



A COMMUNITY FOR WELLBEING,
GROWTH & PURPOSE

The What

To grow and make progress in obeying the teachings of Jesus.

The Why

It's good for you; it's good for others; and it's good for your relationships.

The How

I will notice and replace thoughts, words and actions that are contrary to the teachings of Jesus, and I will choose and practise thoughts, words and actions that obey the teachings of Jesus.



A Model for Repentance and Obedience

Repentance: In response to the grace of God, I will **notice** and **replace** ...

THOUGHTS	WORDS	ACTIONS

As I notice and replace thoughts, words and actions that are contrary to the teachings of Jesus, they will become weaker and smaller.

Obedience: In response to the grace of God, I will **choose** and **practise** ...

THOUGHTS	WORDS	ACTIONS

As I choose and practise thoughts, words and actions that are in obedience with the teachings of Jesus, they will grow and become bigger and stronger.