

Everyday Witness

In Acts chapter 1, just before the ascension of Jesus, we read that he said to his disciples: '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' (Acts 1:8)

This isn't just a message for the people who heard Jesus on that day. It's a message for all those who think of themselves as followers of Jesus. But to lots of us it sounds a bit mysterious or difficult - or even scary. What is a witness anyway? How would I become one or am I one already? Does it mean I have to become one of those super-confident people who never seem to be shy about sharing their beliefs with others?

Of course, the disciples who heard this message had been on a journey of learning and growing with Jesus. This was the final commission, not the first one. And they had been on a journey together, sharing their hopes and dreams, and their setbacks and mistakes.

Everyday Witness gives us an opportunity to embark on a journey together to how we can be witnesses. Its structure is inspired by the global 'Couch to 5K' fitness model. The genius of 'Couch to 5K' is that it recognizes the only way for non-runners to become runners is to run! No amount of inspiring books or motivational videos will make someone a runner. It is beginning to run, beginning with just the tiniest distances, that makes someone a runner. 'Couch to 5K' is practical and active from the very beginning.

This approach is one we have borrowed for Everyday Witness. From the beginning, we won't just think about being witnesses to Christ. We will begin to put into action what we have learned. We will do it gently; we will do it together; and we will do it with the Holy Spirit as our helper.

To be a part of the course you will need a copy of the [Everyday Witness Reflection Journal](#) available from the UK. If a number of people require them we may be able to do a group order - please contact [Jacqui](#) if you are interested.

Course dates

Tuesdays 12 noon-1pm

September 16th -November 11th 2025

