

Introduction

Deep down, many of us long for more than a superficial faith. We ache for a life that goes deeper with God - a life that is whole, rooted, and shaped by Jesus himself.

Renovaré exists to nurture that longing, helping people grow in Christlikeness. And because transformation rarely happens in isolation, we believe community is essential. We need companions on the journey - friends who encourage, challenge, and do life together.

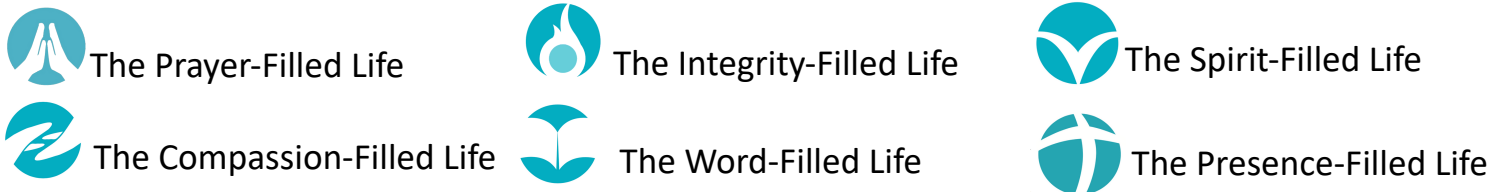
This resource offers an accessible introduction to what we call the *Six Streams* of the Christian life. These streams are beautifully evident in the life of Jesus - in his times of prayer and solitude, his deep integrity, his Spirit-filled ministry, his boundless compassion, his teaching and proclamation of the Kingdom of God and his presence at work in ordinary, everyday life.

The *Six Streams* also flow through the story of the church - in the fervent prayers of monasteries, the compassionate work of the Salvation Army, the bold witness of renewal movements, and countless other expressions of faith through the centuries.

When woven together, the *Six Streams* paint a picture of a full and balanced life with God. They give us a way of seeing and practicing faith that forms us from the inside out - drawing us ever closer to Jesus, who is our model and our guide.

Discover more about the *Six Streams* here: <https://renovare.org.uk/resource-hub/videos>

In this introductory 6-session course, you will discover and experience the *Six Streams* through the following sessions.



Format

Each session uses a simple format. Over 70mins, we suggest you could allocate the time as follows:

REVIEW

(20mins) At the start of each session, take time to review your experience of the practice. If it hasn't been possible to experience the practice (life happens!) then feel free to invite that person to ask how they encountered God in other ways that week.

READ

(10mins) Slowly and carefully, read the selected Scripture related to the theme of the session. Use the 'Setting the Scene' section for further context and information about the passage.

REFLECT

(30mins) Start the conversation by using our 'shockers' and 'blockers' format followed by the questions to enhance a group conversation.

RESPOND

(10mins) To help you engage further with the theme, we've suggested some practices. Towards the end of your time together, identify a practice that feels like a good next step for you. Feel free to adapt as necessary. Ask each person in the group which practice they have selected to try over the coming week.

*In the first session (Prayer-filled Life), you will just use the Read, Reflect, Respond format. Each session following includes a Review section at the start.

This small group resource is easy to lead and highly relational. It's suitable for groups of mature Christians (and those new to the Christian faith) who are looking for a deeper life with God. Whilst the format is simple, we believe that the experience alongside the practice element of each session can be profound. We encourage you to consider looking up the extra resources (books, podcast and article links) at the end of the resource.

TOP TIPS

- We recommend a group size of around 6 – 8 people. This may be an existing small group or a newly formed group willing to explore the resource together for a specific time.
- Consider where you will meet – it could be in someone's home, in a church or somewhere neutral like a pub or coffee shop. Be creative!
- Ideally, each person should have a copy of the session, either printed out or on a device.
- You could encourage different people to lead the group through the simple format each time you meet.
- Encourage everyone to try the practice. There will be times where life takes over and it isn't possible, but you want to create a culture where most of the group are able to review their experience of the practices as regularly as possible.
- At the end of each session, there is a short list of further resources that might of interest if you want to explore the stream further. For an in-depth exploration of the streams, we recommend reading the book *Streams of Living Water* by Richard J. Foster.

The image displays three overlapping cards from the 'Streams' resource. Each card has a title, an introduction, and a 'Setting the scene' section. The cards are:

- STREAMS THE COMPASSION-FILLED LIFE**: Discovering ways to extend compassion, justice and peace into every sphere of life. Includes a 'REVIEW' section and a 'READ' section for Matthew 25:31-46 (The Sheep and the Goats).
- STREAMS THE WORD-FILLED LIFE**: Discovering ways to share and be the Good News of Jesus Christ. Includes a 'REVIEW' section and a 'READ' section for Luke 4:14-22 (Jesus Rejected at Nazareth).
- STREAMS THE PRAYER-FILLED LIFE**: Discovering ways to keep the heart and mind focused on God and find rest in him. Includes a 'READ' section for Psalm 121:1-8 and a 'REFLECT' section.