



AIF LENT COURSE 2024

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Week 1: Embracing Unity in Diversity

As we embark on this Lenten journey, let us reflect on the beauty of diversity within interchurch families. Just as each member brings their unique gifts and perspectives, so do different denominations within the Christian faith. Let us embrace this diversity and celebrate the unity we find in our shared love for Christ.

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For Interchurch Families to use:

Reflection:

- How does the diversity within interchurch families reflect the richness of the Body of Christ?
- In what ways can we celebrate and honour the unique gifts and perspectives each member brings to our family and community?

Activity:

- Create a family tree that visually represents the different denominations and traditions within your interchurch family. Reflect on how each branch contributes to the overall diversity and unity of your family.

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For Churches and other Groups to use:

Reflection:

- How do you perceive diversity within the broader Christian community, and what value do you think it brings to the Body of Christ?
- In what ways do you think interchurch families can enhance the understanding and appreciation of diversity within our church community?

Activity:

- Brainstorm ideas as a group on how your church can better embrace diversity and unity within its congregation. Reflect on how learning from the experiences of interchurch families can inform and inspire your church's approach to embracing diversity.



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Week 2: Nurturing Love Through Understanding

In interchurch families, love flourishes through understanding and respect for each other's traditions and beliefs. This Lent, let us strive to deepen our understanding of one another's faith journeys. By listening with open hearts and minds, we can nurture love and strengthen the bonds within our families and communities.

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For Interchurch Families to use:

Reflection:

- What steps can we take to deepen our understanding of each other's faith traditions?
- How can we demonstrate respect and appreciation for the beliefs and practices that are important to each member of our interchurch family?

Activity:

- Organize a family discussion or "faith exchange" where each member shares a meaningful aspect of their faith tradition with the rest of the family. Take time to ask questions and learn from each other's experiences.

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For Churches and Other groups to use:

Reflection:

- How can deepening our understanding of different Christian traditions enrich our own faith journey?
- In what ways do you think fostering understanding and respect for differing beliefs and practices can strengthen the bonds within our church community?

Activity:

- Host a panel discussion or invite guest speakers from interchurch families to share their experiences and insights on navigating differences in faith traditions within their families. Encourage open dialogue and reflection on how these insights can be applied within your church community.



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Week 3: Building Bridges of Communication

Communication is essential for fostering harmony and unity in interchurch families. This Lent, let us commit to building bridges of communication within our families and between our churches. Through honest dialogue and mutual respect, we can overcome differences and grow closer together in love.

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For Interchurch Families to use:

Reflection:

- What barriers to communication exist within our family or between our churches, and how can we overcome them?
- How can we cultivate a culture of open and honest dialogue, where all members feel heard and valued?

Activity:

- Plan a joint project or community outreach activity with members from each of your churches. Use this opportunity to work together towards a common goal and strengthen your bonds through shared service.

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For Churches and Other groups to use:

Reflection:

- What barriers to communication exist within our church community, and how can we overcome them to foster greater unity?
- How do you think improved communication and dialogue within our church could benefit from the experiences of interchurch families?

Activity:

- Organize a workshop or group exercise focused on improving communication skills and fostering dialogue within your church community. Reflect on the lessons learned from interchurch families and explore how they can be applied to enhance communication within your church.



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Week 4: Sharing Our Spiritual Wealth

In interchurch families, we are blessed with the richness of multiple traditions and spiritual practices. This Lent, let us share our spiritual wealth with one another and with our respective churches. By embracing and learning more from each other's traditions, we enrich our own faith journeys and contribute to the unity of the Body of Christ.

For Interchurch Families to use:

Reflection:

- How can we actively further incorporate elements from each other's traditions into our family's spiritual practices?
- What spiritual practices or traditions have we found particularly enriching from our interactions with each other's churches?

Activity:

- Host a "spiritual swap" where each family member shares a favourite prayer, hymn, scripture, or spiritual practice from their tradition. Take time to incorporate these shared elements into your family's devotional time throughout the week.

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For Churches and Other groups to use:

Reflection:

- How can we recognize and appreciate the spiritual richness that exists within our church community?
- In what ways do you think sharing and learning from the spiritual practices of interchurch families can deepen our own spiritual journey?

Activity:

- Encourage members of your church community to share personal stories or reflections on spiritual practices that have been meaningful to them. Reflect together on how embracing diverse spiritual practices can enrich the collective spiritual life of your church.



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Week 5: Bearing Witness to Love

As we approach the culmination of Lent, let us bear witness to the transformative power of love within interchurch families. By living out our faith with compassion, humility, and grace, we reflect God's love to the world around us. May our lives be a testimony to the beauty and strength of unity in diversity, inspiring others to embrace and celebrate the richness of interchurch families.

For Interchurch Families to use:

Reflection:

- How can we live out the principles of love, unity, and respect within our broader communities?
- In what ways can our interchurch family serve as a beacon of hope and reconciliation in a divided world?

Activity:

- Identify a local charity or organization that embodies the values of love and unity. Plan a family outing or volunteer opportunity to support their work and demonstrate your commitment to building bridges of love and understanding in your community.

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For Churches and other Groups to use:

Reflection:

- How can our church community demonstrate love, unity, and inclusivity to the wider community?
- In what ways do you think learning from the experiences of interchurch families can inspire us to be a more welcoming and inclusive church community?

Activity:

- Brainstorm outreach initiatives or service projects that reflect the values of love, unity, and inclusivity. Consider how incorporating insights from interchurch families can help guide your church in becoming a more welcoming and supportive community for all.