

AUTHENTIC

We believe God calls us into a supportive community that nurtures us in faith.

We risk being open and vulnerable, sharing our real lives so we may learn to love and be loved as we truly are.



READ

But be doers of the word, and not merely hearers who deceive themselves.

For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like.

But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget, but doers who act—they will be blessed in their doing.

(James 1, 22-25)

REFLECT

Doing, and not hearing, is at the center of a truly authentic Christian life.

We must hear the Word of the Lord, of course, and we must listen to our fellow disciples, but putting what we hear into action in our daily lives is the key discipline we must develop. We must balance our private internal prayer life with our public deeds and actions. And in our deeds and actions we must strive to be authentic, to speak and act as Christ has called us to do, giving no thought to how our words might be received or how our actions may appear to others.

Being authentic gets to the heart of discipleship. Am I doing this for God or am I doing this for myself?

Lent is an especially good time to reflect on our lives as Christians and to work on becoming more authentic.

As Christ spend forty days in the wilderness being tempted and reflecting on his life and purpose, so should we take time to assess our lives, to ask ourselves how we could do more, and commit ourselves to a deeper relationship with Jesus.

ACT

- Take a moment each morning before you start your day to be still and think and pray about the day ahead.
- Ask yourself and ask God: as I go about my life today, how will my actions and my words today be more authentic as a follower and servant of Christ?
- Take a moment each evening before you go to bed to be still and think and pray about the day just ended.
- Ask yourself and ask God: how did I do today? Was I authentic? How will I do better tomorrow?

PRAY

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

(Collect for Guidance, Morning Prayer II, BCP)