

ALM Core Module Outline

This core module has been put together by thinking through how we grow in commitment to and understanding of our faith through regular patterns of participating in worship, word, and sacrament. The outline of this course broadly follows the logic of Sunday worship, focusing on the key elements it contains. Our aim is that it should help us all to intentionally develop a Rule of Life by identifying our existing spiritual practices and seeking to develop and grow in others.

Session	Theme	Learning outcomes
1	<i>Together as Disciples:</i> <i>Intro to ALM Core Module</i>	<ol style="list-style-type: none"> 1. Understand the idea of a 'Rule of Life' 2. Reflect on the communal aspects of worship 3. Commit to developing a Rule of Life through spiritual practices lived out individually and in community.
2	<i>Forgiveness:</i> <i>Baptism, Confession & Repentance</i>	<ol style="list-style-type: none"> 1. Understand a range of approaches to forgiveness 2. Reflect on the role of confession and forgiveness in your life 3. Commit to regular practice of acknowledging sin and seeking forgiveness
3	<i>Praising God</i>	<ol style="list-style-type: none"> 1. Understand the role of praising God personally and in community 2. Reflect on the role of praising God in your own life 3. Commit to seek a growing sense of wonder at the mighty acts of God
4	<i>Prayer</i>	<ol style="list-style-type: none"> 1. Understand a range of approaches to prayer 2. Reflect on how an expansive view of prayer might enrich your own prayer life 3. Commit to ever-deepening fellowship with God in corporate and private prayer
5	<i>Reading the Bible</i>	<ol style="list-style-type: none"> 1. Understand the role of scripture in formation 2. Reflect on different ways of engaging prayerfully with scripture 3. Commit to a regular and sustainable pattern of scripture reading
6	<i>The Word Preached</i>	<ol style="list-style-type: none"> 1. Understand why preaching is important 2. Reflect on how preaching makes a difference to your life 3. Commit to find ways to speak out about your faith
7	<i>Creeds:</i> <i>Affirming our Faith</i>	<ol style="list-style-type: none"> 1. Understand the place of doctrine in a life of prayer 2. Reflect on how our believing shapes our praying and vice-versa 3. Commit to allowing yourself to be formed by the faith of the Church
8	<i>The Eucharist</i>	<ol style="list-style-type: none"> 1. Understand a range of approaches to the Sacraments 2. Reflect on the role and effect of the Sacraments in the life of the Church 3. Commit to growing in awareness of God's grace at work in your life
9	<i>Sabbath Rest</i>	<ol style="list-style-type: none"> 1. Understand the importance of Sabbath and how this can be lived out as disciples of Christ 2. Reflect on the role of rest in our lives as individuals and community 3. Commit to practicing Sabbath rest as part of a Rule of Life.
10	<i>Mission</i>	<ol style="list-style-type: none"> 1. Understand the call of Christ to participate in the mission of God in the world 2. Reflect on our participation in mission in terms of personal generosity and service 3. Commit to a lifestyle of generosity and service

There may be some preparatory work required for these sessions, including brief readings or watching a relevant video. Each session should be followed up by writing reflections in your learning diary.