



Encountering,
Embracing,
Embodying Christ
in the world

Seeking to experience Christ. Engaging with the world. Expanding hope and healing.

<p>This year I commit to living out God's hope and healing through</p> <p>Creation Care</p> <p>by making big or small choices that respect the earth and its gifts</p>	<p>This year I commit to living out God's hope and healing through the ministry of</p> <p>Reconciliation</p> <p>by encouraging new understandings and working to build shalom</p>	<p>This year I commit to living out God's hope and healing through designing my own</p> <p>Identity Statement</p> <p>such as "I am salt, I am light", and choosing that identity every day</p>
<p>This year I commit to living out God's hope and healing through nurturing the</p> <p>Gifts of the Spirit</p> <p>by praying and practising a different gift each month</p>	<p>This year I commit to living out God's hope and healing seeking Kingdom ways through</p> <p>Scripture</p> <p>by reading through the lens of Christ's life and love and/or truly trying to live out what I read</p>	<p>This year I commit to living out God's hope and healing through</p> <p>Humility</p> <p>in acknowledging that: I am a beloved child of God I am not in charge nor always right I can experience inner peace & facilitate peace with others</p>
<p>This year I commit to living out God's hope and healing seeking Kingdom ways through</p> <p>Prayer/Contemplation</p> <p>by re-engaging in some of the practises from year 1</p>	<p>This year I commit to living out God's hope and healing seeking Kingdom ways through</p> <p>Study</p> <p>by reading new authors or joining a group dedicated to growing</p>	<p>This year I commit to living out God's hope and healing through my</p> <p>Connection</p> <p>with all people, all things, all creation by acknowledging the common God-spark of our Creator that lives in each</p>
<p>This year I commit to living out God's hope and healing through</p> <p>Reflection/Discernment</p> <p>in asking if I "let go of..." and "embraced..."</p>	<p>This year I commit to living out God's hope and healing through</p> <p>Practising the Pause</p> <p>reminding myself of my role as Christ's ambassador before I react</p>	<p>This year I commit to living out God's hope and healing through</p> <p>Generosity</p> <p>by deconstructing any feelings of entitlement, fear and/or scarcity and dive into an attitude of abundance, sharing, joy and flourishing life</p>

Encounter Christ in the world with a posture of curiosity and listening through:

- Creation
- The arts
- People
- The church
- Scriptures
- New ideas

Embrace Christ in the world through:

- Christ-like thinking and attitudes
- Christ-like behaviours and spiritual disciplines
- Valuing, seeking and living Kingdom-ways
- Being receptive to the Holy Spirit (Christ in us)

Embody Christ in the world through:

- Creation care
- Relationships
- Conversations and daily actions
- Peace and justice issues
- Sharing the good news

Check out the bucket list of ideas at

<https://mcab.ca/mcab.ca/e3yearthreeresources>



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