# More Than Sunday

SEVEN SHIFTS TO INSPIRE
SUNDAY TO SATURDAY FAITH
#MoreThanSunday is the Diocese of Manchester’s approach to discipleship, the living out of what it means to be baptised and to follow Jesus Christ day by day.

We can sometimes give the impression that what church is really about is Sundays and preferably in our church buildings, as we “go to” church. The lockdown following the recent pandemic has shown us that church is far more than buildings and far more than Sundays.

The shape of church is seen in our liturgy with the rhythm of gathering together to be nourished by God through Word and Sacrament and our fellowship together, and then being sent out or scattered into the world to nourish and bless the world in which we live.

For some people, our discipleship and ministry is mainly exercised in the gathered church as lay people are intercessors, musicians, worship leaders, children’s leaders and more. But for the majority, our ministry and discipleship is worked out in our homes, neighbourhoods, food banks, places of work, and communities as we join in with what God is doing in the places where God has put us. This happens not just on Sundays but day by day.

Following Christ is #MoreThanSunday. The liturgy puts it beautifully where it says, “may we who share Christ’s body live his risen life, we who drink his cup bring life to others, and we whom the spirit lights give light to the world”. The gathered church equips us to be the scattered church and the scattered church in turn shapes who we are as the gathered church. So I commend this booklet describing Seven Shifts that inspire Sunday to Saturday faith in the hope that it will help the 98% of the church who are not ordained to be the Body of Christ in the world.

Rt Revd Dr David Walker  
Bishop of Manchester
What does it mean to be a #MoreThanSunday Church?

Since 2017 the Church of England has undertaken a concerted effort to adapt and change our culture of ‘doing church’ in order to release fresh imagination and energy for ‘being church’. Called Setting God’s People Free (and renamed #MoreThanSunday* in Manchester Diocese), this collective action aims to enable the whole people of God to live out the Good News of Jesus confidently in the whole of life, Sunday to Saturday.

Hundreds of church communities have been trying out various ways to achieve this shift, focusing on what makes a real difference in supporting an everyday faith, every day.

It might sound an obvious statement to make, but these everyday followers make up 98% of the Church of England. We are brilliantly served and supported by lay and ordained ministers, each called to serve the building up of the church.

Yet all of us are called to serve God in and amongst the places and people that God sends us – in the 95% of our waking lives that are not spent in ‘church activities’. Living out our faith in everyday life is an invitation to find and follow God in a richer way. But we have an even richer invitation: God invites us to be Christ’s ambassadors (2 Corinthians 5:20) – to represent Christ in the places we spend our time, with the people we work alongside, share a home with, or simply meet.

This booklet offers seven shifts that have been proven to make a big difference in enabling everyday faith.

These shifts are not about adding new things, but more about doing the things we already do in a slightly different way. The seven shifts here have proved helpful to churches of all sizes and traditions, and you can introduce these shifts to your church in a variety of ways. It helps, though, to begin a conversation first with the leaders and members of your worshiping community.

* www.manchester.anglican.org/more-than-Sunday/
This involves a simple process of:

**SEEING**

Set time aside in a PCC discussion to ask some simple questions that will help to find out more about where people spend their time Monday to Saturdays (as well as Sunday).

**SEEKING**

What works in one church may not work in another, but ideas have a way of sparking more ideas and leading you to find something that fits your congregation perfectly.

**STARTING**

Choose just one or two ideas to begin with, and make sure you take time to keep talking about the difference these might be making for people.

One of the big things that some leaders and many members of congregations have discovered is that they know much less about what’s going in people’s Monday to Saturday lives than they thought and have shown much less interest than they imagined.

So, ask people questions about where they spend their time during the week and then try to use these ideas to carry on a culture of curiosity. And don’t restrict the questions or conversations to adults. How can we support our children and young people in their challenges and opportunities?

Equally, when new people come into church, rather than asking (once they’ve settled in) how they can help in the life of the church, why not find out first how we can get behind them? Changing the conversations is one of the quickest ways to change the direction of a culture.
You will find details on resources to help with this online at www.churchofengland.org/everydayfaith, including information about The Big Church Survey to gather insights into how your worshiping community continues to seek and serve God all week.

To support church use of #MoreThanSunday, we suggest picking a month that fits well with your church. There are some times of the year when a new start might help; and there are key points where this might work well.

You could use #MoreThanSunday on Plough Sunday in January, traditionally the time of year to ask for God's blessing on our labours. Pentecost Sunday highlights us being sent out as God's people in the power of the Spirit. And September, as 'back to school' time, is always a fresh start. Service outlines are available for these times at www.churchofengland.org/everydayfaith.

So, wherever you are on the journey – whether you’re looking for ways your church could open the doors of people’s imagination, or for ways of ensuring that the vision becomes a reality over the long haul – you’ll find something to help you.

Of course, there are other ideas out there, so please share what you’ve been trying and learning with others in your community, diocese and more widely through social media – tag it as #MoreThanSunday and help to get our big conversation rolling.
The Covid19 crisis has taught us again that being followers of Jesus isn’t confined to church buildings or traditional church activities. This Time Tomorrow (TTT, as most have come to call it) is a two or three minute interview with someone in a congregation, in a Sunday, midweek service or Christian gathering, about where they will be this time tomorrow, and how we could be praying for them in those situations.

It could also be set up as individuals sat in pairs in the congregation for a more private 1-2-1 approach. It’s helpful to follow three simple questions:

- Where they will be TTT?
- What challenges and opportunities they may face?
- How can we pray for them?

This is not about putting on a show in terms of having a big job. Everyone should be encouraged to take part, including those who do jobs that in their opinions are modest jobs.

It should be emphasised that TTT is intended for everyone; those who are retired or stay at home as well as our children and young people. Some people have found it helpful to find a person in the congregation to lead this time – and to help find the people to interview.

Equally, for this to be a part of the new culture, church families should be encouraged to engage in the principle of TTT over coffee and in general conversation. The average member of the congregation being encouraged to tune in on purpose, to what the other person’s week has in store, and how they can help by standing with them in prayer.

Your TTT slot can also be a useful story for social media. Those willing to engage in this more public approach may want to prepare their responses in advance so these can be posted online, ideally with a photo, in the place they are discussing.
There are all kinds of variations on this: Selfie of the Week (people taking selfies of themselves in their context); filming your TTT volunteers on a phone; or the Big Selfie Project, where lots of people are asked to bring selfies from the past week into church. The idea behind TTT is the church, Christian brothers and sisters, journeying with each other beyond Sundays, into the most challenging avenues of daily life.

When Anne’s church started doing *This Time Tomorrow*, Sophie, a dentist, shared her story of fixing teeth but also of caring for members of her team in times of great need, telling people about her faith when they asked what she did at the weekend, and praying with colleagues and patients (with their permission).

Anne says, “When Sophie shared her story, during our morning service in our *This Time Tomorrow* slot, we were all encouraged because she has been able to gently share how we can speak of our trust in Jesus with our colleagues at work, in a non-threatening way.”
Praying for #MoreThanSunday

Prayers for everyday life are as important as praying every day. When praying changes, so do hearts. Of course, you can integrate a whole-life perspective into any element of a Sunday service but the intercessions is the most obvious moment.

Sometimes our intercessions are very focused on our church but rarely venture beyond what we do on Sundays. In some churches doctors, nurses and teachers get a mention, but why not engineers, shop workers, IT technicians, bus drivers etc? Again, in some churches the prayers are shaped around roles, activities and employment; perhaps beginning with successive letters of the alphabet – ‘D’ is for dad, driver, dentist, dancer, designer, design and technology lessons.

Similarly, think about widening prayers for people’s pressing needs to include their missional opportunities, too – not just praying for a nurse under pressure in the busier winter months but also how they might draw on God’s resources and find ways to minister grace and love to colleagues as well as patients.

Or you can pray for someone to have patience with a difficult boss and how they might change the culture of their office; or pray for a young person in a football team that the way they go about things will speak of their Christian faith. Don’t just pray for a grandparent’s health but also that they might find ways to show and share their trust in Jesus with their grandchildren. Share these prayers on your websites and social feeds. If you are able, why not tag in some of the local connections that fit with each theme?
Shift 3

What are we saying on the street and the internet?

Noticeboards tell the congregation what’s seen to be important. Websites tell the world! What’s there? Information about church-based activities? Always. Information about overseas mission? Sometimes.

This is important, but in telling this we miss out on letting people know that people in our churches are out and about Sunday to Saturday – a #MoreThanSunday church living out the good news Jesus brings as grandparents, shop workers, geography students, cleaners, vets.

Why not include a map of where the congregation spend time during the week on your church notice board or website – places of work, homes, schools, colleges? Alternatively, have a photo of someone in your church in their workplace - perhaps in a uniform - changed every month, showing everyone where they minister Monday to Saturday.

You don’t need to include the detail, but something that represents how people are serving their communities in their daily lives as well as in organised church projects. Or you could display a Prayer for the Week – included in the noticesheet - that focuses on a particular group of people.

What about your church website and social media? Do your communications tell stories about what Christians are doing beyond the doors of your church on Sunday? Perhaps it’s time for a new look.
Many churches commission people for ministries in the church, but it’s enormously powerful to also commission people for ministries beyond the church: for people changing jobs, or taking up new responsibilities in the community, or starting the new school or university year, or moving into retirement.

It is a wonderful gift to be able to recognise and pray for everyone in our congregations and there are many ways this can be done. It is also a reminder of our need to celebrate together the ministry of all God’s people as part of our #MoreThanSunday lives.

Each Summer we invite over 3,500 children and school staff from our primary schools to attend Year 6 Leavers Services at Manchester Cathedral.

As part of the service pupils exchange prayers, commissioning and sending each other to their new secondary schools to pass on that faith, hope and love as ambassadors for Christ. This is always a memorable, moving and enjoyable service with many local churches doing something similar on a smaller scale.
“Go in peace, to love and serve the Lord.” The familiar words of dismissal from a Sunday service, highlighting that what has ‘just happened’ in our worship - all that has been shared, taught, experienced and prayed about - is actually intended to be taken out ... well beyond our gatherings. To ‘go in peace’ means we are to carry the presence of Christ into the world, bringing God’s transforming touch.

We believe in a God who is concerned about all of life, and preach from a Bible that centres on life in all its fullness. If 95% of the life of a church community stretches beyond the times we gather to worship, and is richer even than the events we put on, how can the 5% that is spent in church activities, successfully frame, inform and impact all the rest?

The church’s calendar is blessed with opportunities for exploring and embedding discipleship themes. The impact of a sermon is one that reaches far beyond the physical church. Our varied worship and preaching patterns provide an open platform from which to explore and teach and where all can share their stories.

Church for a Different World challenges us to be bold and step out in faith. Whatever our tradition and whatever our intention, through a shift in our thinking, we can spiritually feed, nurture and equip, in such a way that helps people to make the connections and take responsibility for their own discipleship.

Many of the shifts above will help to make these connections. It is also worth thinking about the images we use on service sheets and screens, or the banners or posters that people notice in worship spaces. Do people see the places and roles we are sent to serve in?

For liturgical services there are three areas where the resources of Common Worship may be supplemented to help emphasise our calling to an everyday faith, namely gathering, offertory and dismissal.
Sarah, a nurse, found herself in unknown territory, quite literally, when she was asked to alter her role and go and work in a completely different part of the hospital. “The Church WhatsApp group has been such a comfort and support. I have people encouraging me and praying for me that I have never met. I sing the hymn that Joyce posts each morning and I’m also enjoying the church prayers in an evening. As I go to bed, I follow the prayers and this helps relax me for the night ahead.”

Then she went back to her own department. “I had become quite attached to some of the patients, in particular a lady a little older than myself who was on end of life care. I felt like I was deserting her by not returning to the ward to feed her, wash her and just sit with her but I’ve continued to pray for her and I’m keeping in touch with the staff to see how she is.”

It helps to think through this use intentionally, as there is a risk that the Common Worship liturgical resources tend to assume the link between our lives in the world and our shared corporate worship, rather than making it explicit. You can find links to further resources on shaping worship for everyday faith at www.churchofengland.org/everyday faith.
Get creative and be specific. This prayer, written by Andy Stinson, is based on Psalm 107:1-3 as a gathering liturgy for the context he ministers in.

Let the redeemed of God share their story, for he has set us free.
From north and south, east and west, God calls his people to come.
From office and school, factory and field, God calls his people to come.
From site and plant, hospital and home, God calls his people to come.
Give thanks to the Lord, for he is good, his love endures for ever.

Gathered to be Sent: Worship that Connects with Everyday Faith (Grove Booklets)
Small groups are one of the best ways of helping us connect our faith to everyday life. They create safe spaces to explore our faith and learn with others about what it means to follow Jesus #MoreThanSunday.

Most Anglicans were part of a Confirmation group when they were preparing for that important milestone, but growing in our faith should not stop at Confirmation!

There are many kinds of small group that have been effective across the traditions. Many churches offer Lent groups, often ecumenically, which usually focus on deepening our own walk with God and our life of prayer and this could become a regular pattern in the life of the church.

Some focus on the basics of the Christian faith such as a Start Course, Alpha or the Exploring Faith course at St Martin in the Fields; these can be a great way to begin a small group. There is a huge range of resources that can take these conversations further such as the Pilgrim Course, Emmaus and numerous others. It is also possible to have a simple Bible Study, say on Mark’s Gospel, over a number of weeks.

Many of these are available for young people as well as adults and include online material such as the #MoreThanSunday podcasts. Other discipleship courses help with particular issues such as sharing your faith – Faith Pictures by Mike Starkey is a great resource here.

Some courses help you discover your own gifts and passions and so enable you to find out how best you can serve in the world today. Good examples include the SHAPE course. Discipleship involves discovering your calling or vocation (which every Christian has) as we seek to follow Jesus. Our calling might lead us to a further step to train as an ALM or a Reader.
Faith at home

Here in Manchester Diocese, we are committed to offering children, young people and their families the opportunity to explore and develop their faith - in our schools, churches and also their homes. Our vision is to see conversations about faith happen as naturally as those about what to have for tea or how to solve a maths problem.

We want to encourage and facilitate the building of networks which create opportunities for this and also give space for children and young people to explore and use their gifts.

Noah, a 3 year old in the diocese who attends church with his parents and a toddler group, learns ‘by osmosis’ He has some favourite songs including Open the Eyes of my Heart Lord which he is happy to ‘to belt out in any setting whether it be in church or the fruit and veg aisle in Asda’. At home, his family read Bible stories and pray together. Noah is comfortable in church and has been known to ‘stand at the chancel steps with arms outstretched and proclaim "Praise the Lord!" with a big grin’
The possibilities of this are massive as we already have some excellent church-school links, not only with our 191 church schools but some community schools too. Where do you already have connections? Do you have families attending church who wish to become or are already linked to your church school?

What can we learn from our church schools where children and young people are involved in daily worship, often led by them? Perhaps there is more we can do to encourage our toddler groups to explore faith from an early age. Are we encouraging and equipping those in our fresh expressions communities to live out their faith wherever they are?

Honor, age 10, attends a church school in the Diocese of Manchester. There she has taken part in leading the Easter Experience for pupils from other schools and developing and leading daily collective worship.

Honor appreciates that the teachers give pupils the opportunity to ask questions and think about their faith. At home Honor sometimes prepares daily worship for her family especially at Christian festivals. The whole family attend church together and faith is woven into every part of their life.
Embedding Ideas

None of the ideas above are instant fixes; none will change the culture overnight. It takes time and prayerful persistence to create a culture that helps people live out their daily lives more consciously with Christ. With that in mind, leaders have looked for ways to make sure they don’t let it slide off their agenda.

Consider:

- Regular reviews of a Sunday to Saturday focus at the PCC.
- Popping reminders in diaries, so ideas don’t slip off priorities and thinking.
- Giving someone in the church – a warden or friend – permission to ask how the church is getting on with these changes.
- Making sure people’s Sunday to Saturday ministry is included in prayer – in the Daily Offices and in team meetings.

#everydayfaith is a Church of England discipleship campaign from Setting God’s People Free, which aims to enable the whole people of God to live out the Good News of Jesus confidently in all of life, Sunday to Saturday. In the Diocese of Manchester we call this #MoreThanSunday.

Setting God’s People Free is part of the Church of England's Renewal and Reform programme, aimed at helping us become a growing Church for all people and all places. For more information, visit www.churchofengland.org/about/renewal-reform.

For more information about #MoreThanSunday please contact the project enabler, Simon Bessant:

simonbessant@manchester.anglican.org / 0161 828 1454 / 07553 371167. Also see Facebook #MoreThanSunday - discipleship group.

This booklet has been produced by the #MoreThanSunday Team in the Diocese of Manchester adapting material from the Setting God’s People Free Project Team at Church House Westminster, with permission.