

# *Akaloo and the Practices of Faith*

*Akaloo, from Greek (akoloethin) means “to follow.”*

**“Follow me,” Jesus said to the first disciples. He invited them—not just once—but all along the way:**

- “Follow me” (Matthew 9:9, Mark 2:14, Luke 5:27, John 1:43).
- “Follow me, and I will make you fish for people” (Matthew 4:19, Mark 1:17).
- “Take up [your] cross and follow me” (Matthew 16:24, Mark 8:34).
- “My sheep hear my voice. I know them, and they follow me” (John 10:27).
- “Whoever serves me must follow me” (John 12:26).

“Follow me,” Jesus still says today. He invites us—not just once—but all along the way, every day of our lives. He invites us to follow him on the journey of discipleship.

Like the first disciples, we sometimes lose our way on this journey. We ignore Christ’s daily invitation. We don’t stay focused on the one we follow. We get off track.

Christians of all ages and times and places, however, have used faith practices as a compass on the journey of discipleship. The Adult Faith Practices course in the 2007 release of new **Akaloo** materials includes a small sample of practices Christians have used and found meaningful over time. There are faith practices you can do on your own, practices you can share with others, and practices like corporate worship, where you join the communion of saints in their songs of ceaseless praise. Some of these practices are more familiar, while others are not.



Many people are already doing a faith practice regularly, without realizing it. Some need encouragement to keep faith practices going in their daily lives. Others never have been involved in any kind of faith practice. Beginners as well as long-time “practitioners” can dive right into faith practices using the step-by-step coaching in each lesson of the course!

People who do faith practices regularly build the practices right into their daily or weekly routines. That is why the adult handbook for the course contains Faith Practices cards. These cards serve as reminders to take time for faith practices. The size of a regular business card, they can be placed in a spot where they can be seen throughout the day and the week.

Faith practices are opportunities, not requirements. They help us stay on track. They help us grow in faith, serve God, and follow Jesus. They are gifts for us to use, to stay focused on Christ. Through faith practices we constantly orient ourselves along the journey of discipleship. Through faith practices we are renewed and equipped to reach out to others and tell the story. Our congregations are renewed and equipped for outreach and evangelism as well.

Augsburg Fortress Publishers has launched Akaloo, a program of intentional discipleship that covers the entire lifespan, children through adults! Visit [www.akaloo.org](http://www.akaloo.org)