

How to use this leaflet:

You can use this leaflet how you want, of course, but here are some suggestions:

In a prayer group (probably 3-5 people is optimum, so a bigger group could be split into smaller groups).

1. Pray for the Holy Spirit to inspire your conversation.
2. Ask the questions for Prayer, then Study, then Action of each other and listen carefully with compassion and wonder as each person responds.
3. Pray a prayer of thanks for all you have shared.

We would recommend sharing this process with the same group of people regularly so your love of God for one another and for the world grows, and your faith and trust deepens.

NB Honesty is key. If people have felt distant from God or God's love, or haven't felt able to study or take action, they must be able to share that with the group, or simply be able to say "pass" without inviting further comment. It is important that we listen to one another without judgment, so that we are creating a safe space where everyone can be honest. This enables people to pray and offer support.

You could just share on one of the areas each time you meet (either Prayer, Study or Action). However you use the leaflet, bear in mind the balance between Prayer, Study and Action is essential to a healthy life and a healthy group. Try to make sure no areas are neglected.

May God bless you richly and those with whom you journey. Amen!

Cursillo®



BACC



THE DIOCESE
OF SHEFFIELD

Cursillo® is one way of being a disciple.

**It is based on a simple discipline
of prayer, study and action.**

**Its purpose is to support the church in
its mission of growing disciples.**

**An ancient Christian practice is to
meet with friends in small groups for
mutual support, encouragement and
growth. The Cursillo® approach,
using prayer, study and action, is built
on this and is practised widely across
the Anglican Church.**

Want to know more?

Come to an 'Ultreya' - one of our gatherings. Come on the next Cursillo weekend (see websites below for the latest dates).

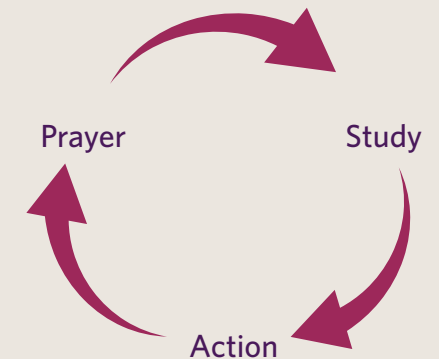
www.sheffield.anglican.org/cursillo
www.stpeterscollege.org.uk/cursillo

You can also get news and see what is happening on the dedicated Facebook page:

www.facebook.com/SheffieldAnglicanCursillo



Sheffield Anglican Cursillo



Small Group Method

www.sheffield.anglican.org/cursillo

Start here

We recommend when your group meets that you start by praying that the Holy Spirit will inspire your conversation together. In Cursillo, we use this prayer, which you may find helpful, or you might prefer to use open prayer or another prayer of your choosing.

Opening prayer

Come, Holy Spirit, fill the hearts of your faithful and kindle in us the fire of your love.

Send forth your Spirit and we shall be created...

...and you shall renew the face of the earth.

Almighty God, who taught the hearts of your faithful people by sending them the light of your Holy Spirit; grant us by the same Spirit to have a right judgement in all things and evermore to rejoice in his holy comfort, through Jesus Christ our Lord, Amen.

Say The Lord's Prayer.



"I warmly endorse Cursillo as a tool in the hand of the Holy Spirit. But be warned: you are unlikely

to emerge from the process unchallenged or unchanged."

Rt Revd Pete Wilcox, Bishop of Sheffield

Prayer, Study, Action

A model for reflection



Prayer

Ask one another - since we last met:
What was your moment closest to Christ?
When did you know most clearly the depth of God's love for you? What spiritual aid has helped you in your prayer life?

Study

Ask one another - since we last met:
What new thing have you learnt:
about God?; about yourself?; about
the world?
How did you learn it?

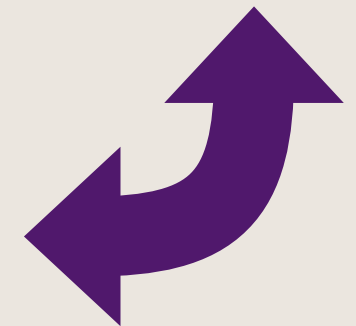


**The love of
God is central
to this process**



Action

Ask one another - since we last met:
What have you said or done to share
the love of God: with people you
know?; with people you don't know?
What could we do to share this love
more in the weeks and months ahead.



Finish here

End your time by thanking God for all you've shared together. In Cursillo, we use the following prayer, which you may find helpful:

Closing prayer

We give you thanks, Almighty God, for all the benefits you have given us; you who live and reign forever and ever, Amen.