



A Rhythm of Life for the people of St John's & St Luke's

Fellow Traveller (Companion on the Way/Soul Friend)

A key part of our Rhythm of Life journey is for those travelling it to have a supportive fellow traveller.

But **what is the idea** behind having a fellow traveller on the Rhythm of Life (RoL)?

We can begin to answer this question by noting that the bible is full of examples of companionship and mutual support.

- Moses had his brother, Aaron
- David had Jonathan
- Paul 1st had Barnabas, then he had Silas, then he had Timothy.
- Meanwhile, when Jesus sent the disciples out on mission, he sent them in pairs.

So the principle is clear – being a Christian, being a disciple, being on a journey of faith, is best done in the company/with the support of others, and also, where appropriate, with accountability to others – and so in our Rhythm of Life at St John's and St Luke's we think having a fellow traveller is really important. This person should be:

- Someone you trust and get on with
- Someone who is travelling the journey of discipleship themselves but is probably a little further on in that journey than you
- Someone you can choose yourself, or with whom we can pair you with.

Your fellow traveller

- Will pray for **you**
- May help **you** discern your initial priorities under our 4 headings of Transforming, Treasuring, Travelling and Rhythming
- Will meet with **you** a minimum of 4 times a year, perhaps over a coffee or a beer, or on a walk, or at another place of your choosing and so be a travelling companion for **you** on your spiritual journey
- At your meeting will help **you** review your RoL by:
 - listening to **you** as you share how **you** are getting on in your journey/in living out your Rhythm of Life priorities, and help **you** explore how **you** can move forward/overcome any difficulties
 - helping **you** identify new priorities as existing ones become embedded in your life (your RoL should be a living, growing experience)
 - by providing **you** with a form of accountability for your RoL commitments.
- When you meet will not discuss with you their spiritual journey as **you** are the focus of your time together.

NB 1 the words 'accountability' and 'commitments' may not sit very comfortably with us for a variety of reasons including our wider cultural aversion to such things and also a fear of vulnerability and of being somehow 'exposed'. But the bottom line is that being a Christian is not always easy, especially in our largely post-Christian society, so to have a fellow traveller, someone willing to invest in us and pray for us, is actually a wonderful gift that hopefully will prove to be invaluable and maybe even transformative.

NB 2 Some people will already have a spiritual director who could also function as their fellow traveller.

NB 3 Training has been provided for anyone who has been asked to be a 'fellow traveller'.