

Alive in the Spirit

Being The Community Christ Calls Us To Be

Personal Three-Day Experience

This short guide offers space for you to plan your time and record your insights from your engagement in the Alive in the Spirit Experience

Your Checklist for Week Prior to Conference

- Freed schedule from 6pm Thursday 26th May to 2pm Saturday 28th May
- Ensure place of viewing will not be interrupted by others
- Tested my connection to conference site and sought support if needed
- Set up a sacred space near my viewing screen: e.g. candle, Bible
- Sourced a Journal to record my reflections.

Pastoral Review in Preparation for Conference Experience

Book in at least half an hour for you to prayerfully reflect on the following, recording your thoughts in your journal:

Open in prayer. Suggestion: Engage via our online prayer experiences

Reflect on the conference theme:

What does God require of you: To act justly, To love mercy, and To walk humbly with our God. (Micah 6:8)
How does this passage speak to your heart at this time?

Consider how you are responding to God's call in your life.

For your personal space, interpersonal space and communal space:

- List the good that is happening, and what you may wish to strengthen.
- List the struggles and questions, where you may wish to grow/renew.
- List your wonderings and hopes, and the related ideas to explore.

You can bring this reflection into your Alive in the Spirit Experience.

Select your shortlist of Workshop Presentations

There is a list of 25+ presentations. The following may help you shortlist:

- Refer to the one-sheet summary guide. This organises presentations into themes. To view, select the Presentations menu - scroll to button & select.
- Refer to the three lists you prepared in your initial preparation. What do you wish to strengthen, to grow/renew, and explore?
- Record your choices - no more than 5 for the 3-day experience.

Make the Conference Schedule work for You

There is a rhythm to the program, and importantly, you want to ensure you have time on-screen and away from screen to reflect on your experiences.

- Attend the opening, the keynotes and the closing to anchor experience.
- Consider your engagement with the **Group Sharing**. These are to debrief the keynotes, where you can share wisdom with others.
- Consider your engagement with the **"Let's Have a Yarn"**. These are social encounters, where you network with other participants.
- Create a timetable. Plot the sessions you will attend, and times for each workshop you have selected. Allow time for personal reflection.
- In your journal, record your reflection following each session, returning to the theme: What does God require of you... in light of this session?

Your Call to Action

At the conclusion, set aside at least half an hour to review and commit to some actions.

Frame this discernment exercise around the theme: "What does God require of you now, at this time, in this place?"

In your journal, commit to three main goals: personal, interpersonal, communal. Be as specific as possible, naming time frames, and something you can achieve via a named action. (e.g., For the goal: "to take out more time for me and God", add, "through booking in my diary 15 minutes of prayer time at 8.30pm on Mondays, Wednesdays and Fridays for the next month.")