

"...we, though many, are one body in Christ, and individually members one of another." Romans 12:5 ESV



INSTRUCTIONS

A prayer and communication cascade for us to encourage one another!

Your role is to call two people during the week

Greet them, find out how they're doing and explain why you're calling
e.g. *We want to help each other keep in touch in this time of change. The idea is that if we each call one or two people to encourage them and pray for them then we can make sure everyone is included and feels connected."*

Have a chat!

This is not a survey, but it might help to have some questions in mind, like: (but make sure you share how you feel too)

What has it been like for you and your family during this last year?

What are you looking forward to as we come out of lockdown again?

What are you hoping for, from God in this coming season?

PRAY together for each other

Can you each think of something you would like prayer for at this time?

Can you each think of one person in your family/church and one person outside of your family that you'd like prayer for?

If you have been given names of people for them to call, ask them,

'Can I give you one/two names of people to call like this next week?'

YES? You will need to send them the instruction text you received. Offer to read out or send them a text with names of the contacts they need to call plus any names below them in the list, to pass on.

NO? If your contact does not want to call anyone, can you do this yourself the next week? If that's not possible, please tell the person who called you so that we can find another way.

If the person you have called needs these instructions but cannot access them, can you print and send a copy? If not, send a text to Tim on 07834-170-239