LLTTF living life to the full
www.llttf.com

Things you can do to bring you closer to your fellow Christians



Consider the impact of how you are feeling emotionally and physically on your time with other Christians or at church events.

Have you cut down/reduced any of the following?	Tick if this applies to you
1. Attending the main Sunday church service	
2. Going to mid-week church small groups such as a study, house, life or community group) where you learn and support each other together	
3. Meeting with other Christians socially in the week	
4. Being part of a church choir, or a praise/worship team/band	
5. Helping by reading the Scripture during the service	
6. Volunteering in the care team/ministry or as a lay counsellor or pastoral team member when you yourself are finding faith or life difficult	
7. Teaching/helping within children's/youth or student ministry	
8. Attending church prayer groups	
9. Going to church committees/meetings	

If you have selected any of the responses, these would be **possible targets** for you to work on in order to feel better.

Personal reflection

Here is a time for personal reflection. If you have cut down or reduced any of those activities then reflect on the following questions.

Q. How do these changes affect your experience of **guilt** or **inadequacy?**

Q. How do these reinforce your sense of **separation** and **isolation** from other Christians/God?

Q. What **advice** would you give a Christian friend who was noticing something similar?

Produced under licence © Five Areas Resources Ltd (2026) www.llttf.com LLTTF is a registered trademark of Five Areas Resources Ltd. v2601