

Life Application Notes

We're all about people

Speaker: Si Munsie

Scripture: Various

Introduction for leaders

Si spoke this week on our 6th cultural value at Life Church – we're all about people, some ways in which we may be responding to the current situation and some practical ways in which we can navigate this time.

Opening up:

If you're meeting via zoom, you could play Pictionary using the Share Screen function (click the green share screen then click whiteboard) or if you're using another format without that feature you could use good ol' fashioned pen and paper! You could send one person in the group a private message with the thing for them to draw and see who can guess it. You can google Pictionary card ideas for some inspiration!

Me, myself and Isolation:

Si shared the emotional cycle of change/stages of grief which can help depict where some of us may be feeling things at different points – why not share this as a group (file attached with the email) and talk people through some of your journey of emotion during this time. Vulnerability breeds trust not the other way around. Lead.

For many people during this time, they need time to talk about how they are feeling – why not give a little time to each person to just share how they are doing this week/during this time? You might need to direct the question to individuals but no-one is not feeling anything so everyone will have something to say. Try not to dominate the conversation yourself or offer how to fix each situation but leave space for people to discuss how they are feeling.

Practical steps

God gives us all common sense (to greater or lesser degrees!) to help us to take practical steps in life to make wise decisions. Si shared 4 (and has added a fifth here!) Cs to help us consider these things:

CONSTRUCT – What is your daily/weekly routine or structure? *You could point people to the weekly Life church calendar (available on the website under 'What's On > Calendar') and suggest allowing that to help shape some of their rhythms. Some people will be busier than ever though so be aware of just suggesting lots of ways to fill their time! If God created the world in 6 days and rested on the 7th then there is wisdom a good balance between rest and putting your hands to work even if normal work has changed.*

(TAKE) CAPTIVE – How are people coping with their thought lives? *This can be a time when past sin struggles or negative thought patterns are prevalent. Be on the lookout for those who may need a personal conversation during the week as you're able to. Romans 15 1&2 "We who are strong ought to bear with the failings of the weak and not to please ourselves. 2 Each of us should please our neighbours for their good, to build them up."*

CONTROL - *Where there are things that are beyond people's control in their current situations, point them to God again for their grounding. Just as Kathy shared in our kids' slot on Sunday, he cares for us and we do not need to worry...harder said than done but still true!!*

CONSUMPTION – What do you find is starting to consume you rather than you consuming it? *Si gave examples of food, alcohol, TV, Films, social media, maybe even spiritual content.*

CAST – 1 Peter 5:7 tells us that we can CAST OUR CARES onto Jesus because he cares for us. Spend some time in prayer doing just that. Pray for one another – particularly those who are finding isolation hard.