

Session 1: The hero inside

READ:

I wonder what it means to be a hero? Is it about special, one-off acts or achievements? Can we be heroic in the way that we live every day? What might be a 'heroic' way to live as a Christian? Read some of these passages for some ideas: the Beatitudes (Matthew 5: 3-12); the Fruit of the Spirit (Galatians 5: 22-23); the Parable of the Sheep and the goats (Matthew 25: 31-46)

	<i>Yourself</i>	<i>Other people</i>	<i>Church and Society</i>
Think	<p>Draw yourself as a superhero. What sort of costume would you have? What super powers would you want? What Christian gifts do you have?</p> <p>I wonder what you like about yourself? I wonder what you think God likes about you?</p> <p>Would you think of yourself as a hero? Are Christians called to be heroes? Perhaps it is heroic just to try to follow Jesus today.</p> <p>Perhaps being a Christian is less about doing amazing heroic acts, and more about the small things we do every day.</p>	<p>Do you know any heroes?</p> <p>I wonder what qualities you admire others? I wonder how you think God sees them?</p> <p>Who might you look at as a role-model? What is it you admire about them?</p>	<p>Do you think the Church is heroic?</p> <p>I wonder what you admire about the URC?</p> <p>I wonder what heroic things churches have done? If you can't think of anything, perhaps you could go and do some research and find out.</p>
Pray	<p>Thank God for your gifts, skills and talents.</p> <p>Ask God for opportunities to use them, or for God to reveal them to you if you are unsure of what your gifts, skills and talents are.</p> <p>Are there any spiritual gifts or attitudes you would like to grow in? Ask God.</p>	<p>Thank God for the people that you look up to.</p> <p>Ask God to show you how you can help other people to be heroic, to be the best person they can be.</p>	<p>Thank God for the people who have gone before us, who are great examples of faith and life.</p> <p>Thank God for the good things the Church has done throughout history – as the body of Christ on earth.</p> <p>Pray for God's guidance and wisdom for the church to be an agent of social change and justice in the world.</p>
Do	<p>Think about your personal responsibility in the world that we live in. What might God be calling you to do?</p> <p>Our primary call is to follow Jesus. How we do that will likely be directed by our skills, passions, gifts and experience.</p> <p>Who is God calling you to be?</p>	<p>Try getting into the habit of doing small regular acts of kindness, generosity, patience etc for other people.</p> <p>Start small and try to make it a daily habit.</p>	<p>Explore how the URC commits itself to an intercultural journey embodying God's Love.</p> <p>https://urc.org.uk/our-work/global-and-intercultural.html</p> <p>The rooms at Church House (the URC's offices in London) are named after famous people from the URC's history – try to find out more about who they were.</p>

FOR FURTHER EXPLORATION: *Is being a hero less about what we achieve and more about how we achieve it?*