



**SESSION  
THREE**

**SEND**



## — Introduction

Jesus didn't wait until the 72 were 'well-formed' before sending them out. In fact, the *sending* helped complete the *formation*. And when they returned, it shaped the community too.

For some of us, some of the time, sending happens in a more official sense - like a trip or program. But for all of us, all of the time, sending is a natural rhythm of our ordinary lives as we join God at work in the world, where we live, work, go to school and play.

*Answer with the first thing that comes to mind. You don't need to have it all 'figured out', simply share your observations.*

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### Opening Question:

- What is one place/situation/relationship that you encounter on a regular basis where you sense God is 'at work' restoring or forming?

5-6mins

## The Word: *Lectio Divina* 15 Mins

Read the following passage three times, following the Lectio Divina guide from the introduction.

*That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! "Peace be with you," he said. As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! Again he said, "Peace be with you. As the Father has sent me, so I am sending you."*

*John 20:19-21*

- First read, followed by 30 sec silence - *What word or phrase caught you?*
- Second read followed by 30 sec silence - *Where does this touch your life right now?*
- Third read followed by 1 min silence - *What is the nudge? What is God inviting you toward?*
- Share briefly out loud what came to mind or heart during the reading.

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## Conversation *25 Min*

Keep this dialogical, follow the flow in the room.

- Imagine Jesus 'sending you by name' into your school, workplace or neighbourhood. How might that change your relationships or how you engage with situations?
- Can you remember a time where God seemed especially near when you accepted (or offered) hospitality? How about when you accepted compassion?
- Who is your life right now has lost hope. How might you be able to 'cling to hope' on their behalf?

## Formation Practice 20 min

Jesus did not only show compassion to others, He allowed others to express it towards Him. This week we'll explore the practice of receiving compassion and kindness with openness and humility.

### 1. Opening Reflection

- Think about a short story or moment where Jesus receives care from others (examples: being anointed with perfume or accepting hospitality) and share it briefly with your group.

### 2. Reflect and Share

- Jesus not only gave compassion — He received it. What makes receiving care difficult for us?

### 3. Guided Prayer

- Invite everyone to sit quietly with open hands and pray this simple prayer over your group:

*God, show us the ways we resist kindness, help, or care from others. Reveal where we feel the need to be strong, capable, or self-sufficient. Teach us to receive love with humility and trust. Amen.*

### 4. Paired Practice

- In pairs or smaller groups, each person completes one sentence:
  - *“It’s hard for me to receive help when...”*
  - *“One way someone has shown me kindness recently is...”*
  - *“I often feel like I need to...”*

The listener’s role is simply to receive and thank them — not fix, advise, or relate it back to themselves.

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## *The Examen 10 Min*

Close every session with the two questions below. Each person answers briefly. Then the host or another volunteer prays for each person by name. This can be done in smaller groups of 2-3 if it makes more sense.

- Question 1: Where did you feel most alive this week?
- Question 2: Where did you feel most drained, or most absent from God?



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## *Carry into the Week*

This week: intentionally *receive* one act of kindness without minimizing it, apologizing for it, or trying to immediately repay it. For example: let someone help you, accept encouragement without deflecting, say “thank you” instead of “you didn’t have to”, allow someone to care for you when you’re tired or struggling.

This is one way we can practice receiving **compassion**.