

Five Adaptive Muscles for the Church



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Four Stances for Exercising the Five Muscles

- Conversation — over quick fix
- Discernment — over planning
- Purpose — over preference
- Clarity — over certainty

The Five Muscles

- Tending Grief
- Discerning Purpose
- Neighboring
- Sharing Power
- Igniting Imagination



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Tending Grief

What is our shared narrative of grief?

Why are we so reluctant to name WHY we miss WHAT we miss?

How is grief impacting us and our decision-making today?

Discerning Purpose

Are we living out of our self-appointed preferences, or God's purpose for us?

What is the difference God is calling us to make now?



Neighboring

What is God already doing in our neighborhood?

In meeting our neighbors, what is needed to shift the question from “What can we do for you?” and “What do you need from us?” to “What can we be together?”

How can we begin to understand our calling beyond the walls of the church, not only as “offering Christ,” but also as “meeting Christ”?



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Sharing Power

Where is the power in the congregation? In the community?

How is the power dynamic impacting decision-making?

What happens if someone in your church says, “I have a dream for a ministry?”

Igniting Imagination

Who can teach us what we don't know?

Who can open up a new part of the world to us?

What questions have we been asking that need to be reframed?

What does this disruption make possible?



Discussion Questions

Which muscle resonates most with you?

What is the muscle your church is flexing most?

What is one question you want to take back to discuss with your leadership team in your congregation?