

# Five Adaptive Muscles for the Post-Pandemic Church



WESLEYAN  
IMPACT  
PARTNERS



COURAGEOUS  
CONGREGATIONS  
COLLABORATE

# Four Stances for Exercising the 5 Muscles:

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

# The 5 Muscles:

- Grieving well
- Discerning purpose
- Walking alongside
- Distributing power
- Expanding imagination

# Attending 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?

# Walking Alongside:

What is needed to move from WE WELCOME YOU to WE STAND WITH YOU to WE NEED YOU?

What are the gifts and talents in our neighborhood?

What is God already doing in our neighborhood? How is God calling us to join in?

# Distributing 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?”

# Expanding 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?