

Small Group Ministry Session Twenty-Five: Faith and Practice

OPENING WORDS

“Practice makes perfect.” “It is only through continued, disciplined practice that we can touch the wholeness, the perfection, that is within us.”

Diane Mariechild

CHECK IN

Current state of physical or spiritual health

Joys or concerns about loved ones

Concerns/excitement about what is happening in our lives

REVIEW COVENANT

REVIEW PROGRESS OF THE CIRCLE

DISCUSSION

Karen Armstrong in her book, *Islam; A Short History*, observes that Islamic and Judaic traditions are traditions of practice, they are religions that give humans rules by which to live. Christianity, in contrast, is a tradition of faith or belief. She argues that Jews and Muslims care less about what's in a person's heart and more about how a person conducts herself in day-to-day life. Christians have come to care more about what a person believes.

1. How do faith and practice interact in your spiritual life?
2. Which calls you more deeply?
3. Which is most supported by our Unitarian Universalist principles?

CHECK OUT

What did you like about this meeting? What do you wish had been different?

CLOSING WORDS

Like billowing clouds,
the longing of the soul
can never be stilled.

Hildegard of Bingen