

WEIGHTLIFTERS

2025 Laity Readiness Resource



WELCOME

This season in our churches, homes, and schools feels heavy, but our collective capacity to strengthen one another and our communities is great. We are an extension of our magnificent Creator—one who emboldens, loves, and heals us toward a world that is unlike empire. The Realm of God moves by the Spirit in all living things, cultivating justice and harmony one precious load of anointing at a time.

It is imperative we lift up and carry the power of the Holy Spirit in refreshing ways. Our legions of lay leaders fortify the church for every season, especially those seasons that dare us to follow Jesus. “Weightlifters” provides you with enough development materials for monthly laity training over the next year. Let us lean into intentional conditioning and be well!

Rev. Monique Crain Spells
Vice President for Mission, Advocacy, & Programs

WHAT’S INSIDE?

- Laity Sunday Litany
- (7) Trainings Videos
- (3) Downloadable Workshops
- (1) Youth Study
- (1) Men’s Study



DISCIPLES
Home Missions

LAITY SUNDAY Inspired by John 8:28-30

The One Who Sent Me

Pastor: We hold space to affirm and commission our lay leaders in service to the ways of Jesus.

Lay Leaders: **Like Jesus, we are committed to sharing God by lifting others.**

Pastor: We recognize God's heart through the loving leadership of Jesus.

Lay Leaders: **Like Jesus, we do nothing on our own but with God and others.**

Pastor: Jesus was led by the God in him and you are to lead from that same Source.

Lay leaders: **Like Jesus, we are instructed by the Spirit of God.**

Pastor: We please God by living out our call to serve uniquely and faithfully.

Congregation: **Lay leaders, you bless our church with your love, care, service, leadership, and generosity. The God in you makes us a strong church and shining light in our community.**

All: **We believe God was with Jesus. We believe God is with us. Together, we will lead life-changing good one day at a time. God, help us in this holy work. Amen.**

VIDEO LIBRARY✿

- **An Intersectional Gospel: Faith That Moves Beyond Comfort**
Drs. Amy Lindeman Allen & Irie L. Session, Reverends Gabriel Lopez, Scott Hardin-Nieri, and Brian Gray
- **Communal Faith Formation for Today**
Rev. Drs. William Crowder, Yara Gonzalez-Justiniano, Kimberly Johnson, Young Lan Kim, Bill Kincaid
- **Death, Dying, and Bereavement**
Drs. Jamie Eaddy and Dan Moseley
- **Killing Church Softly: Generational and Identity Formation**
Rev. Dr. Jason Santos
- **Membership Has Its Privileges: Systems & Equity in the Hebrew Bible**
Rev. Dr. Kimberly D. Russaw
- **Prayer, Uncertainty, and Pastoral Care**
Rev. Dr. Eunil David Cho
- **Theopoetics: Black Women's Poetic Writing as Spiritual Practice**
Rev. Dr. Oluwatomisin Oredein

***We appreciate donations to Disciples Home Missions for these ministry resources made available for you.**



DOWNLOADABLE WORKSHOPS & CURRICULA✦

- **After the Storm: Cultivating Hope/Healing After a Disaster**
A Green Chalice Training
- **Building Vibrant, Faithful Congregations About Justice: Toolkit**
An Office of Justice and Advocacy Training
- **Socio-Emotional Faith Formation: S.E.L.F. Youth Curriculum**
Ministry with Youth and Young Adults
- **Spiritual Formation and Fatigue: Caring for Others When Tired**
Office of Christian Education and Faith Formation
- **The Jesus Way: Ministry with Men**
Office of Disciples Men

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CONTACT:

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