

Unforced Mission Resource



Unforced.

LIVING ON MISSION WITH JESUS IN THE REALITY OF OUR EVERY DAY



Unforced Mission Resource

How is Jesus inviting you to walk with him in your every day? What unique opportunities do you see for Unforced mission in your context during this season of restrictions?

These are challenging days for all of us. Being asked to think about mission in the midst of a pandemic could feel overwhelming, and yet the invitation comes from Jesus to work with Him wherever we are.

Alongside stories of local Methodists from across the island who are engaging in everyday mission, this Unforced Mission Resource focuses on passages from the New Testament that model how the disciples walked and worked with Jesus after responding to the call to follow him. Our hope is that this resource will help you to spend time listening to God as individuals or small groups, allowing the Spirit to show you the places where Unforced mission could be possible as you walk with Jesus, even in these uncertain days.

- The Home Mission Team

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly. Matthew 11: 28-30 (MSG)

How to use this resource

This resource is designed for personal reflection or for small group use. In each of the 6 sessions you will:

▶ Watch Unforced Video Stories

📖 Read a passage or passages from the Bible asking:

- Where did your imagination rest?
- Are there words, phrases, ideas that grasp you?
- Where do you see parallels between the bible passages and the Unforced stories?
- How do you think the Spirit of God might be nudging you?

☁️ Reflect on what God might be saying to you through the passage.

🚶 Commit to one way that you will walk and work with Jesus differently as individuals or as a church community in the week ahead.

🙏 Pray, asking the Holy Spirit to challenge and help you.

(To access the videos visit www.unforcedmission.com or click on the title of the videos to bring you directly to them.)

SESSION ONE: REAL REST COMES FROM WORKING WITH JESUS

▶ [Watch](#) [Unforced & Alan's Story](#).

📖 [Read Matthew 11: 28-30 \(NIV\)](#)//

[Matthew 11: 28-30 \(MSG\)](#) or watch

[Unforced: Matthew 11: 28-30](#)

- Where did your imagination rest?
- Are there words, phrases, ideas that grasp you?
- Where do you see parallels between the bible passages and the Unforced stories
- How do you think the Spirit of God might be nudging you?



☁️ [Reflect](#) on the passage together as a group or write down your personal reflections.

🚶 [Commit](#) to one way that you will walk or work with Jesus differently as individuals or as a church community in the week ahead.

🙏 [Pray](#), taking some honest time in silence talking with Jesus about how you are feeling about living on mission with him in these days.

"Sometimes life takes its toll, especially during the recent pandemic, you know we get tired, we get weary, I think that's my experience with church and with faith, it's a time when we feel weariness. So I love that verse in Matthew where Jesus just calls us to come away with him and he says his burden is light..." (Alan's Story)

Questions for further reflection

1. Do you feel tired and weary? What is making you tired and weary?
2. Does the thought of mission in this season seem overwhelming?
3. What do you think Jesus is saying to those who feel tired and weary about living on mission with him?
4. How do you feel now about living on mission with Jesus in the every day in light of his words?
5. What do you think Jesus would say to you now if you were standing face to face?

SESSION TWO: WALKING WITH JESUS IS SURPRISING

▶ Watch [Fadzi's Story](#) & [Rebekah's Story](#).

📖 Read one or more of the following passages:

[Luke 5: 1-11](#) (Jesus Calls His First Disciples)//

[Mark 4: 35-41](#) (Jesus Calms the Storm)//[John 4: 1-38](#)

Jesus Talks With a Samaritan Woman)//[Luke 13: 10-17](#)

Jesus Heals a Crippled Woman on the Sabbath)//

[Luke 24: 13-35](#) (On the Road to Emmaus)

- Where did your imagination rest?
- Are there words, phrases, ideas that grasp you?
- Where do you see parallels between the bible passages and the Unforced stories?
- How do you think the Spirit of God might be nudging you?

🌱 Reflect on the passages together as a group or write down your personal reflections.

🚶 Commit to one way that you will walk or work with Jesus differently as individuals or as a church community in the week ahead.

🙏 Pray, asking God to surprise you in the week ahead with new opportunities for mission with the people you encounter this week.



...my faith has gone on a mission. This is a mission that I never thought I would do, to pray for patients or residents at work, it's usually the chaplain who has to do that but because of the pandemic my faith has been challenged.... I feel God is in some way teaching and appointing me to do that and to point people to Jesus Christ..” [Fadzi's Story](#)

Questions for further reflection

1. What was it about the character or actions of Jesus that surprised the disciples in these passages?
2. What impact did this have on the way the disciples were acting or thinking?
3. Have you been surprised by Jesus in these last months?
4. Is Jesus inviting you and/or your church family to join him in mission in any surprising ways?
5. How could you respond to the invitation?

SESSION THREE: WATCHING JESUS AT THE TABLE

▶ Watch [Beth's Story](#) & [Gavin's Story](#).

📖 Read one or more of the following passages:

[Luke 19:1-10](#) (Zacchaeus the Tax Collector) //

[Luke 7:36-50](#) (Jesus Anointed by a Sinful Woman) //

[Mark 2:13-17](#) (Jesus Calls Levi and Eats With Sinners) //

[Matthew 22:1-14](#) (The Parable of the Wedding Banquet)

- Where did your imagination rest?
- Are there words, phrases, ideas that grasp you?
- Where do you see parallels between the bible passages and the Unforced stories?
- How do you think the Spirit of God might be nudging you?

🌿 Reflect on the passages together as a group or write down your personal reflections.

🚶 Commit to one way that you will walk or work with Jesus differently as individuals or as a church community in the week ahead.

🙏 Pray, ask God to interrupt you in the week ahead, giving you opportunities to give and receive hospitality.



“We’ve simply given God what we have, our lives and our home. It’s simple but he has been blessing us with his Spirit as we seek to pray for our community, serve them and love them... in the sunny days we all sat on doorsteps and watched our children play having cups of tea whilst chatting with others sitting on their own front steps: Neighbour to neighbour.” [Beth's Story](#)

Questions for further reflection

1. How would you define hospitality? [Click here to read](https://buff.ly/3pmBERP) what Pete Greig has to say about this (<https://buff.ly/3pmBERP>).
2. Who were the guests, visitors and hosts in these passages? What strikes you about them and their actions?
3. Where and how did transformation take place because of the encounters in these passages?
4. How we can allow ourselves to be interrupted, either as host or guest, with those we encounter day by day, whether in person or online. What might it look like to work with Jesus in these days by giving and receiving hospitality with those who don't know him?

SESSION FOUR: WATCHING HOW JESUS SEES PEOPLE

▶ Watch [Michael's Story](#).

📖 Read one or more of the following passages:

[Matthew 19: 13-15](#) (The Little Children and Jesus)

[John 8: 1-11](#) (The Woman Caught in the Act of Adultery)

[Luke 10: 25-37](#) (The Parable of the Good Samaritan)

- Where did your imagination rest?
- Are there words, phrases, ideas that grasp you?
- Where do you see parallels between the bible passages and the Unforced stories?
- How do you think the Spirit of God might be nudging you?

🌿 Reflect on the passages together as a group or write down your personal reflections.

🚶 Commit to one way that you will walk or work with Jesus differently as individuals or as a church community in the week ahead.

🙏 Pray, asking God to help you see people through the eyes of Jesus in the week ahead.



"Jesus has been inviting me to listen better to what people are saying, to understand their fears, and to be more forgiving and to treat everyone with love, respect and dignity, no matter what the situation may be... The most important thing is just turning up, ready to serve and being open to what Jesus is showing you." [Michael's Story](#).

Questions for further reflection

1. In what ways did Jesus treat those he encountered differently to the status quo?
2. How does seeing people through the eyes of Jesus affect how we view others?
3. How does seeing people through the eyes of Jesus affect how we treat others?
4. Who is Jesus inviting you to "see" differently in these days and how will this impact your attitudes toward them and the way that you interact with them?

SESSION FIVE: RHYTHMS HELP US TO WALK AND WORK

▶ Watch [David's Story](#).

📖 Read one or more of the following passages:

[Mark 6: 30-57](#) (Jesus Feeds the Five Thousand/Jesus Walks on the Water)//[Acts 3: 1-10](#) (Peter Heals a Lame Beggar)//[Acts 2: 42-47](#) (The Fellowship of the Believers)

- Where did your imagination rest?
- Are there words, phrases, ideas that grasp you?
- Where do you see parallels between the bible passages and the Unforced stories?
- How do you think the Spirit of God might be nudging you?



🌿 Reflect on the passage together as a group or write down your personal reflections.



Commit to one way that you will walk or work with Jesus differently as individuals or as a church community in the week ahead.



Pray, asking God to show you what new rhythms for focus on as a church family that will help you walk and work with Jesus in the weeks and months ahead.

"Rhythm Helps Your Two Hips Move, that's how you remember how to spell it. Rhythm... We are meant to be encouraging the church to be God's hands and feet; to move those hips, to walk alongside folks, to dance and sway with creativity and joy as we tell of the goodness of God, to run the race to win, to be faithful until the end, a marathon, not a sprint... But sometimes I find it so hard to get going. This is where Rhythm Helps Your Two Hips Move. Around this time last year we started a rhythm of prayer...[David's Story](#)

Questions for further reflection

1. What different rhythms of walking and working with Jesus do you see in the Bible passages?
2. How did they help the disciples to walk and work with Jesus in unforced mission?
3. In what ways have your rhythms of life together as a church family changed over recent months?
4. What rhythms could you focus on with your church family to keeping you walking and working with Jesus in unforced mission over the coming weeks and months?

SESSION SIX: SHARING THE HOPE OF WALKING WITH JESUS

▶ Watch [Graham's Story](#).

📖 Read one or more of the following passages:

[Ephesian 2:1-10](#) (Made Alive in Christ)

[1 John 4: 7-21](#) (God's Love and Ours)

[1 Peter 3: 13-16](#) (The reason for our hope)

- Where did your imagination rest?
- Are there words, phrases, ideas that grasp you?
- Where do you see parallels between the bible passages and the Unforced stories?
- How do you think the Spirit of God might be nudging you?

🧠 Reflect on the passage together as a group or write down your personal reflections.

🚶 Commit to one way that you will walk or work with Jesus differently as individuals or as a church community in the week ahead.

🙏 Pray, asking God to give you opportunities to share "the reason for the hope that you have".



I like to think that the way I do stuff, the way I talk with people, the way I interact with people comes across naturally because my heart is in the right place. I just long for the day that someone will come up to me and say, "I want to know why you do what you do in the manner that you do." [Graham's Story](#)

Questions for further reflection

1. Has anyone ever asked you why your life is different because of walking with Jesus - how did you respond?
2. Take some time to write down the reason for your hope in Jesus as you walk with him in these days. Share what you have written with each other in your small group.
3. Who do you know who needs to know the hope of Jesus in these days?
4. How can we seek opportunities to share this hope?