

## Prayer - Action - Reflection Cycle

The Community Mission Team aim to approach everything with a practice known as **Prayer, Action and Reflection**.

The practice is more about a way of 'being' than of 'doing' as we seek to be dependent on God for our work and lives. It is a dynamic process rather than a rigid system. Beginning with PRAYER, through which we are prompted to ACTION, we then REFLECT on what has taken place and are brought to a new place of PRAYER, and the cycle goes round again.

This Prayer - Action - Reflection Cycle has proved to be an effective way of offering each area of our work to God's influence and direction.

We encourage those we work with to use the practice themselves.

### Applying the model to church-based community action

#### PRAYER

All of our lives should be rooted in and prompted by prayer. Communication with God is central to all that we do, and to any vision for church-based community initiatives. We need to be committed to discerning God's purposes for our lives, and for the community around us. Out of communication with him flow the ideas and direction.

*Prayer is not just the starting point of your journey. Throughout your engagement with your community, prayer has to remain the foundation for all your activities.*



#### ACTION

Once the needs of your community become clear, it is time to act. Start getting to know the people in your community, listen to them and their views. Find out what you can about the local area. You may not receive an overwhelming vision for how God wants you to transform your community or neighbourhood, but He will inspire and direct your actions as you spend time with the people around you. Prayerfully decide on particular way(s) that you might respond to the needs you discover in your community. Plan what you are going to do, and then make a start.

## REFLECTION

For every action you take, from doing the initial research to putting your plans into action, be sure to reflect on what has happened, what you have found out or been involved with. Evaluate what you have done. The Community Mission Team have resources which will help you to do this. More importantly, listen to God and learn from what you have seen and experienced.

*Take time for this.* It is easy to rush around with enthusiasm, energy and expectation, but when we pause for reflection we learn vital lessons. Often that prevents us from going down the wrong path and wasting time, energy and opportunity. As we reflect, we are brought to a new place of prayer, recommitting hopes, plans and ideas to God and asking him to move us forward.