



Approaches to discipleship

Extras

Aim: To make a second space (as well as Messy Church) to meet each month, perhaps with a smaller group of people, whose aims are to help people of all ages.

Aims

Belong

- For the team and families to be better friends
- For families to feel they belong more closely to the church community

Believe

- To provoke and respond to questions about faith and doubt
- To explore and develop holy habits that are part of Christian lifestyle

Become/Behave

- To offer ideas to take home and do as a family
- To have fun together

Bless

- To understand and respond to families' needs
- To respond creatively when families' gifts are revealed or discovered

Suggestions

It could be either the same format each month or a pick 'n' mix approach using a different idea each month.

1 Same format each month

For example:

- Simplified version of Messy Church – Messy breakfast, lunch or tea and one activity plus simple circle talk instead of a celebration.
- Use 'Extras' materials from *Holy Habits for Messy Churches* brfonline.org.uk/products/holy-habits-in-messy-church-discipleship-sessions-for-churches
- Use the take-home idea from *Get Messy!* each month and do it as a group around a meal.
- Use the Messy Basics material from the Faith Conversations approach.

2 Pick 'n' mix

Use an island name from the map and Bible story each time as the focus and have one key question to explore on this theme for the session. There are suggestions below. You might need to invent a 'gathering time' or 'circle time' when the story is shared, questions asked and prayer is prayed. Pray in some creative way each time. You could usefully spend some time in the first session creating a prayer you can use each time.

Use the Islands Map each time to finish up with, to talk about what treasure people have uncovered on the different islands. Encourage people to reflect and doodle in their Travel Journal at home and bring it to show the group if they want to next time.

Ideas

- Messy family walk and picnic in local area (caring for the earth, meals): Psalm 148, God's creation
- Messy family film night (family, if appropriate film used, togetherness): Matthew 12, new concept of family
- Messy family barbecue (meals): Luke 19, Zacchaeus
- Messy family science fun (caring for the earth, making life better for others): 1 Peter 4:10, serving others with our gifts
- Messy family afternoon or day out to the seaside/country park/city (play, togetherness): Luke 2, Jesus at the temple
- Messy family Bake-Off (play, meals): Matthew 13, parable of the yeast
- Messy family board games (play, togetherness, generosity): Luke 10, Mary and Martha arguing
- Messy family campfire (togetherness, Bible stories, worship): Exodus 13, fiery pillar
- Messy family rounders match (play, togetherness): Hebrews 12, run the race
- Messy family litter pick (making life better for others, caring for the earth): Genesis 2:15, taking care of the garden
- Messy family campaign-athon (making life better for others, justice): Matthew 21, Jesus turns over tables
- Messy family safari meal (meals, generosity): Acts 2, early Christians eating together
- Messy community event (growing the church, generosity, making life better for others): Mark 6:56, Jesus meeting and healing people in marketplaces
- Messy guerrilla gardening (caring for the earth): Matthew 13:31, parable of the mustard seed
- Messy charity support concert (justice, making life better for others): Matthew 25, parable of the sheep and the goats
- Messy invite-a-friend night (growing the church): Matthew 22, the great banquet