

SMALL GROUP AND SUNDAY SERMON SERIES

PRACTISING THE WAY



JOURNEY WITH US AS WE EXPLORE THE TEACHINGS OF CHRIST IN DAILY LIFE

7 June - 26 July 2026

HOME GROUPS AND CLASSES GUIDE:

1. Open in Worship and Prayer: this is to invite God into the meeting. For example, you can light a candle, sing together, or use a YouTube Hymn or song.
2. Open your Bibles and read the Bible verses for this week (take turns?) see below.
3. Reflect on the Bible verses and the reflection written by a Minister or Lay Preacher.
4. Connect with each other and take the reflection deeper by answering the Questions.
5. Works out: What have we learned that we can apply in our lives in this session? Keep each other accountable for promises made or important steps taken. Pray for and over each other (after taking prayer requests).

Practising the Way

Week 1 — WALKING IS THE WAY

Week 2 — COMMUNAL HARMONY

Week 3 — THE WAY IS COSTLY

Week 4 — BEING AUTHENTIC

Week 5 — WALKING THE WILDERNESS ROAD

Week 6 — STRENGTH FORGED IN STRUGGLE

Week 7 — THE JOURNEY IS UNFOLDING, AND NEVER FIXED

Week 8 — ENGAGEMENT WITH THE WORLD

*Friends, according to our Christian calendar we are moving into 'Ordinary Time'. This refers to the numbered weeks outside of the major liturgical seasons, lasting about 33-34 weeks each year, and focuses on living out the teachings of Christ in daily life. It emphasizes the ongoing mission of the Church, discipleship, and growth in faith rather than commemorating a single event like Christmas or Easter. Ordinary Time in the Christian calendar is often misunderstood as "plain" or "less important", but it's **the season where discipleship is lived out in daily life**. It is about applying faith in everyday life, not just during festive seasons. Ordinary time reminds Christians that faith is not about high holy days but also about consistent practice and witness in daily life. It provides space for teaching, reflection, and mission, grounding believers in the rhythm of ordinary weeks.*

*I have titled our series "**Practising the Way**". Practising the Way means actively following Jesus' way of life, not just believing in Him. Many churches emphasize belief but neglect formation and this leads to the crisis of discipleship, "**Practising the Way**" addresses this gap. **Practising the Way is essentially about intentional discipleship – ordering life around Jesus' teachings and example, within community, to grow in faith and mission.***

*John Mark Comer wrote a book titled "**Practising the Way**" to help believers move beyond simply believing in Jesus to apprenticing under him. Comer argues that everyone is being formed by something – whether culture, media, or habits – and that Christians must intentionally choose to be formed by Jesus. The book begins by exploring what it means to be an apprentice to Jesus drawing on the ancient rabbinic tradition where disciples*

would follow their teacher closely, imitating not just their words but their way of life. Comer insists that discipleship is not passive belief but active practice, requiring rhythms that open space for God's Spirit to transform us. He frames this apprenticeship around three movements – (e, Become, Do):

- *Being with Jesus* – emphasizes cultivating presence through prayer, silence, scripture, and sabbath. This is about learning to live in constant awareness of God's presence.
- *Becoming like Jesus*: He explains that transformation of character doesn't happen overnight or through sheer willpower alone but through intentional practices – fasting, simplicity, community, and generosity – that reshape desires and habits. These practices are not ends in themselves but means of opening our lives to God's work.
- *And doing as He did*: is about living missionally in the world: serving others, pursuing justice, and sharing the good news in everyday life.

Comer's vision is that discipleship is not reserved for spiritual elites but is the ordinary calling of every believer: to apprentice under Jesus, to be transformed by him, and to live out his way in the world. The book speaks to Christians navigating distraction and hurry, offering concrete steps to integrate faith in ordinary life.

I have chosen the theme 'Practising the Way' to help us see how faith isn't just celebrated in high feasts but embodied in ordinary rhythms. It is about discipleship as a lifestyle rather than a one-time decision. So, Practising the Way is about embodying Jesus' way of life here and now – a radical apprenticeship that reshapes how you spend time, use resources, and relate to others. It is about transformation – not just believing in Jesus but allowing his Spirit to reshape our character so that we increasingly reflect his life. For us, this is a call to slow down, to be present with Jesus, and to let discipleship permeate ordinary routines. To invite believers to see everyday life – work, rest, relationships, service – as the arena where discipleship is lived out. This theme reminds us that discipleship is lived out in the everyday; in how we speak to our families, how we handle work pressures, how we respond to neighbours, and how we steward our time. It is about becoming more Christlike not just in sacred spaces but in the ordinary rhythms of life. Over time, this path produces the fruit of the Spirit – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control – making believers living witnesses of Jesus in ordinary settings.



Conclusion: As we journey through this series, may we discover that practising the Way is not about perfection but about persistence – not about rigid formulas but about unfolding faith – not about escape from the world but about engaging it with Christ's love. It is not a single step but a lifelong road. So, let us go forth with courage, knowing that the wilderness will not defeat us, the struggle will not break us, and the cost will not outweigh the eternal reward. Practising the Way is walking with Christ – and in Him, the journey itself becomes our joy. Enjoy the journey, for it is the Way of Christ.

God's blessings, Zamani Sikupela.

Week Eight: 26 July 2026

Theme: "Engagement with the world"

Scriptures: Jeremiah 29: 1-7; Romans 12:1- 2; Matthew 5:13 -16

Worship Song: Shine Jesus Shine by Graham Kendrick

<https://www.youtube.com/watch?v=A-Fe7wCdrSw>

Engagement with the world is not optional – it is the very mission of the Church. The Way is not just inward spirituality, but active engagement with the world around us. It is shining His light in daily life, and transforming culture through love, justice, and humble witness. Believers are called to live faithfully, serve compassionately, and witness boldly, showing that God's kingdom is breaking into the present age.

Reflection on the Scriptures written by: Rev Thabiso Mcinga

In Matthew 5:13–16, Jesus tells His disciples, “*You are the salt of the earth*” and “*You are the light of the world*.” These words show us that Christians are not called to hide away from the world, but to live faithfully within it. Salt was very important in the time of Jesus. It gave flavour, preserved food, and helped prevent decay. In the same way, believers are called to bring the values of God’s Kingdom into the world. We are called to bring kindness where there is hatred, honesty where there is corruption, peace where there is conflict, and hope where there is despair. Engagement with the world means that our faith must not remain only in church. Our faith ought to be seen in our communities too.

Jesus then calls us “*the light of the world*.” He intentionally says we are the light, not that we have a light. This means our very lives are meant to be a source of illumination. A city on a hill cannot be hidden, and a lamp is meant to be placed on a stand. The purpose of light is visibility. To engage with the world is to let our good deeds be seen, not for our own glory, but so that people can see our Father in heaven. This is a challenging balance. We are not to perform. No Not at all. Our engagement is to be bold and transparent, pointing others not to ourselves, but to the source of our light.

Therefore, our engagement with the world can’t and shouldn’t be a passive state of being. We have here a passage that challenges us to see and reflect on whether our presence in the world is making a difference. Are we adding the flavour of Christ where we live? Are we shining with the light of Christ in dark and difficult places? It is therefore our hope and prayer that we may always live lives that point people to God and that the world around us may become brighter and better because Christ is living in us.

Life group Questions (taking discussions deeper):

- 1) In what areas of your daily life do you find it hardest to be “*salt and light*,” and why?
- 2) Can you think of a time when someone else’s visible faith and good works drew you closer to God?
- 3) What is one dark or difficult place in your community where you believe God is calling you to shine his light?

Daily Memory Verse and Prayer:

MONDAY

Memory Verse: “*The Lord is my shepherd; I shall not want.*” - Psalm 23:1

Prayer: Lord, guide me today as my Shepherd and help me to trust your care. Teach me to be content, knowing that in you I have all I need.

TUESDAY

Memory Verse: “*Rejoice evermore. Pray without ceasing.*” - 1 Thessalonians 5:16–17

Prayer: Father, teach me to find joy in every moment, even in the ordinary and difficult. Keep my heart always turned toward you in constant, quiet conversation throughout this day.

WEDNESDAY

Memory Verse: “*For you were once darkness, but now you are light in the Lord. Live as children of light.*” - Ephesians 5:8

Prayer: Lord, you have pulled me out of darkness and made me new in your light. Help me walk today in kindness and purity, so my life reflects who you are.

THURSDAY

Memory Verse: “*The Lord is my light and my salvation; whom shall I fear?*” - Psalm 27:1

Prayer: Lord, shine Your light over every fear and worry in my heart. Strengthen my faith to walk boldly, knowing you are my salvation.

FRIDAY

Memory Verse: “*The path of the righteous is like the morning sun, shining ever brighter till the full light of day.*” - Proverbs 4:18

Prayer: Dear God, you are my light in every shadow and my salvation in every fear. When anxiety or doubt creep in, remind me that because you are with me, I have nothing to dread.

SATURDAY

Memory Verse: *"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."* - 1 Peter 2:9

Prayer: Thank you that my journey with you gets brighter with each step of faith. I ask that you keep me walking forward on your path today, growing in your goodness and grace.

Family Devotion: Compiled by: Magogodi Nkuna – Volunteer

Opening Song: [This little light of mine](#)

Read: Matthew 5:13-16 *"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. ¹⁴ 'You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

Context

In the ancient days, long before fridges were invented, salt was used to preserve food. It helped keep meat from spoiling and rotting. So, when Jesus says that we are the salt of the earth, He is telling us that we should have a positive influence on the world around us. As followers of Christ, we are called to stand for what is right, help others, and point people toward God. We should be making a difference wherever God has placed us.

In verse 14, Jesus also calls us the light of the world. Going back to ancient times, before Eskom was formed and electricity was available, people used oil lamps for light. A lamp was never lit and then hidden under a bowl. Doing that would cover the light and eventually extinguish it. Instead, the lamp was placed on a stand so that everyone in the house could benefit from its light.

In the same way, God did not save us so that we could keep our faith hidden. He wants us to shine his light wherever we go. By the way we live, speak, and treat others, we have an opportunity to share the good news of Jesus in a world that desperately needs hope.

Reflection Questions

Tweens

1. How can you be a positive influence among your friends and classmates?
2. Are there times when you hide your faith because you are afraid of what others might think?
3. What is one way you can let your light shine this week?

Teens

1. How does being "salt" challenge the way you live in today's world?
2. What are some situations where it is difficult to be a light for Christ?
3. What practical steps can you take this week to share God's love through your words and actions?
4. How can your social media presence reflect the light of Christ?

Closing Prayer

Lord Jesus, thank You for calling us to be the salt of the earth and the light of the world. Help us to influence others positively and to shine Your light wherever we go. Give us courage to live for You openly and to share Your love through our actions and words. May our lives bring glory to You and point others towards Your kingdom. Amen.