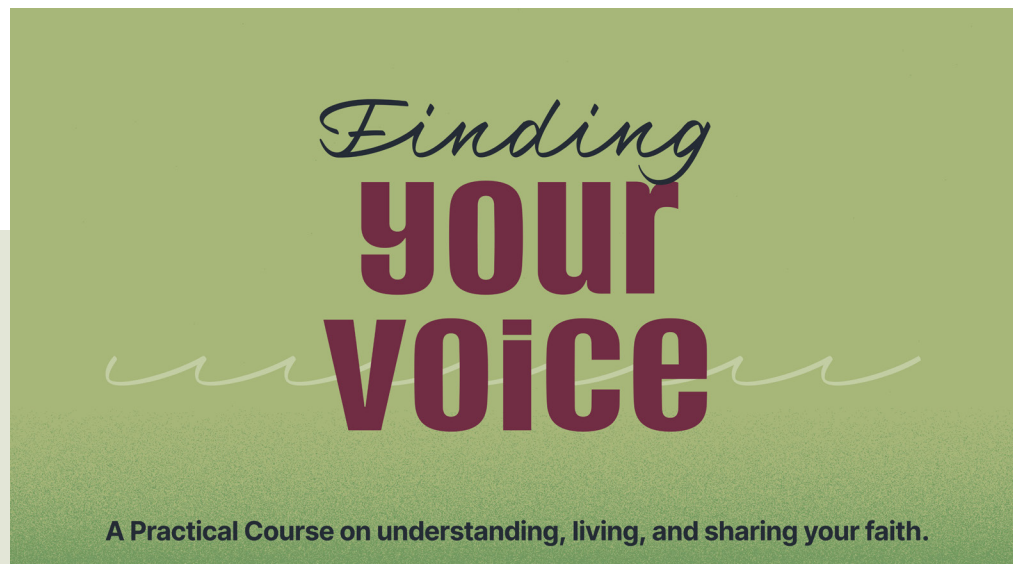




ST. ANDREW



PARTICIPANT LEARNING GUIDE
SIX-WEEK COURSE, LED BY REV. KIM MEYERS

Welcome!

Over the next six weeks we're going to do something courageous together: we're going to put our faith into words. Not perfect words. Not polished words. True, honest, yours-and-nobody-else's words.

This guide is your companion. It holds space for scripture, note-taking, discussion, and journaling. You do not have to write something in every blank. Use what helps you. Leave what doesn't.

WEEKLY RHYTHM

- 1 | Arrive and welcome one another (5 minutes)
- 2 | Watch the weekly video teaching (about 10 minutes)—take notes in this guide
- 3 | Small-group discussion using this guide (30-40 minutes)
- 4 | Share the week's take-home practice and close in prayer (5-10 minutes)

A GENTLE GUIDELINE

"Though we cannot think alike, may we not love alike? May we not be of one heart, though we are not of one opinion?"—John Wesley

This class is not a debate or a test. It is a laboratory of grace. We learn by trying. We trust that God meets us in the stumbling.

COURSE MAP

- Week 1 | Why Faith Needs Words
- Week 2 | The Story We Stand In
- Week 3 | The Language of Prayer
- Week 4 | Key Terms of Faith
- Week 5 | Living What We Believe
- Week 6 | Telling the Story Forward

Week 1 | Why Faith Needs Words

The Call to Articulate What We Believe

Theme | Faith is personal, but it was never meant to be private. Putting faith into words strengthens both belief and community.

Scriptures | 1 Peter 3:15; Acts 2:42–47

SCRIPTURE

1 Peter 3:15 (NRSV)

“But in your hearts sanctify Christ as Lord. Always be ready to make your defense to anyone who demands from you an accounting for the hope that is in you; yet do it with gentleness and reverence.”

BEFORE YOU WATCH

Take two quiet minutes before the video. Ask yourself: when is the last time I tried to explain what I believe to someone else? What did it feel like?

VIDEO TEACHING OUTLINE

As you watch, jot down what catches you:

- Faith is personal—but not private.
- Articulation is how faith moves from back-of-brain to front-of-life.
- Early Christians lived a life that begged a question (Acts 2).
- Wesley wanted ‘plain truth for plain people.’
- Three common barriers: fear of being wrong, fear of being judged, not having the words.
- *“Though we cannot think alike, may we not love alike?”*—Wesley

My notes: _____

Week 1 | Small Group Discussion

Let these questions be invitations, not tests. Listen as much as you speak. Honor one another’s first drafts.

Warm-up: What’s one word you’d use to describe the faith you grew up around—and one word for the faith you’re carrying now?

When has it been hardest for you to talk about your faith? What made it hard?

Read 1 Peter 3:15 aloud. What does it mean to be 'ready' without being pushy? What does 'gentleness and reverence' look like in practice?

Of the three barriers named in the video—fear of being wrong, fear of being judged, or not having the words—which rings most true for you right now? Why?

Acts 2:42–47 describes a community whose life made people curious. What in your own life today could make someone curious about Jesus?

What would make this small group a safe place to practice articulating faith over the next six weeks? What do you need from one another?

TAKE-HOME PRACTICE

Write a one-sentence 'faith snapshot.' Complete this sentence: "Because of Jesus, I can _____."

JOURNAL PROMPT

Where in your life is faith strong but silent? What might it look like to give it a voice this week?

CLOSING PRAYER

Gracious God, give me plain words for the plain truth of your love. Help me listen well, speak gently, and live what I believe. In Jesus' name, Amen.

Week 2 | The Story We Stand In

The Apostles' Creed and the Wesleyan Way of Salvation

Theme | Faith is a story we inhabit—of creation, redemption, and grace. When we know the story, we can see our own life inside it.

Scriptures | Ephesians 2:4-10; Romans 5:1-11

SCRIPTURE

Ephesians 2:8-10 (NRSV)

“For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.”

BEFORE YOU WATCH

Say the Apostles' Creed slowly to yourself (it's printed below). Pay attention to which phrase feels strongest—and which feels foggiest.

VIDEO TEACHING OUTLINE

As you watch, jot down what catches you:

- The Creed is testimony, not a contract—joining a 2,000-year conversation.
- Creed moves: Father → Son → Spirit → Church, forgiveness, resurrection, life everlasting.
- Wesley's Way of Salvation has six movements: prevenient, convincing, justifying, regenerating, sanctifying, glorifying grace.
- Grace is not one thing God did once. Grace is what God is always doing.
- Mapping your story onto God's story is real articulation.

My notes: _____

THE APOSTLES' CREED

I believe in God, the Father Almighty, maker of heaven and earth; and in Jesus Christ, his only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Week 2 | Small Group Discussion

Let these questions be invitations, not tests. Listen as much as you speak. Honor one another's first drafts.

Warm-up: When you hear the word 'story,' whose stories have shaped you most? (Family, faith community, culture?)

Read the Apostles' Creed aloud together. Which phrase feels most alive to you right now? Which is hardest to say with confidence?

Where have you seen prevenient grace in your life—the sense that God was pursuing you before you knew it?

Wesley described sanctifying grace as 'going on to perfection—love made whole.' What is God seemingly growing in you right now that wasn't there a few years ago?

Read Ephesians 2:8-10. How does it change things to know we are 'created for good works' rather than 'saved by good works'?

Which movement of grace—prevenient, convincing, justifying, regenerating, sanctifying—do you most need to lean into in this season?

TAKE-HOME PRACTICE

Record a 2-minute 'faith story' this week (voice memo, video, or written). Use the Creed and the Way of Salvation as your outline.

JOURNAL PROMPT

Write a short paragraph beginning, "The story I stand in is..."

CLOSING PRAYER

Gracious God, give me plain words for the plain truth of your love. Help me listen well, speak gently, and live what I believe. In Jesus' name, Amen.

Week 3 | The Language of Prayer

The Lord's Prayer as a Framework for Belief

Theme | Prayer teaches theology—and shapes the heart that speaks. The Lord's Prayer is a whole vocabulary of belief.

Scriptures | Matthew 6:9–13; Luke 11:1–13

SCRIPTURE

Matthew 6:9–13 (NRSV)

“Pray then in this way: Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one.”

BEFORE YOU WATCH

Before the video, pray the Lord's Prayer slowly, one phrase at a time. Notice which phrase your attention lingers on.

VIDEO TEACHING OUTLINE

As you watch, jot down what catches you:

- ‘Our Father’—prayer begins with relationship, and we never pray alone.
- ‘Hallowed be your name’—asking God to make our ordinary life holy.
- ‘Your kingdom come’—Wesley’s ‘present, inward kingdom’.
- ‘Daily bread’—permission to be small and dependent today.
- ‘Forgive us as we forgive’—forgiveness flows through open hands.
- ‘Deliver us from evil’—a prayer of humility and ongoing sanctification.
- If you can pray this prayer, phrase by phrase, you can articulate the whole gospel.

My notes: _____

Week 3 | Small Group Discussion

Let these questions be invitations, not tests. Listen as much as you speak. Honor one another's first drafts.

Warm-up: What's the first prayer you remember being taught? What do you remember about the person who taught you?

Read Matthew 6:9–13 aloud. Which phrase of the prayer is most alive to you right now? Why?

Which phrase is the hardest to mean? What makes it hard?

‘Forgive us... as we also have forgiven.’ How have you experienced the truth that unforgiveness blocks our own sense of being forgiven?

Wesley called God’s kingdom ‘a present, inward kingdom.’ Where do you most need God’s reign in your inner life right now?

How could the Lord’s Prayer become a reflection tool for you this week—not just a recitation?

TAKE-HOME PRACTICE

Pray the Lord’s Prayer slowly once a day this week. Pause at each phrase. Let it be a reflection, not a recitation.

JOURNAL PROMPT

Pick one phrase of the Lord’s Prayer. Rewrite it in your own words, as honestly as you can.

CLOSING PRAYER

Gracious God, give me plain words for the plain truth of your love. Help me listen well, speak gently, and live what I believe. In Jesus’ name, Amen.

Week 4 | Key Terms of Faith

Speaking a Shared Language of Belief

Theme | The vocabulary of faith builds bridges of understanding. Ten words can open ten doors—for you and the people you talk with.

Scriptures | 8:1-17; John 3:16-17; Hebrews 11

SCRIPTURE

John 3:16-17 (NRSV)

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

BEFORE YOU WATCH

Think of the last time you heard a ‘church word’ in a setting outside church. How was it used? Was it clear or confusing?

VIDEO TEACHING OUTLINE

As you watch, jot down what catches you:

- Grace—undeserved, unearned love that gets there before you ask.
- Sin—anything that breaks our relationship with God, others, or our true self.
- Salvation—rescue and restoration, now and forever.
- Faith—trust in God’s character and promises.
- Repentance—a changed mind that leads to a changed direction.
- Holiness—being made whole, set apart for love.
- Community—the people God gave us so we don’t carry faith alone.
- Mission—joining God’s work of love and restoration.
- Love—willing the good of another, in action.
- Hope—confidence that God will finish what He started.

My notes: _____

Week 4 | Small Group Discussion

Let these questions be invitations, not tests. Listen as much as you speak. Honor one another’s first drafts.

Warm-up: What’s a word you love—and a word you dislike—from your church upbringing?

Of the ten key terms, which one do you feel most confident explaining? Try it—share your plain-language definition.

Which term feels the foggiest to you? Why might that be?

Read Romans 8:1-17 slowly. Which key term do you see most clearly in this passage? How does Paul illustrate it?

When have you had a moment where a familiar 'church word' suddenly came alive for you? What changed?

Pick one term you want to practice explaining this week. Who is one person you might talk with?

TAKE-HOME PRACTICE

Write your own 'Faith Glossary.' Put each of the ten terms into your own words—the way you would say it to a friend over coffee.

JOURNAL PROMPT

Which key term most describes what God is teaching you in this season?

CLOSING PRAYER

Gracious God, give me plain words for the plain truth of your love. Help me listen well, speak gently, and live what I believe. In Jesus' name, Amen.

Week 5 | Living What We Believe

Discipleship in Daily Rhythms

Theme | Articulation is the start, not the finish. What we say must move into how we live—head, heart, and hands.

Scriptures | James 1:22–27; Micah 6:8; Matthew 22:37–39

SCRIPTURE

Micah 6:8 (NRSV)

“He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

James 1:22 (NRSV)

“Be doers of the word, and not merely hearers who deceive themselves.”

BEFORE YOU WATCH

Look at your calendar from last week. Where would someone watching your life see evidence of your beliefs?

VIDEO TEACHING OUTLINE

As you watch, jot down what catches you:

- Head, heart, hands—integration, not balance.
- Works of piety: prayer, Scripture, worship, the Lord’s Supper, fasting, Christian conferencing.
- Works of mercy: feeding, visiting, caring, advocating for the vulnerable.
- God meets us in the ordinary practices—not as performance, but as soil.
- A Rule of Life is a trellis, not a legalistic chart.
- Your wiring matters—don’t live someone else’s rule.

My notes: _____

Week 5 | Small Group Discussion

Let these questions be invitations, not tests. Listen as much as you speak. Honor one another’s first drafts.

Warm-up: What is one rhythm (big or small) that currently keeps you grounded? Work, rest, relationships, or spiritual?

Read James 1:22–27 aloud. Where do you most feel the gap between hearing and doing in your own life?

Wesley divided the means of grace into works of piety and works of mercy. Which side are you strong in? Which side needs more attention?

Micah names three verbs: do justice, love kindness, walk humbly. Which verb is the easiest for you? Which is the hardest?

What would a simple Rule of Life look like for you this season—one daily, one weekly, one monthly practice?

How does your particular wiring—your strengths, personality, and gifts—shape the way you live out your faith?

TAKE-HOME PRACTICE

Sketch a simple Rule of Life: one daily, one weekly, one monthly practice. Keep it small. Keep it honest.

JOURNAL PROMPT

Which practice in your current Rule (or the one you're building) is God inviting you to take more seriously?

CLOSING PRAYER

Gracious God, give me plain words for the plain truth of your love. Help me listen well, speak gently, and live what I believe. In Jesus' name, Amen.

Week 6 | Telling the Story Forward

Witness, Hope, and Transformation

Theme | Mature faith doesn't hoard—it overflows. You have a story worth telling, and people worth telling it to.

Scriptures | Matthew 28:16–20; Acts 1:8; Hebrews 12:1–2

SCRIPTURE

Matthew 28:19–20 (NRSV)

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.”

Acts 1:8 (NRSV)

“You will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.”

BEFORE YOU WATCH

Think of one person you know who is not a Christian. What do you admire about them? What do they carry that's heavy right now?

VIDEO TEACHING OUTLINE

As you watch, jot down what catches you:

- Witness is overflow, not performance—just say what you've seen and heard.
- The three-minute faith story: before, turning, now.
- Listening is the first half of witness.
- Hope—not optimism—is the soundtrack of Christian speech.
- The Great Commission is a sending, not a graduation requirement.

My notes: _____

Week 6 | Small Group Discussion

Let these questions be invitations, not tests. Listen as much as you speak. Honor one another's first drafts.

Warm-up: Who first told you about Jesus? What stood out about how they told you?

Share your three-minute faith story with the group using the 'before / turning / now' shape.

What's the difference between witness-as-overflow and witness-as-performance? How might this change how you speak about your faith?

Read Acts 1:8. Where is your 'Jerusalem'—the nearby context God is sending you into this year?

What's one small, specific step you can take in the next 30 days to share a piece of your story with someone?

Looking back over these six weeks, what has shifted in you? Name one gift you're taking with you.

TAKE-HOME PRACTICE

Keep your faith articulation journal going. Identify one specific context—one person, one setting, one opening—where you will share some part of your story in the next 30 days. Write down who, and when.

JOURNAL PROMPT

Write a short blessing over yourself as you finish this class. What do you want God to remember in you?

CLOSING PRAYER

Gracious God, give me plain words for the plain truth of your love. Help me listen well, speak gently, and live what I believe. In Jesus' name, Amen.

The Apostles' Creed

I believe in God, the Father Almighty, maker of heaven and earth; and in Jesus Christ, his only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever. Amen.

Wesley's Way of Salvation (*Ordo Salutis*)

- **Prevenient Grace**—the grace that goes before.
- **Convincing Grace**—conviction that awakens need.
- **Justifying Grace**—pardon and peace with God.
- **Regenerating Grace**—new birth, new creation.
- **Sanctifying Grace**—growth in love and holiness.
- **Glorifying Grace**—final restoration in God.

Ten Key Terms of Faith

Grace—God's undeserved, unearned gift—love that gets there before you ask.

Sin—Anything that breaks relationship with God, others, or our true self.

Salvation—God's rescue and restoration—now and forever.

Faith—Trust in God's character and promises.

Repentance—A changed mind that leads to a changed direction.

Holiness—Being made whole, set apart for love.

Community—The body of Christ; we were never meant to follow Jesus alone.

Mission—Joining God's work of love, justice, and restoration.

Love—Willing the good of another, in action.

Hope—Confident expectation that God will finish what He started.