

Friday Prayer Group – 18 September 2026

Session 3 – Living the Christian Faith

Following Jesus Each Day

This session explored what it means to **live as a follower of Jesus in the ordinary circumstances of everyday life**. We reflected on the fact that faith is not simply something we do on Sundays, at Mass or during prayer. Christian discipleship is a way of living — shaping our choices, our relationships, our attitudes and the way we respond to the people and situations we encounter each day.

Scripture 1 – Luke 9:23–26

“Take up your cross daily and follow me.”

Jesus reminds us that following Him is a daily commitment. We reflected on that important word **“daily”** — our faith is not something we switch on and off, but something that becomes part of the whole rhythm of our lives.

We considered three simple areas of daily discipleship:

- **Faith in our choices** – thinking about how we speak, react and make decisions, and asking ourselves what Jesus might ask of us.
- **Faith in our relationships** – showing patience, forgiveness, kindness and love, particularly towards those closest to us and those we may find difficult.
- **Faith in the ordinary** – recognising that small acts done with love can become an offering to God: preparing a meal, making a phone call, encouraging someone or simply caring for another person.

We then shared our own experiences of trying to follow Jesus in everyday situations and considered what might help us keep Him in mind throughout an ordinary day.

Scripture 2 – Matthew 25:34–40

“As you did it to one of the least of these... you did it to me.”

Our second reading brought the theme into sharp focus. Jesus speaks about feeding the hungry, welcoming the stranger, caring for the sick and visiting those in need.

We reflected on how Jesus identifies Himself with those who need our care. Christian faith is therefore expressed not simply in what we believe or say, but in **how we love and serve others**. Every one of us has opportunities to do this in our own way, every day.

What did we take from the evening?

The evening reminded us that following Jesus is not about doing extraordinary things. It is about bringing our faith into the **ordinary moments of life** — our choices, our relationships, our homes, our workplaces and our encounters with others.

We do not have to do great or famous things for God. The smallest act, when offered with love, can become an expression of Christian discipleship.

A thought to take away

“Our faith is not just in what we say — it is in how we love.”

As we go through the week, we are invited to follow Jesus not just in prayer and worship, but **in every choice we make, every word we speak and every person we meet**.