

Practice	Significance/Importance	Contrasts	Quotes
<p><b>Worship</b> – May be liturgical (follows a set structure) or non-liturgical (no set structure) or informal (not led by a minister, usually not held in church). Examples of liturgical worship include the Eucharist and ceremonies such as Baptism. They will involve set words and prayers. All forms may involve singing hymns and readings from the Bible.</p>	<p>All forms of worship give the opportunity to communicate with God, to read and reflect on the Bible, and to share faith with others. Liturgical worship is based on the Bible, for example, the Eucharist follows Jesus’ command to share bread and wine. Informal worship allows Christians personal time to reflect on their faith and to get close to God.</p>	<p>Liturgical worship follows a rigid structure, with a certain order, specific words and particular prayers. Non-liturgical and informal worship are not structured and may involve a range of Bible readings, prayers and reflections.</p>	<p><i>“Worship the Lord in the splendour of His holiness.”</i>  <i>“Sing to the Lord all the Earth... for great is the Lord and most worthy of praise.”</i></p>
<p><b>Prayer</b> – Christians use set prayers (such as the Lord’s prayer) and also informal prayers (which they may have made up themselves or with others). The Lord’s prayer (or Our Father) is the most well-known and is written in the Bible. Jesus told people to use this prayer. It thanks God, asks for his support and says sorry for breaking God’s rules.</p>	<p>Set prayers connect Christians all over the world in a common ritual. They allow Christians to pray as Jesus asked them to. Informal prayers are more personal and allow people to ask for God’s support or to thank God for things that have happened in an individual’s life.</p>	<p>Set prayers, such as the Lord’s Prayer and the Hail Mary, are known by Christians all over the world and are used in liturgical worship. Informal prayers are used in non-liturgical and informal worship to express more personal thanks or requests to God.</p>	<p>Before introducing the Lord’s prayer, Jesus says: <i>“Your Father knows what you need before you ask him; this, then, is how you should pray...”</i>  <i>“Devote yourselves to prayer.”</i>  <i>“The prayer of a righteous person is powerful and effective.”</i></p>
<p><b>Sacraments – Baptism</b>  Christians are baptised to show that they are committed to the church. Baptism involves the use of water to cleanse a person and to symbolise washing away sin. The person normally wears white as a sign of being pure and free from sin. A candle is lit to show that the person is committing themselves to Jesus, who is the light of the world.</p>	<p>As a <b>sacrament</b>, Baptism is an outward sign of an internal change. Through baptism, God forgives sins and accepts the person’s commitment to follow Jesus. Christians are following the example of Jesus, who was baptised in the river Jordan.</p>	<p>Christians from most denominations are baptised as infants, with water poured on the head, so it is the family who commits them to the church. Original Sin is washed away and forgiven. Some Christians, such as Baptists, are baptised as adults, showing that they are making a personal commitment to God. This involves complete immersion in a pool.</p>	<p><i>“I baptise you in the name of the Father, the Son and the Holy Spirit.”</i>  <i>“Whoever believes and is baptised will be saved.”</i>  <i>“When all the people were being baptised, Jesus was baptised too.”</i></p>

<p><b>Sacraments – Eucharist</b> The Eucharist involves eating bread and drinking wine to remember the sacrifice that Jesus made. They represent Jesus’ body and blood. This takes place in church and the bread and wine are blessed by the minister. It is an example of liturgical worship in which words and actions happen in a set order every time. Part of this follows the words and actions that Jesus used at the Last Supper, the day before he died.</p>	<p>As a <b>sacrament</b>, the Eucharist is an outward sign of an internal change. It symbolises the covenant (agreement) that God made with the people – Christians follow God/Jesus in return for forgiveness and eternal life in Heaven. It reminds Christians that Jesus gave his life to save them and that he will always be with them.</p>	<p>Roman Catholics believe that the bread and wine are transformed into the blood and body of Jesus. This belief is called transubstantiation. Practicing Catholics should take communion (another word for the Eucharist) at least once a week. Other Christians believe that the bread and wine simply represent the body and blood of Jesus. This belief is called consubstantiation. They may take communion less frequently than Catholics.</p>	<p><i>“He took some bread, and after a blessing He broke it, gave it to them, and said, “Take it; this is My body.” And when He had taken a cup and given thanks, He gave it to them, and they all drank from it. He said to them, “This is My blood of the covenant, which is poured out for many.” “Do this in memory of me.”</i></p>
<p><b>Pilgrimage</b> Christians visit special places which have religious significance. These visits are known as pilgrimages. Two common sites are <b>Iona</b> and <b>Lourdes</b>. Iona is an island in Scotland on which a monk called Columba built a monastery. It is very peaceful. Lourdes is a town in France where a girl called Bernadette had a vision of the Virgin Mary. There is a spring there, whose water is believed to have healing powers.</p>	<p>In <b>Lourdes</b>, many people believe they can be miraculously healed. Many people who are sick or have disabilities will visit and hope to be healed. It is a busy place with many crowds of people attending large Church services. People visit <b>Iona</b> to be in a peaceful place, to feel a connection with Christians from hundreds of years ago and to take time to reflect and get close to God.</p>	<p><b>Iona</b> is for personal reflection and meditation. Some people have small meetings with others to discuss how to solve some problems in the world, such as conflict. <b>Lourdes</b> is one of the most visited Christian pilgrimage sites and is a very powerful experience for many people, connecting with other Christians and feeling God’s work through helping others.</p>	<p>Pope Benedict XVI said <i>“To go on pilgrimage really means to step out of ourselves in order to encounter God where he has revealed himself.”</i></p>
<p><b>Festivals – Easter</b> Easter marks the resurrection of Jesus. It is the most important festival for Christians because Jesus’ resurrection was so important. It comes at the end of Lent and Holy Week. During Holy Week, Christians perform actions to remember the events such as Jesus’ last</p>	<p>Christians believe that through his resurrection, Jesus showed that his followers will have eternal life in Heaven with God. Easter is a celebration of Jesus’ sacrifice and his gift of salvation.</p>	<p>Orthodox Christians walk around the church at midnight on Saturday and then enter the darkened church with lights and candles, symbolising entering the empty tomb. Catholics and Anglicans have a vigil that begins in darkness and includes the lighting of the paschal candle to</p>	<p><i>“Christ died for our sins according to the scriptures, he was buried, he was raised on the third day according to the scriptures”</i></p>

<p>supper and his crucifixion. On Easter Day, churches are filled with flowers and there are services of celebration often starting at dawn. The Pope holds a huge Mass in the Vatican.</p>		<p>symbolise the risen Christ; the service ends with the Eucharist. Many Churches have open-air services at sunrise and eat breakfast together, often including eggs as a symbol of new life.</p>	
<p><b>Festivals – Christmas</b> Christmas is a celebration of the birth of Jesus. It begins with the preparation period, Advent, in which Christians will attend church each week and a new candle will be lit on the advent wreath. On Christmas eve, many Christians will attend church at midnight so that they can celebrate the arrival of Christmas day. On Christmas day, events commemorate the events of Jesus’ birth – gifts are given, the Christmas story is told, carols are sung.</p>	<p>The birth of Jesus marks the fulfilment of a promise from the Old Testament that a saviour will be sent by God. Christmas is a time of great celebration and is seen as a time of peace and goodwill. Jesus is described as the light of the world, sent to save humans from the darkness of Hell and to open up the possibility of eternal life with God in Heaven.</p>	<p>Some Orthodox Christians celebrate Christmas on 6<sup>th</sup> January. This day is usually known as Epiphany and is the day when the Wise Men brought gifts to the baby Jesus. Most Christians celebrate Christmas on 25<sup>th</sup> December, which is said to be the day of Jesus’ birth.</p>	<p><i>“The Virgin will conceive and give birth to a son and they will call him Immanuel (which means ‘God with us’)”</i> <i>“The Word became flesh and made His dwelling amongst us.”</i> <i>“Today in the town of David, a saviour has been born to you; he is the messiah, the Lord.”</i></p>
<p><b>Mission, Evangelism and Church Growth</b> Christians feel that it is important to let other people know about God and about the saviour, Jesus. They may therefore <b>evangelise</b> (tell other people about God in an attempt to make them follow Christianity). Sometimes they may become <b>missionaries</b>, who go overseas to do good work while spreading the faith. The aim of this is <b>church growth</b> – expanding the numbers of Christians in the world.</p>	<p>Before Jesus ascended to Heaven, he told his followers to spread the Good News about God and about salvation. He told them to encourage people to follow their beliefs. This is known as the Great Commission and Christians today still believe that it is their duty (or mission) to bring new followers to Christianity.</p>	<p>While many Christians believe that evangelism is a key part of their faith because of Jesus’ instructions, other Christians believe that all faiths are equally valuable and that there are many different paths to God. These Christians will not try to convert non-Christians.</p>	<p><i>“Go and make disciples of all nations.”</i> <i>“I will make you fishers of men.”</i> <i>“For this is what the Lord has commanded us: ‘I have made you a light for the Gentiles, that you may bring salvation to the ends of the earth.’”</i></p>

<p><b>Church in the Community – Food Banks</b>  Food banks are places where people can donate food and other necessities to be given to people in need. Many of these are run by Christian groups such as the Trussell Trust. They give out food parcels with three-day emergency supplies. Many Christians donate to food banks and volunteer their time.</p>	<p>The Christian faith is not just about having belief in God but is about love in action. This means showing care to people in need. Jesus told people to love one another and Christians believe that they should find practical ways to live out this instruction.  Through actions like this, Christians believe they are doing what Jesus and God want them to do.</p>	<p>Some people will volunteer their time.  Other people will donate food.  Some people will volunteer to hand out food, others may fund-raise and others may do skilled tasks such as keeping the accounts.</p>	<p><i>“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink.”</i>  <i>“Love one another as I have loved you.”</i></p>
<p><b>Church in the Community – Street Pastors</b>  Street Pastors are trained volunteers who go out into town and city centres during the evenings to support people in need. They offer a listening ear to people with problems, help people to get home if they have had too much to drink and help people to get first aid or police support if needed. Their aim is to make the streets safer at night.</p>	<p>See above about Food Banks.</p>	<p>Some Street Pastors will give support though listening to people’s worries and showing that they care.  Others will do more practical things like finding a place to get first aid or helping to get a taxi home.</p>	<p><i>“Carry each other’s burdens.”</i>  <i>“If anyone forces you to go with them one mile, go with them two.”</i></p>
<p><b>Worldwide Church – Responses to persecution</b>  Around the world, Christians are abused and killed because of their faith. Churches are destroyed and in some countries it is illegal to be a Christian. This abuse is known as <b>persecution</b>. Christians try to stick to their faith and help others who are being persecuted.</p>	<p>Jesus told his followers to expect persecution as he knew that his teachings were unpopular. Christians try to do as Christ did and stick to their beliefs without reacting with aggression to their persecutors. Christians are taught that they must forgive others as they expect to be forgiven by God; this applies to the people who are persecuting them.</p>	<p>Christians who are facing persecution themselves will have to be strong and stick to their faith. Christians who are not experiencing persecution might find ways of helping those who are being persecuted. For example, by campaigning to governments, by sending emergency supplies or by fund-raising.</p>	<p><i>“if one part [of the church] suffers, every part suffers with it.”</i>  <i>“Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of Heaven.”</i></p>

<p><b>Worldwide Church – Reconciliation</b>  When Christians are persecuted and where there are other conflicts in the world, they try to work towards reconciliation. This means that they try to bring back good relations between people.</p>	<p>Jesus came so that humans can be reconciled with God after being separated by committing sins. Christians try to copy God’s forgiving nature by working towards reconciliation with other people.</p>	<p>Some people will focus on reconciliation in major conflict zones, trying to promote peace. Others will concentrate on smaller disagreements, perhaps in their own communities.</p>	<p><i>“Forgive seventy times seven times.”</i>  <i>“Forgive us our sins as we forgive those who sin against us.”</i>  <i>“Love your enemy and pray for those who persecute you.”</i></p>
<p><b>Worldwide Church – Christian Aid</b>  Christians try to help others through various charities such as Christian Aid. It helps people in need, whatever their background (not just Christians). They aim to get rid of poverty. Things they do include: providing humanitarian relief, long term development, giving legal advice, running campaigns for change.</p>	<p>They try to live their lives as Jesus lived his. Jesus helped the people who were most in need. For example, he healed people who were injured and told people to give their possessions to the poor.  The Bible also teaches that everything belongs to God, not us, so we shouldn’t be greedy with our possessions</p>	<p>Some people will donate money and fundraise for Christian Aid. Other people will go to communities around the world where people are in need and they will help to distribute resources or give practical support.</p>	<p><i>“It is easier for a camel to go through the eye of a needle than for a rich person to get into Heaven.”</i>  <i>“The Earth is the Lord’s and everything in it.”</i>  <i>“For God loves a person who gives cheerfully.”</i></p>