

In the discussion on the theme “Personal and Spiritual Crisis” in Zanzibar, participants identified and responded to the following three key questions:

Theme: Personal and Spiritual Crisis

Question 1: What is the role and place of the church in Zanzibar in responding to the crisis of Personal and Spiritual Crisis?

- The church should help individuals deepen their spiritual connection with God, encouraging personal time with Him.
- It should create awareness that God is ever-present, real, and actively involved in people's lives.
- The church should help individuals remain calm, reminding them that Jesus is the answer to their personal and spiritual struggles.

Question 2: What are three practical steps that the church in Tanzania can take to respond to the Personal and Spiritual Crisis?

- **Support and Encourage Personal Devotion:** The church can promote the importance of personal time with God through prayer, study, and reflection.
- **Faith Strengthening Programs:** Organising spiritual retreats or seminars that help believers trust and depend more on God during times of crisis.
- **Counselling and Guidance:** Establishing dedicated counselling sessions to guide those facing personal and spiritual struggles to turn to their faith for solutions.

Question 3: What are three practical steps that your church community can take to respond to the crisis of Personal and Spiritual Crisis?

- **Promote Forgiveness and Grace:** Teach the importance of forgiveness and grace as tools to overcome personal spiritual crises.
- **Encourage Faith Communities:** Create small groups or faith communities within the church to provide a sense of belonging and accountability.
- **Foster Resilience:** Preach and practice resilience through the belief that God is in control and that through faith, individuals can overcome adversity.

The discussion emphasised the essential role of the church in guiding believers through personal and spiritual crises by deepening their relationship with God, encouraging calmness and faith, and promoting collective support through the church community.

