

The Year We Stayed at Home - With Patience



A Pick and Mix Resource pack of activities
and Bible linked materials for reflecting on
our shared experiences
of the COVID 19 Pandemic





*Material created collaboratively by Dawn Lonsdale and Carolyn Gower
With credited guest contributions*

The Year We Stayed at Home With Patience

Contents	Page 2
Introduction	Page 3
How to use this resource	Page 4
Unlock COVID Timeline	Pages 5-7
Patience Reflection	Pages 7 - 14
Patience – Activities	Pages 15-17
Patience – Resources	Pages 18-20
Patience - Bible	Pages 21-16
Information about Unlock	Page 27
Facilitator Guidance	Page 28-29
Image credits	Pages 30

Bible Text in these materials is taken from the Good News Bible (British Usage Edition), published by the Bible Societies and Collins, American Bible Society 1966, 1971, 1976; used by permission.

The materials contain some things which are not original to Unlock. We have attempted to identify all the sources, but in some cases it has not been possible. Unlock will take immediate steps to rectify any breach of copyright upon notification. Thank you for your co-operation in this.

If you have any queries relating to Unlock materials, please contact:

Unlock, 15 Station Road, Rotherham, S60 1HN 01709 380318

office@unlock-urban.org.uk

Why this? Why now?

Introduction

The COVID 19 Pandemic has been undeniably tough for everyone and particularly for those communities where our Unlock work is focussed.

We believe that ***all of us*** need, (without moaning or whingeing), to be prepared to acknowledge the energy drain and the emotional cost of COVID 19, for ourselves, for each other and in our communities.

Everyone is more or less bereaved all of the time, even if we have not lost anyone, and even if we have plenty to be grateful for. We have all lost opportunities and precious time with loved ones, we have all had to let go of hopes and dreams and plans; and that disappointment is real and painful. As well as that everyone is dealing with heightened levels of fear and anxiety, and having to manage day to day decisions that potentially have far more significant consequences than we are accustomed to. Many of us know at least some people who have lost loved ones, which is both sad to bear and adds to the fear. Plus we have all had to adjust repeatedly and fairly swiftly to new ways of doing things and to relate, usually by pretty clunky means, to everyone else who is dealing with all of that stuff as well, but probably differently! It's hard to rest and feel refreshed when we do not have access to many of the ways we would usually do that, and the end is still some way off. Self-care and care for one another are going to be really critical over the next 24 months or so at least; and creating safe environments where people can express their pain and vulnerability, without abdicating responsibility or getting sucked into unproductive self-pity, are going to be an essential part of what we need to offer out of our faith, both personally, as Unlock and as Churches.

We may feel that we just want to move on and forget all about it but ultimately that will not help us to grow and learn from these exceptional experiences. It's going to be essential that we support one another to remember and process the collective trauma of COVID 19, that includes allowing appropriate grief, acknowledging anger and remembering effectively, both the good and the bad things.

So we are offering you this resource pack as a way to start to do that work, in your own places, with your own people. We hope and pray that you will find it useful.

Dawn Lonsdale, Chief Officer





We suggest that you begin with the **timeline activities on pages 6&7**. We have noticed that, in the course of this pandemic, the details of what was happening just a few months ago become hazy memories quite quickly. It is hard to keep a clear picture of what happened when; when we last saw so and so, when we last went inside someone else's home, when we last left our home town and so on. The timeline will help us to get some perspective, a long overview of all that has happened. Those experiences will be different for everyone and it will be good to explore them together. You will be amazed at how much you have forgotten! You might return to the timeline activities as part of each of the other sections, or at the end, to see if there are any new insights to add.

We have chosen **six topics** that have formed a part of our own journey and reflections through 2020 and 2021. They are **Lament, Gratitude, Patience, Hope, Kindness and Discernment**. Each topic has its own section, which includes a reflection, some creative activities for groups or individuals, and some Bible material. These sections are not in any particular order and you can use them in any way that you like. **This pack includes the section on Patience only**. The full pack is also available, as are five other individual topic sections.

You are encouraged to **be selective**. You use as much or as little of the material as you like. You know your people and your place. You know what will connect for folk, and what will engage them; please feel free to **choose** from this material and use only that which seems best suited to your own context. There's no reason why you can't present your groups with some options and respond to what they would like to do.

The **topic reflection/introduction** is on pages 9-15 and is intended as *preparatory reading for group facilitators*. Facilitators can choose how much of that material to share with their groups and how. Please note that there is absolutely no need to provide printed copies of all of the material for everyone involved!

The approaches in this pack are based on the **Unlock learning cycle** which you will find on page 28. Unlock has been using this approach for nearly 50 years. It is linked to the ways in which Jesus taught; using stories and connections with people's day to day lives; and we continue to use it because it works. We recommend that in using this material you use the learning cycle to structure your approach. The most important aspect is that we engage with our *own stories before* we explore what the Bible has to say, not the other way around.

It is important that you take some time when you are planning to **really understand the needs of your local group**, so that you can select activities and material that are appropriate for them, and work in a way that fits your local context. You can use pages 20—27 of our facilitator training pack, '**Unlock DIY**' to help you reflect effectively on the needs of your group(s). <http://www.unlock-urban.org.uk/documents/UnlockDIY2020update.pdf>

We recommend that you give yourself and your group plenty of **time and space** to work through this material. You will all get more out of it if you don't rush it, allow yourselves to be **creative** and to break free of the notion that there are 'right' answers. This is much more about sharing our experiences, what we can discover together, and how we can support one another in doing that, than it is about getting from point A to point B.

The participants are not the only ones who will benefit from thinking about this stuff, but not everyone will come and join in with group activities. So **share what you are doing**; find creative ways to display the results of your activities so that other people can see them and have a moment to do their own reflecting too.

See page 30 & 31 for further Unlock facilitator guidance.

What follows on pages 6&7 is an activity to help us begin to recall, process and understand the impact that the Covid-19 pandemic has had on us personally, as a group, or groups, and also as a community.

The Timeline image maps some of the key events of 2020 (you can add others in 2021) and helps us place our personal key events into this framework.

The timeline image on page 6 is only for illustration. Obviously it is far too small for people to use to work on. The Unlock office has a supply of ready printed A2 copies of the timeline so (unless you have your own facilities to print page 6 at A2 size) you need to contact the Unlock Office and request sufficient copies to have at least one per person for your group(s). There is an order form below, or you can e-mail or telephone the Unlock office providing the necessary information.

The idea is that each person has their own individual copy and can personalise it by adding anything that feels important for them to remember. The coloured squares are deliberately left blank as spaces where people can add in their own personal events, milestones and experiences. Page 7 gives suggestions for the kind of things we might think about and add into our own copy of the timeline. Items can be added using pictures, words or a combination, or using cut out images pasted on. This needn't be a one off activity. We can return to our timelines and add more to them at any stage.

Groups can work both individually and together to help each other remember what happened when.

Ultimately each person's timeline will be their own personal record of their lives during the pandemic, a kind of visual diary, which they can keep and use to recall 'The Year We Stayed at Home', and perhaps to explain what it was like to future generations!

Covid timeline order form

The Year We stayed at Home

Please mail copies of the Unlock Covid timeline to -

Name: E-mail address

Postal address:

Telephone number (in case we need to check anything with you)

Please send completed orders to the Unlock Office, (C/O Shiloh) 15 Station Road,
Rotherham, S60 1HN or to office@unlock/urban.org.uk Tel: 01709 380318.

We welcome (but do not require) donations to cover the cost of printing and postage.



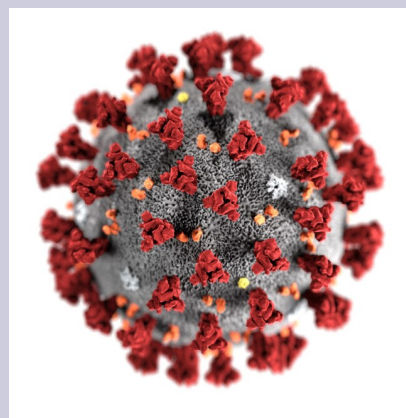
COVID-19 Pandemic Timeline Activities

You can add to the timeline anything that you want to record and remember about your personal experience of the pandemic.

You can use words, symbols, stickers, colours, drawings, pictures, or a combination; as you prefer.

You could include:-

- **Things that just were: -**
 - ◇ Family events, birthdays, etc
 - ◇ Significant moments or turning points
- **Lost or missed things: -**
 - ◇ People, activities or things you have lost or missed
 - ◇ Places you didn't go.
- **New things and things to be glad about: -**
 - ◇ Things you enjoyed
 - ◇ Things you are grateful for
 - ◇ Places you went
 - ◇ Things you made
 - ◇ Things that helped you get through
 - ◇ Things you learnt, or noticed
 - ◇ New things that you didn't do before that you want to keep
 - ◇ People you spent time with, either face to face or in other ways
- **Your responses and reactions: -**
 - ◇ What you discovered about yourself
 - ◇ What emotions did you feel?
 - ◇ When were you most afraid?
 - ◇ When were you most at peace?
 - ◇ Where was God for you; and where were God's people?



We have not included the regularly issued data on case numbers, hospitalisations and deaths. If you want to add in that kind of data you can find it here <https://coronavirus.data.gov.uk/>

You might find this Wikipedia timeline useful for reference, especially if you like to have precise dates and details https://en.wikipedia.org/wiki/Timeline_of_the_COVID-19_pandemic_in_England

You can use the months that are blank, either to continue to journal as the months go by, or to express your hopes for what is to come (or a bit of both!) The big yellow box at the bottom is for you to make a note of things you want to do when it's over that you can't do now.

Once groups can meet again safely the timeline could be used to structure a group or community reflection process.



The work of the mature person is to carry grief in one hand and gratitude in the other and to be stretched large by them. How much sorrow can I hold? That's how much gratitude I can give. If I carry only grief, I'll bend toward cynicism and despair. If I have only gratitude, I'll become saccharine and won't develop much compassion for other people's suffering. Grief keeps the heart fluid and soft, which helps make compassion possible.

~Francis Ward Weller

Photo by Magne Traeland - Unsplash

BRASSBALLS TENDER HEART

Helping you find your way home

AND
LET THE PEACE
OF CHRIST RULE
IN YOUR HEARTS

TO WHICH INDEED
YOU WERE CALLED IN ONE BODY

AND

be thankful

COLOSSIANS 3:15



Patience

By Dawn Lonsdale

March 2021

An old fashioned word for it is 'forbearance' and it is something we've all needed 'in spades' during the pandemic.

The Google definition is; *'the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious'*. So it's more than waiting, it's about *how* we wait. It might be helpful to think of it as 'Hard waiting', or 'Gracious waiting'. Patience does not mean that we do not suffer; it just means that we manage those feelings without getting too stressed about it, *and* without taking that stress out on others.

Patience is a quiet thing – it does not grab our attention. It is the impatient who make a lot of noise and fuss, who shout and storm and demand. Patience often goes unnoticed.

Come On Inner Peace



I Don't Have All Day

Disclaimer!

The first thing I have to say is that I am no better at this than anyone else; so I'm offering you some thoughts here but in no way suggesting that I've got this cracked!

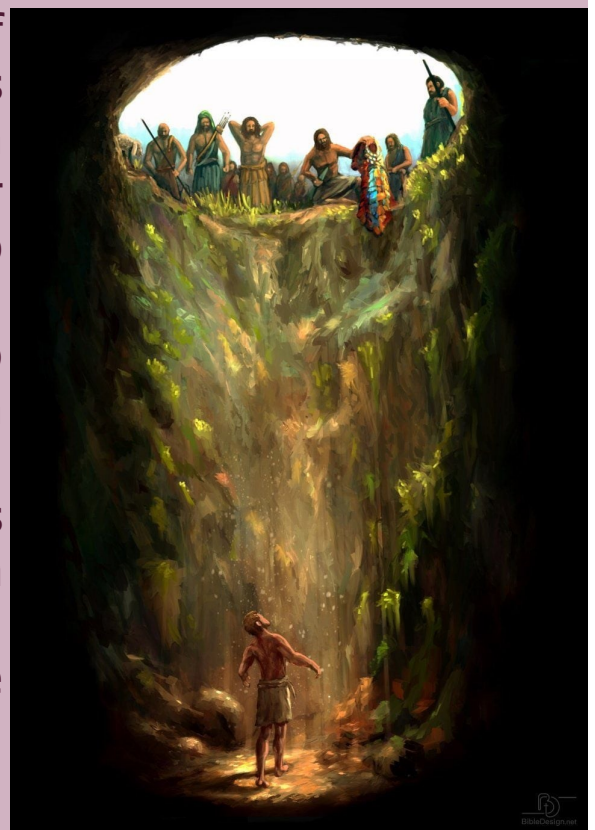


Patience with circumstances beyond our control.

We've all had to accept that our scope for going where we want to, doing the things we'd like to do and when we'd like to do them has been severely limited during the pandemic. We've all had to put up with either being more alone than we might choose to be or spending more time with particular people than we might generally choose to. We've all had to tolerate the limitations and frustrations of communicating and shopping via technology. We've all had to make do with some sort of online family celebrations and had to work out how to comfort people who we cannot be near.

In our modern world we have become accustomed to having a good deal of control over our material and personal lives. To an extent we have taken certain freedoms for granted and losing them suddenly has come as a bit of a shock.

I am reminded of the story of Joseph; spoiled, privileged, favourite son of Jacob (Genesis 37-50), who rubs his brothers up the wrong way so much that, when they find him alone and far from home they take the opportunity to be rid of him, first by confining him in a deep pit and then by selling him into slavery. In the space of a day Joseph has gone from favourite son to being the property of strangers. All his freedom and agency have been taken away. He has no choice but to wait and see if things will get better. For a while they do, a bit. He performs well as a slave and rises up the servant ranks. But then he falls foul of Potiphar's wayward wife and winds up in prison. Again, he has lost everything; everything except his faith and hope in God.



Most of us have not actually been thrown into pits or prison, but we have had a lot of our power to choose taken away from us and we have been, to some extent 'confined' by the circumstances of the

pandemic. And we have had to wait, and wait, and wait; not knowing how long it would be before things got better and with very limited scope for doing anything about it.

Patience is partly about not wasting your own emotional energy on things that are outside your control. But it is not the same as passivity; passivity is just not caring enough to take action. It is possible to care very much about something and still be patient; working away quietly and faithfully for the right result; dealing with disappointments and setbacks without being deterred. Patience takes strength and courage and character. In its own quiet way, it can achieve great things: strengthening people to persist through challenges and setbacks and allowing them to focus on what *is* possible, (however tiny and insignificant that may seem) rather than being drained by frustration at what is not.

You may well have come across Reinhold Niebuhr's well known 'Serenity Prayer'

Are there limits to patience?



God grant me
the serenity to
accept the
things I cannot
change;
courage to
change the
things I can;
and wisdom to
know the
difference

Reinhold Niebuhr

The key to this is – *the Wisdom to know the difference!* Patience is not always appropriate; sometimes it is right to stand up and shout for justice.

How do we know which response is the right one for any given time and place? How can we recognise the difference between the things we can change, and the things we can't? See the section on discernment (see pages 102—116)

Benefits of Patience.
Patience can bring a

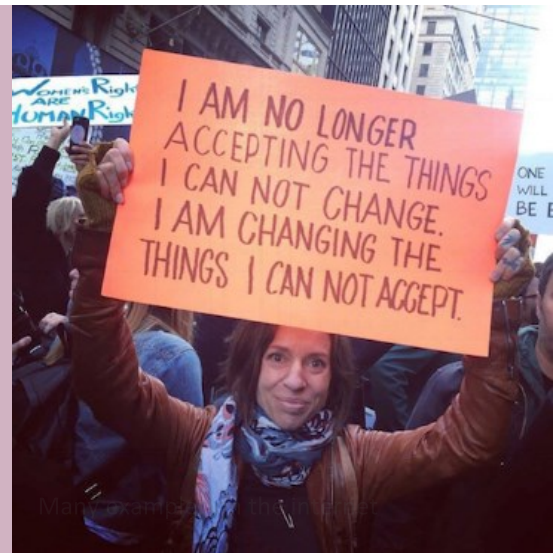


Watch 'The man who planted trees'

<https://www.youtube.com/watch?v=PYIsIZXCQa4>

number of benefits:

- Patience lowers our stress levels and leads to better mental and physical health
- Patient people are good to be around, they make better friends and neighbours
- Patience enables us to stick with things long enough so that we



Patience is power.
Patience is not an absence
of action; rather it is
"timing" it waits on the
right time to act, for the
right principles and in
the right way.

Fulton J. Sheen

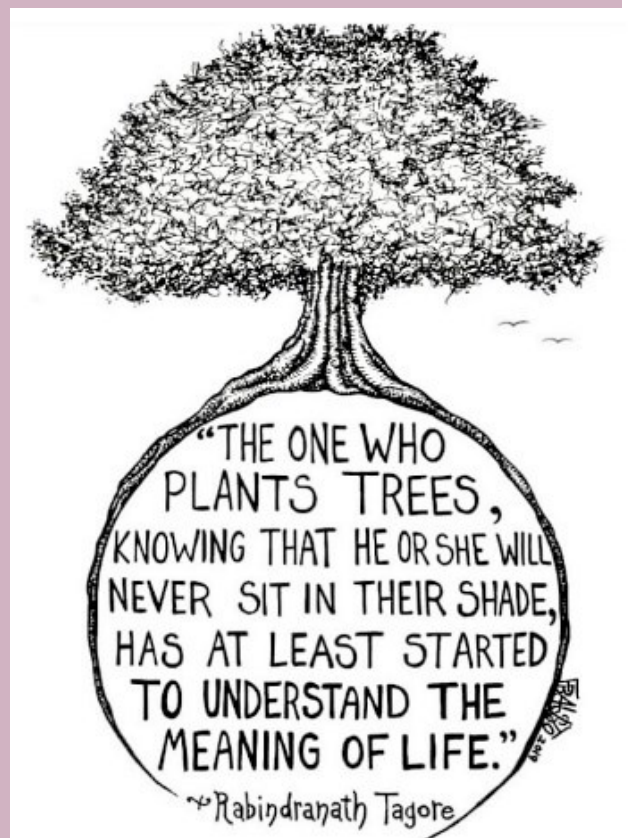
achieve our goals

- Patience brings us peace and happiness; we are able to be more content.

Like all traditional virtues, patience is rarely something that comes naturally to us. If we want to get better at it, we have to practice.

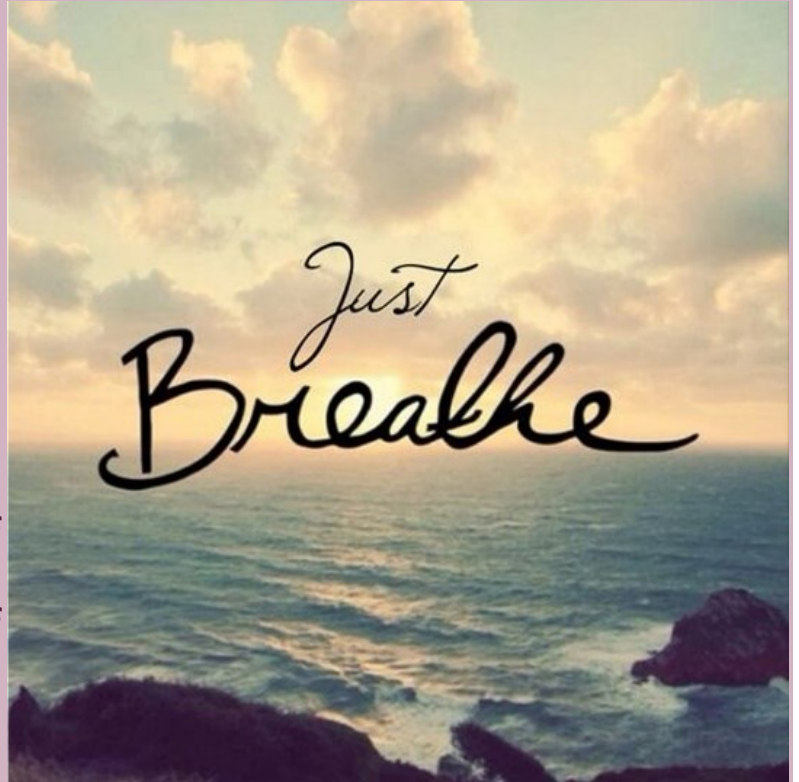
You can practice patience by:

- Make yourself wait – just because I want it now doesn't mean that I must have it now. You can actually practice waiting. Start by waiting a little, set yourself some goal to achieve before you take a break, or have a snack, or make a purchase!
- Learn to enjoy waiting; to make the most of it – find something to appreciate while you wait. Look around you, what can you find to enjoy in your surroundings? What can you think about that will give you a lift? Is there something that you can do or learn or achieve while



you wait for the time to be right, or for someone else to be ready or for something to happen?

- Prioritise and manage your time – if your time isn't completely full, if you are not overcommitted, it will be easier to relax and enjoy the moments when you have to wait, or to use that time creatively.
- Make conscious choices about what is important to you, so that you can be focussed in how you use your energy.
- Focus on what is possible, rather than being frustrated by what is not.
- Accept that there are limits – like it or not your time on earth is finite. There will be things you can achieve and things you cannot. When it's done, it's done, and you will have done what you can. Make the most of the moments and the years will take care of themselves.
- Breathe!



Patience with others.

It can be very hard to treat those who irritate us gently.



**KEEP
CALM
AND
COUNT
TO 10**

KeepCalmAndPosters.com

Bishop Peter Hall often used to challenge us to think more about people's 'sinned-against-ness', rather than about their sins. We can never fully know how someone else experiences the world. We may think we know but we have not had their life, or their experience and we can never know all of the hidden things that they carry. With the best will in the world we do not know how we would react in their situation. So we are not qualified to judge them.





Lastly, be patient with yourself!



References - https://greatergood.berkeley.edu/article/item/four_reasons_to_cultivate_patience
<https://www.inc.com/rhett-power/4-tips-to-help-you-be-a-more-patient-person-science-says-you-will-be-happier.html>



Activities to help us think about Patience

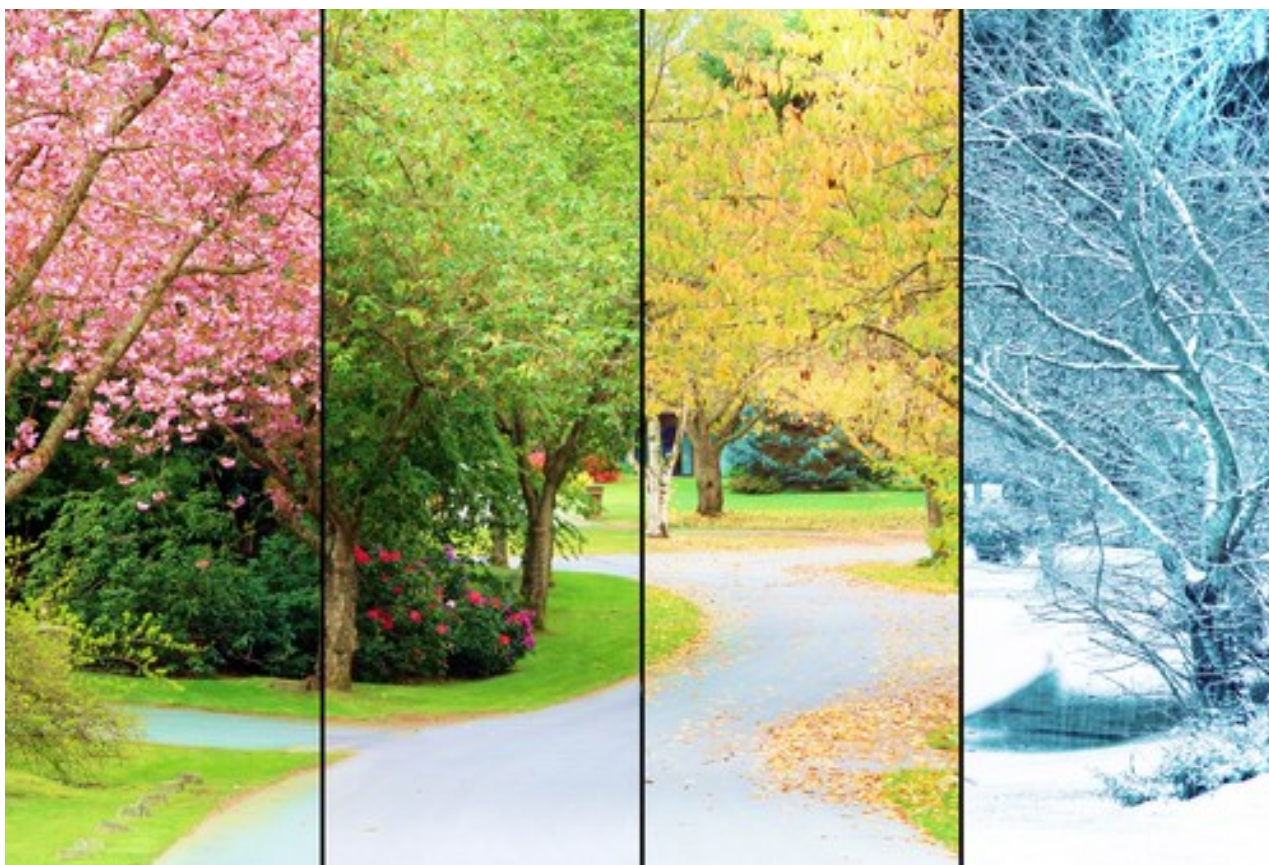
Choose whichever of these you think your group will relate to best and use them to explore together our own COVID experiences of waiting patiently.

Image - Seasons:-

We sometimes find it is helpful to use an image or symbol to help us think about an idea. **Seasons** are the natural cycle of waiting; so are birth and life and death.

Pictures: Photographs which remind us of waiting (on pages 18 - 19) there's the start of a collection but you can find your own if you prefer. Facilitate a discussion by encouraging general comments about different photos. What have you had to wait for during Covid-19? What has been hardest thing to wait for? What are you still waiting for? What has tried your patience? What emotions do we feel when we look at the photos? The emotion cards (on page 20) might help with this.

Encourage people to share their own COVID stories of waiting patiently.



Plant seeds or bulbs. Keep a diary of their progress (visible above ground!) Lead into a conversation about when 'waiting' becomes 'patience'.

Or you could use these seed paper flowers

https://smile.amazon.co.uk/Roamwild-Seeded-Paper-Shapes-Plantable/dp/B07NYYRGVG/ref=sr_1_6?crid=3PVFGSLL7T6BO&dchild=1&keywords=flower+seed+paper&qid=1612278456&srefix=seed+paper+flowers%2Caps%2C181&sr=8-6





Trees and fruits: -

Enlarge the image of a growing tree (page 21) – show (draw, or cut and stick, or write) the things we have waited for (or are still waiting for) as if they were fruits in the branches, the results of patiently waiting. Waiting can be stressful and anxious or it can be positive and calming. What difference does it make to us if we can wait patiently? Does being impatient change the outcome, or the way we feel?

Listen: -

Mumford & Sons – I Will Wait, <https://www.youtube.com/watch?v=U7KuNLHOA1w> (words page 22)

from album Babel 2012 (words on page 55)

For the Longest Time—COVID version <https://www.youtube.com/watch?v=LpAKcQufacc>

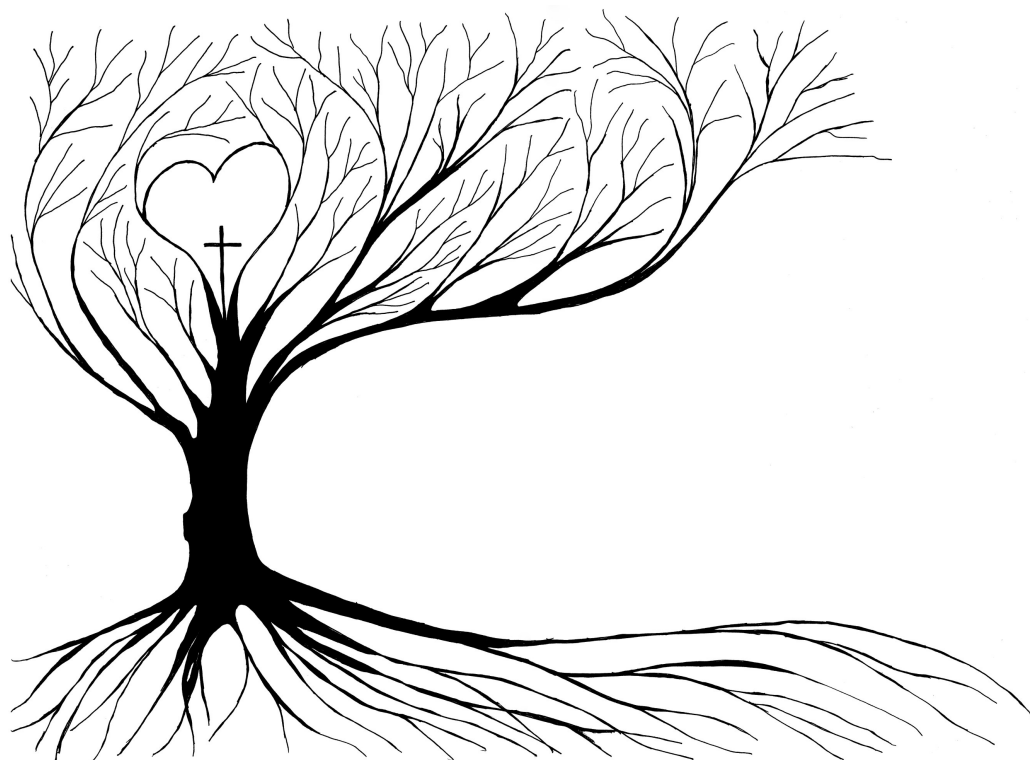
Take That, Patience: [Take That - Patience \(Official Video\) - YouTube](#)

or live: [Take That - Patience \(Live\) - YouTube](#)

Picture the seasons: -

Invite the group to bring their photographs from 2020 that show the different natural seasons – Spring/Summer/Autumn/Winter and even into 2021.

What story do they tell of the seasons of the pandemic? E.g. lockdown emptiness,



meeting in gardens and parks, when we began to wear masks, when cafes became take-aways etc...

What role has 'patience' had for you as the pandemic has rolled on. What are you waiting for? Are you waiting patiently or are you waiting anxiously or eagerly? How might 'patience' change your experience of waiting?

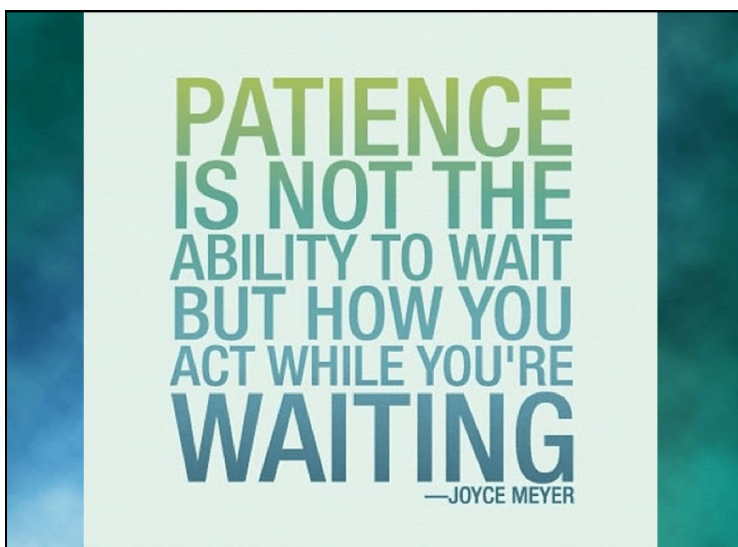
Listen to 'Look to the day' <https://www.youtube.com/watch?v=aMUCjJOiMsM>

Posters: -

Create posters of ourselves before and during the pandemic; Before: busy, busy, busy – seeing friends, travelling, planning to do stuff, lots of activity and 'stuff' impacting us, bombarding our minds / During: greater silence, stillness, time to think, waiting for our situation to change but with no power to change it etc...

Summarise the good and bad in both.

Add another poster for the future, post-pandemic: What will you try to keep from the enforced waiting and stillness, what will you enjoy returning to?

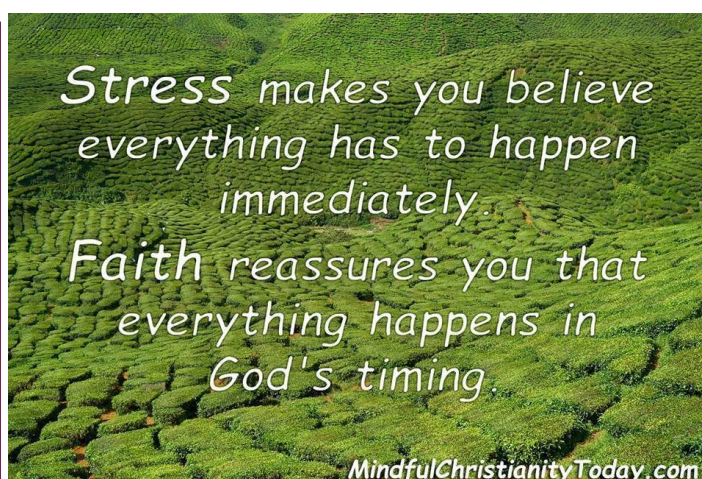


Link to thankfulness: -

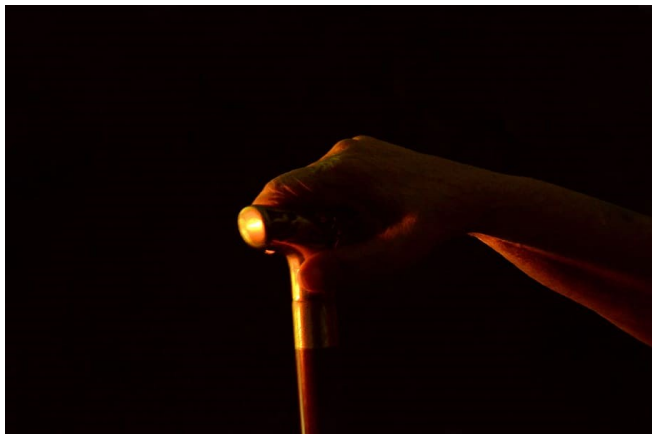
Things waited for that have either happened or are no longer relevant can be posted into a 'Thank you' box or put on a 'thank you' poster. Alongside it there can be another box or poster with things still being waited for – around the edge decorate with the things that help you wait patiently.

Display & Share:-

Find ways to display your work in a community space; trees, posters, photo display, plants, etc; to help other people to reflect as well.



Patience—Resources



Patience—Resources



Emotions cards

Angry

Loved

Ashamed

Disgusted

Terrified

Humbled

Betrayed

Trusted

Rejected

Lonely

Deceived

Overwhelmed

Hopeful

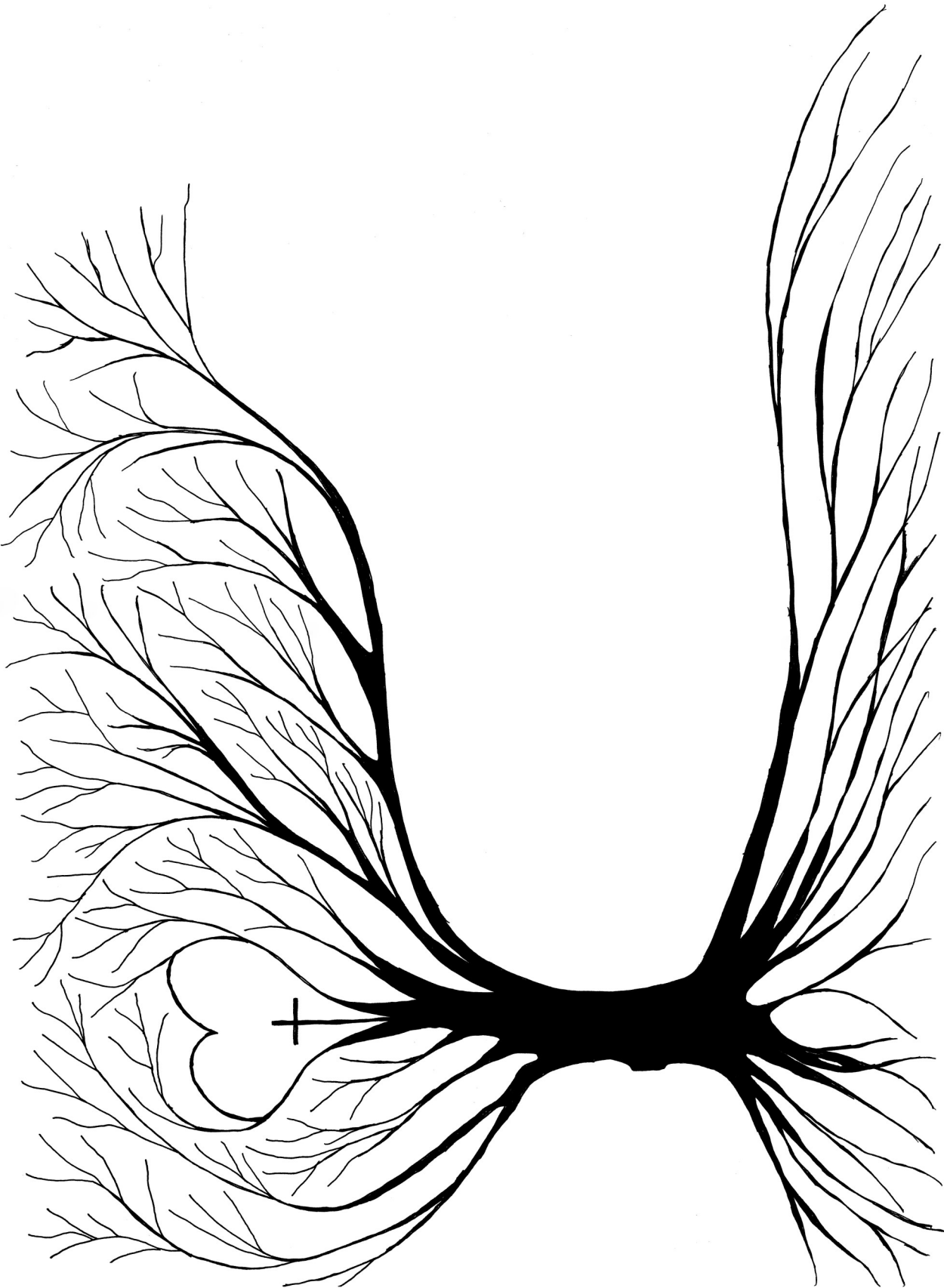
Desperate

Lost

Sad

These are just some suggestions;
you can add your own if you'd like to.





I Will Wait

[Mumford & Sons](#)

Well I came home
Like a stone
And I fell heavy into your arms
These days of dust
Which we've known
Will blow away with this new sun

But I'll kneel down wait for now
And I'll kneel down
Know my ground

And I will wait, I will wait for you
And I will wait, I will wait for you

So break my step
And relent
Well you forgave and I won't forget
Know what we've seen
And him with less
Now in some way
Shake the excess

Cause I will wait, I will wait for you
And I will wait, I will wait for you
And I will wait, I will wait for you



And I will wait, I will wait for you

Now I'll be bold
As well as strong
And use my head alongside my heart
So tame my flesh
And fix my eyes
A tethered mind, freed from the lies

And I'll kneel down
Wait for now
I'll kneel down
Know my ground

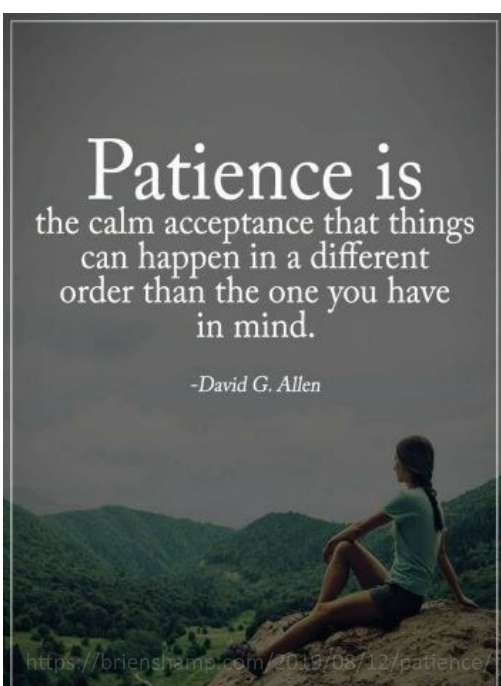
Raise my hands
Paint my spirit gold
And bow my head
Keep my heart slow

Cause I will wait, I will wait for you
And I will wait, I will wait for you
And I will wait, I will wait for you
And I will wait, I will wait for you

Songwriters: Dwane Edward James Milton, Dwane Ted

For non-commercial use only.

Data from: [Musixmatch](#)



Bible Stories to help us think about Patience

Choose whichever of these you think your group will relate to best and use them to explore together how these stories connect with our own COVID experiences of waiting patiently.



Patience:

As a Christian characteristic: -

Galatians 5:22 Patience is one of the fruits of the Holy Spirit.

Ephesians 4:2 Paul's instructions to be humble, gentle and patient.

1 Thessalonians 5:14 Be patient with everyone.

Col 3:12-17 Paul instructs Christians to clothe themselves with patience alongside compassion, kindness, humility and gentleness.

You are the people of God; he loved you and chose you for his own. So then, you must clothe yourselves with compassion, kindness, humility, gentleness, and



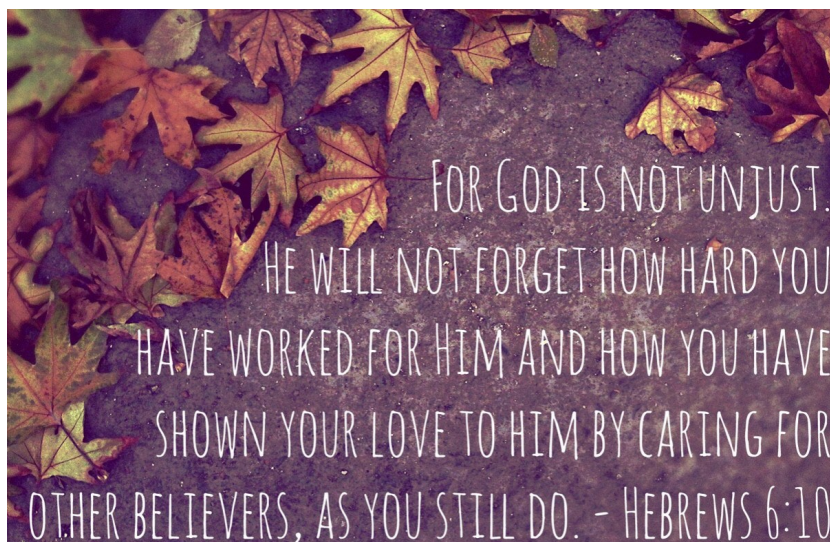
patience. Be tolerant with one another and forgive one another whenever any of you has a complaint against someone else. You must forgive one another just as the Lord has forgiven you. And to all these qualities add love, which binds all things together in perfect unity. The peace that Christ gives is to guide you in the decisions you make; for it is to this peace that God has called you together in the

one body. And be thankful. Christ's message in all its richness must live in your hearts. Teach and instruct one another with all wisdom. Sing psalms, hymns, and sacred songs; sing to God with thanksgiving in your hearts. Everything you do or



say, then, should be done in the name of the Lord Jesus, as you give thanks through him to God the Father.

Hebrews 6:11-15 Abraham was patient and received the son he was promised. Our great desire is that each of you keep up your eagerness to the end, so



that the things you hope for will come true. We do not want you to become lazy, but to be like those who believe and are patient, and so receive what God has promised. When God made his promise to Abraham, he made a vow to do what he had promised. Since there was no one greater than himself, he used his own name when he made his vow. He said, “I promise you that I will bless you and give you many descendants.” Abraham was patient, and so he received what God had promised.



1 Corinthians 13:4: The well known passage describing love.

Before looking at the Bible passage the group could make their own list of ‘Love is . . .’ statements, possibly with pictures. Then we can compare them with the list in 1 Corinthians. What do the two lists have in common? What are the differences? What do we think?

In adversity:

Colossians 1:9-14 Paul prays for the Colossians to endure everything with patience.

For this reason we have always prayed for you, ever since we heard about you. We ask God to fill you with the knowledge of his will, with all the wisdom and understanding that his Spirit gives. Then you will be able to live as the Lord wants and will always do what pleases him. Your lives will produce all kinds of good deeds, and you will grow in your knowledge of God. May you be made strong with all the strength which comes from his glorious power, so that you may be able to endure everything with patience. And with joy give thanks to



the Father, who has made you fit to have your share of what God has reserved for his people in the kingdom of light. He rescued us from the power of darkness and brought us safe into the kingdom of his dear Son, by whom we are set free, that is, our sins are forgiven.



Romans 12:12: being patient in troubles, a quality of living for Jesus.

2 Corinthians 1: 5-8 Sharing in Jesus' sufferings.

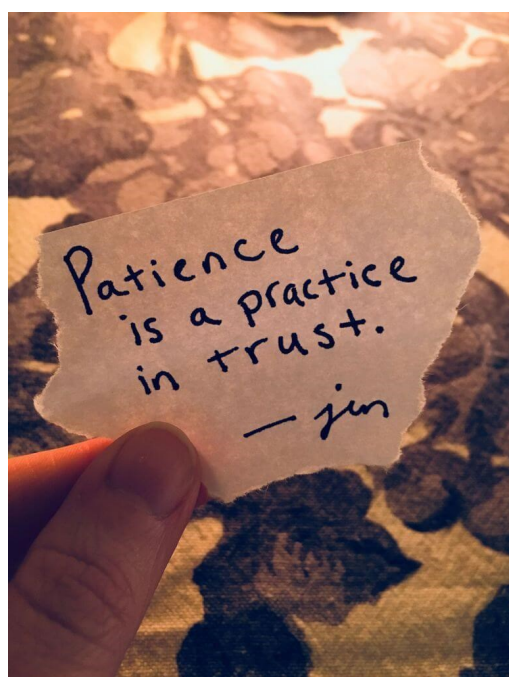
Just as we have a share in Christ's many sufferings, so also through Christ we share in God's great help. If we suffer, it is for your help and salvation; if we are helped, then you too are helped and given the strength to endure with patience the same sufferings that we also

endure. So our hope in you is never shaken; we know that just as you share in our sufferings, you also share in the help we receive. We want to remind you, friends, of the trouble we had in the province of Asia. The burdens laid upon us were so great and so heavy that we gave up all hope of staying alive

Revelation 1:9 John's testimony.

I am John, your brother, and as a follower of Jesus I am your partner in patiently enduring the suffering that comes to those who belong to his Kingdom. I was put on the island of Patmos because I had proclaimed God's word and the truth

that Jesus revealed.



God's patience:

1Timothy 1:16 Christ's patience dealing with sinners.

... but God was merciful to me in order that Christ Jesus might show his full patience in dealing with me, the worst of sinners, as an example for all those who would later believe in him and receive eternal life.



Anticipating the Lord's return:

James 5:7-8.

2 Peter 3:8-18 Jesus is described as patient with mankind because he wants everyone to turn to him and be saved. The narrative continues by describing in what manner we (Jesus' disciples) should wait for his return.

But do not forget one thing, my dear friends! There is no difference in the Lord's sight between one day and a thousand years; to him the two are the same. The Lord is not slow to do what he has promised, as some think. Instead, he is patient with you, because he does not want anyone to be destroyed, but wants all to turn away from their sins.

But the Day of the Lord will come like a thief. On that Day the heavens will disappear with a shrill noise, the heavenly bodies will burn up and be destroyed, and the earth with everything in it will vanish. Since all these things will be destroyed in this way, what kind of people should you be? Your lives should be holy and dedicated to God, as you wait for the Day of God and do your best to make it come soon—the Day when the heavens will burn up and be destroyed, and the heavenly bodies will be melted by the heat. But we wait for what God has promised: new heavens and a new earth, where righteousness will be at home.



**The real secret
of Patience is to
find something
else to do in
the meantime**



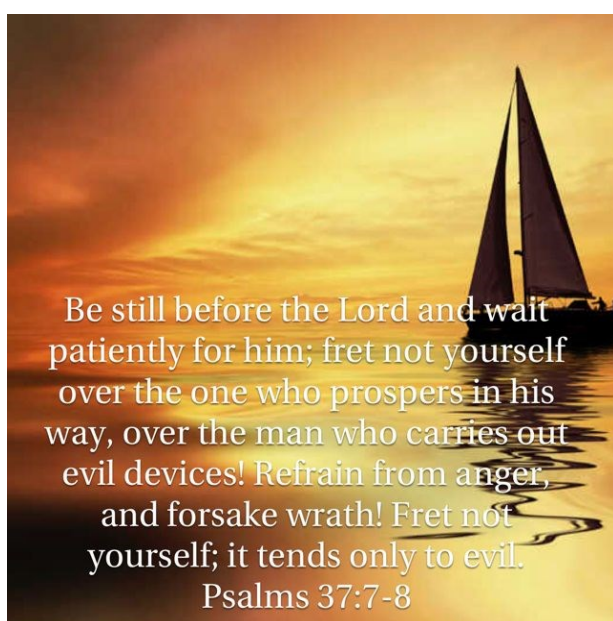
And so, my friends, as you wait for that Day, do your best to be pure and faultless in God's sight and to be at peace with him. Look on our Lord's patience as the opportunity he is giving you to be saved, just as our dear friend Paul wrote to you, using the wisdom that God gave him. 'This is what he says in all his letters when he writes on the subject. There are some difficult things in his letters which ignorant and unstable people explain



falsely, as they do with other passages of the Scriptures. So they bring on their own destruction. But you, my friends, already know this. Be on your guard, then, so that you will not be led away by the errors of lawless people and fall from your safe position. ¹But continue to grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be the glory, now and forever! Amen.

Romans 8:18-25 The whole creation groaning in anticipation of the Lord's return and his people as well... we wait with patience.

I consider that what we suffer at this present time cannot be compared at all with the glory that is going to be revealed to us. All of creation waits with eager longing for God to reveal his children. For creation was condemned to lose its purpose, not of its own will, but because God willed it to be so. Yet there was



the hope that creation itself would one day be set free from its slavery to decay and would share the glorious freedom of the children of God. For we know that up to the present time all of creation groans with pain, like the pain of childbirth. But it is not just creation alone which groans; we who have the Spirit as the first of God's gifts also groan within ourselves as we wait for God to make us his children and set our whole being free. For it was by hope that we were saved; but if we

see what we hope for, then it is not really hope. For who of us hopes for something we see? But if we hope for what we do not see, we wait for it with patience.

Waiting and waiting patiently:

Psalm 37:7 Be patient and wait for the Lord to act.

Psalm 40: I waited patiently for the Lord's help...

Acts 1:1-5 The disciples instructed to 'wait' between Jesus' ascension and the outpouring of the Holy Spirit at Pentecost – probably 1-2 weeks. What did the disciples do? How did they wait?

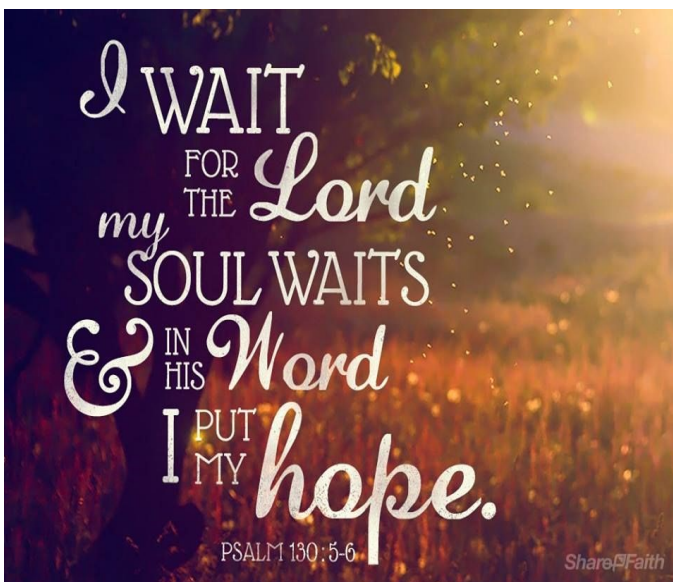
I wrote about all the things that Jesus did and taught from the time he began his work until the day he was taken up to heaven. Before he was taken up, he



gave instructions by the power of the Holy Spirit to the men he had chosen as his apostles. For forty days after his death he appeared to them many times in ways that proved beyond doubt that he was alive. They saw him, and he talked with them about the Kingdom of God. And when they came together, he gave them this order: “Do not leave Jerusalem, but wait for the gift I told you about, the gift my Father promised. John baptized with water, but in a few days you will be baptized with the Holy Spirit.”

This kind of waiting has an expectation based on the trustworthiness of God’s character.

There is ‘waiting *for* God’ and there is ‘waiting *on* God’. The latter is giving him our full focused attention – develop an experience of ‘waiting on God’ using the Lord’s prayer, expanding each phrase to personalise it...



Psalm 130:5-6 – the idea of waiting eagerly

Listen:-

Be still for the presence of the Lord by David J. Evans <https://www.youtube.com/watch?v=DrVJldvllq4>

Be Still my Soul Before the Lord by Bryn Haworth <https://www.youtube.com/watch?v=pkxkha2HFek>

How long, O Lord <https://www.youtube.com/watch?v=mbcE2HRhYrQ>

Martin Smith, Sarah Bird, Waiting Here for You: [Waiting Here For You - Martin Smith - YouTube](#)

Brian and Jenn Johnson, After All These Years: [After All These Years \(Official Lyric Video\) - Brian & Jenn Johnson | After All These Years - YouTube](#)

Bryn Haworth, Be Still My Soul: [Be Still My Soul - YouTube](#)

Patience (Herbert the Snail with Lyrics) – cartoon: [Patience \(Herbert the Snail With Lyrics\) - YouTube](#)

Jesus Christ is waiting https://www.youtube.com/watch?v=CSzEviUc_o

Townend – promise of the ages <https://www.youtube.com/watch?v=0VoQonbeXVo>



Let the Dance Begin . . . Soon

We now miss out on so much

the graduation of a granddaughter,

the wedding of a niece,

the Final Four,

the beginning of Baseball,

the great Easter liturgy,

the day by day interaction on the street.

The virus has imposed a huge silence among us.

It is a silence that evokes loneliness,

and domestic violence,

and job loss,

and the end of life in the bars, and on the beach, and in the street.

We wait; we may wait in despair, or at least in deep disappointment.

But we may also wait differently:

we wait in confident faith;

we wait in eager longing.

we wait on the Lord.

We wait for the future and against despair,

because we know that you, the God of life, will defeat the force of death.

We know that the Friday execution could not defeat the life lived by Jesus

nor the life lived by his faithful people.

As we wait, we practice our next moves for the coming dance;

it is only a little while . . . "yet a little while";

we will *walk* the long march of obedience;

we will *run* the race of discipleship;

we will *soar* like eagles into God's good future of neighborliness.

We know that you will overcome the silence

because the silence . . . no more than the darkness. . .

can overcome the Lord of Life. Amen.

Unlock, by various names, has been around since 1972, trying to help (mainly) urban Christians to understand and share their faith appropriately. Our life experience matters; our stories; our joys and sorrows. The Bible has plenty to say, more than we'll ever know, about our lives, if we know how to read it and apply it - if we know how to **UNLOCK** it!

Unlock uses an approach to engaging with the Bible that is different to traditional Bible studies, based on a reflective learning cycle which is a tried and tested way of introducing people to the Bible in a non-threatening way (see below). We usually work with people outside of church who may be interested in finding out a bit more about faith but perhaps are not attracted to the formal methods of learning often associated with church life. Our approach starts from the stories and experiences of group members, whereas a more traditional approach starts from the Biblical text. It has been found to work well with small groups of urban, oral learners. Many churches have activities that draw in members of their surrounding community but then struggle with how to move on from those relationships into exploring faith, especially in urban environments where anything formal might be treated with suspicion. Unlock's approach can help with that.

There are many free resources on the Unlock website www.unlock-urban.org.uk/resources designed for use with such groups. However, because each of these resources was designed for a particular

Unlock Materials

These materials have been produced by Unlock. The user obtains no rights to these materials.

You may copy them. However, we would ask that you:-

- Do not use these materials for commercial purposes.
- Do reproduce any material in full, rather than editing it.
- Acknowledge Unlock, including a contact address for Unlock.
- Obtain advance permission from Unlock if the material is to be distributed to a network wider than a local church group.

group in a particular time and place they are unlikely be a perfect fit for your group as they stand. They are offered more as inspiration to you to design your own materials along the same lines, rather than as ready to use packages.

If you have any queries relating to Unlock materials, please contact:

Unlock, 15 Station Road, Rotherham S60 1HN

01709 380318 office@unlock-urban.org.uk

The Unlock Learning Cycle

Unlocking real life

stories of urban people

Start with the group telling stories from their real life experience.

Leading to more experience

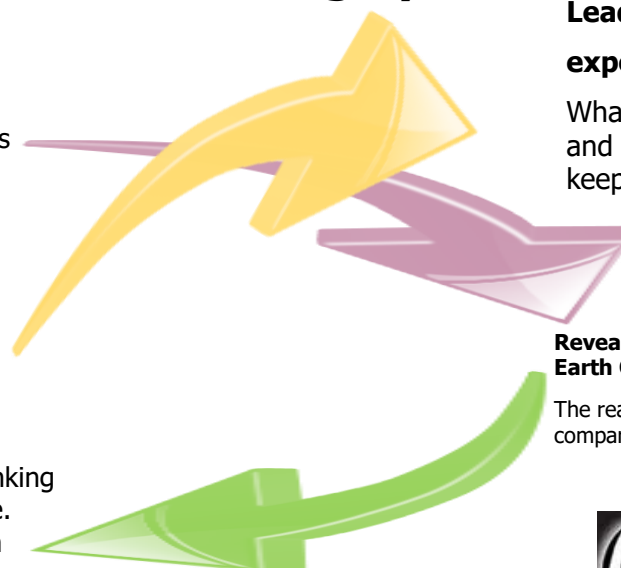
What we learn now is learnt for life and changes us. We also learn to keep reflecting!

Releasing life changing skills and confidence

Change happens as a result of linking real life experience with the Bible. This change often leads to action among others.

Revealing Good News of the Down to Earth Christ

The real life stories are connected to and compared with similar situations in the Bible.



10 principles of Training used by Unlock in its work

1. Pay attention to the local, regional and cultural factors that influence people's lives
2. Develop the ability to help other people tell their stories.
3. Take a genuine interest and enjoyment in LISTENING to other people's stories.
4. AFFIRM and ENCOURAGE people so that they can be confident enough to formulate their own questions, and not to impose our own answers on other people's questions.
5. Be PATIENT and WAIT for people to see the gaps in their own knowledge.
6. Believe that people can make sense of the Bible and their own experience, and make the connection between the two; and that God by his spirit will lead people to truth and action.
7. Encourage working together in groups where each person's contribution is valued, and where diversity of opinion is accepted and tolerated.
8. Be aware of what is going on in and between people in such groups.
9. Work with a group so that it can come to its own conclusions and decide on its own actions.
10. Value everyone as a 'Treasure –chest of information and experience'; seeing our task as one of giving people the keys to undo their treasures.

And some Dos and Don'ts

Do: -

- Know and use each person's name
- Accept whatever is offered and encourage further contributions
- Encourage everyone to have a go
- Find non threatening questions to enable people to join in
- Build trust between group members
- Try to work with groups of between 5 and 15 people
- Create an environment where each member has confidence to contribute
- Encourage and enable people to draw on their own experience as a primary learning tool
- Help the group to work together
- Make it clear that you value each person's opinion enough to want them to say what they think
- Gather information about what is already known and shared in a group before introducing new information



- Ask questions like, 'What do you think?' 'What would you like to change?', 'How are you going to change it?', 'What's the best thing about . . .?', 'What's the worst thing about . . .?'
- Encourage participants to consider where their information has come from and how their views have been formed.
- Create experiences for the group to reflect on, you can use film, drama, pictures, paintings, or photographs, cartoons, music, creative activities, community experiences.
- Stress the vastness of the data which the group already possesses.
- Give chances for people to respond, question, discuss.
- Introduce new information (including the Bible) in manageable chunks
- Expect change
- Help the group apply the Word to the here and now. 'What has this got to do with me? With us?'
- Work at presenting in the language of the group.
- Be creative
- Adapt published material to the needs of the group
- Write or make your own material
- Create flexible programmes that can adjust to group needs as they emerge
- Seek the group's agreement for the programme, allow them to modify it as necessary
- Listen attentively

Don't: -

- Use religious language, jargon, or clichés
- Use middle class illustrations, examples, case studies
- Assume a familiarity with the bible
- Tell people what they should do, think, believe; don't say, 'This is how it is.'
- Put people on the spot, or in the spotlight
- Make assumptions about people's lifestyles and domestic arrangements
- Don't ask questions with 'right' or 'wrong' answers or that rely on knowledge, rather than experience
- Make value judgements about people who think and learn differently to you and your friends
- Assume that everyone can read – or that no one can
- Lecture, give out handouts, issue book lists.



Page number	Image	Image Credit
cover	Rainbow house	Public Domain Image https://lynn-world.com/supporting-the-nhs/
6	COVID timeline	Unlock's own image
7	Queuing in masks	Public Domain Image
7	COVID 19 virus	Public Domain Image
8	Frances Ward Weller quote	Public Domain Image
8	Colossians 3:15	Public Domain Image
Patience		
9	Meditating lemur	Public Domain Image
10	Joseph in the Pit	Unable to trace original source
11	<i>Reinhold Niebuhr quote</i>	PondsnailDesign—used with permission
12	Protest sign	Public Domain Image
12	Fulton J Sheen Quote	Unable to trace original source
12	Rabindranath Tagore quote	Unable to trace original source
13	Just breathe	Unable to trace original source
13	Keep calm and . .	Unable to trace original source
14	Be Kind	Tobymac - permission requested
14	Moccasins	David White Hawk—unable to contact
14	Philippians 1:6	PondsnailDesign - used with permission
14	NYP bud	PondsnailDesign - used with permission
15	Four seasons	Unable to trace original source
16	Tulips	PondsnailDesign - used with permission
16	crosshearttree	PondsnailDesign - used with permission
17	Jayce Meyer quote	Unable to trace original source
17	Stress quote	Mindful Christianity today—permission requested
18/19	Patience Picture collection	Public Domain Images—Piqsels
22	Active perseverance quote	Wisdom Hunters - used with permission
22	David G Allen quote	Unable to trace original source
23	Galatians 5:22	Www.godsfamilychurchRi.org - used with permission
23	Ephesians 4:2	Unable to trace original source
23	1 Thessalonians 5:14	Unable to trace original source
24	Hebrews 6:10	Linda Carlton - unable to contact
24	1 Corinthians 13:4-8	Unable to trace original source
25	Romans 12:12	Unable to trace original source
25	Practice in trust	Unable to trace original source
26	James 5 7&8	Unable to trace original source
26	Secret of patience	PondsnailDesign—used with permission. Quote variously ascribed as Spanish proverb, Doug Larson or Croft M Pentz
27	Psalms 37:7-8	Unable to trace original source
28	Psalms 130:5-6	Unable to trace original source
	All other images -	Are Public Domain Images so far as we can tell
For further license information go to		https://creativecommons.org/publicdomain/zero/1.0/ Attribution-ShareAlike 2.0 Generic Attribution-ShareAlike 3.0 Unported Attribution-ShareAlike 4.0 International

