gathered groups, with the results compiled and shared in a large group conversation.



My Living Faith: An Exercise in Thinking Theologically

1. When you think about being a part of a Christian community, what is your “so that?” (i.e. I am a part of a Christian community so that my faith can be strengthened and nourished, or I am a part of a Christian community so that I do not go through life alone, etc.)

2. What’s life-giving for you about being part of a Christian community? (i.e. worship, education, service/advocacy, social opportunities, etc.)?

3. What aspects of worship are most impactful for you, and why? (music, liturgy, prayers, sermon, community, etc.)

4. What traditions/habits/routines/practices help orient you in your daily living? How do these practices relate to your faith?

5. What is a deeply held belief or conviction that has changed for you? What contributed to the change?

6. Choose two of your favorite hymns. For each of the hymns, complete the chart below:

| | | |
|---|--|--|
| Hymn | | |
| Who does this hymn say that Jesus is (and if not Jesus, then God)? | | |
| What does this hymn say about humanity? | | |
| What does this hymn say about the relationship between God, people, and/or creation? | | |
| What does this hymn do to you, i.e. what feelings does this hymn evoke in you? | | |
| What does this hymn say about human action? | | |
| What does this hymn prompt you to see or consider from within your church/community/world? | | |
| What does this hymn prompt you to see or consider within yourself? | | |
| What words or phrases from this hymn stick out to you? | | |
| What is the Good News of this hymn? | | |

7. Choose two of your favorite biblical texts or stories. For each of text complete the chart below.

| | | |
|---|--|--|
| Biblical Text or Story | | |
| Who does this text say that Jesus is (and if not Jesus, then God)? | | |
| What does this text say about humanity? | | |
| What does this text say about the relationship between God, people, and/or creation? | | |
| What does this text do to you, i.e. what feelings does this hymn evoke in you? | | |
| What does this text say about human action? | | |
| What does this text prompt you to see or consider from within your church/community/world? | | |
| What does this text prompt you to see or consider within yourself? | | |
| What words or phrases from this text stick out to you? | | |
| What is the Good News of this text? | | |

8. How does being a Christian matter for your death?

9. How does being a Christian matter for life, including how you think and act in relation to matters of public concern?

10. Share an experience that is significant to your faith.