

How to form a Cairn

We'd love worshippers to meet in small groups to eat, pray and study together. More on www.portsmouth.anglican.org/cairns

1 THEY ARE FOR EVERYONE

We long to see our diocese revived in its passion for following Jesus. We know that his method of building his kingdom was through making disciples. Cairns are for everyone who want to develop as disciples.

2 SORT A STRUCTURE: PRAY, EAT, STUDY

Cairns are more than a prayer group or a meet up to study the Bible. We believe that the combination of prayer, food and growing together will help us all. This is about creating a space to be intentional about becoming disciples.

3 PRACTICE LECTIO DIVINA

We suggest that spending time in the ancient practice of Lectio Divina is used as we start our time together. This enables us to rest in God's Word and listen to his Spirit. We listen, reflect and apply his word to us as we pray in his name.



4 MEET OVER FOOD

As we read the gospels we often see Jesus revealing himself at the meal table. Eating together allows us to interact in ways that encourage sharing. It could be an early breakfast, a simple lunch or a regular supper.

5 FIND STUDY RESOURCES

The word disciple has an integral component of learning within it. None of us can fully grasp the extent of God's grace. So we seek to study together in whatever area of Christian living that helps us to follow Jesus more closely.

6 PLAN THE PURPOSE

As we think about a clear structure we also need to be clear about the purpose of Cairns. We need to meet with clear and shared expectations of what we are gathering to do. Discipleship has always been a calling lived out in community.

7 BECOME PLACES OF TRUST

We all know how helpful it can be to share an issue or problem in looking for ways forward. Peer support is a crucial pillar of mental health and wellbeing. As we gather as Cairns we build the trust needed to be open and honest about our lives.

9 SEEKING TO GROW

Cairns help us to be accountable in growing into maturity as disciples. With the help of those around us, holding us accountable, we can make better progress than by trying to do this alone.



10 JUST JOIN IN

There are a raft of resources available for all to use on our diocesan website. All are invited to join us on this journey. Get started and then, if you want to, let us know how things are working out for you. For support or feedback, contact neil.smart@portsmouth.anglican.org