

Introduction to Embracing Disabilities: Creating an *Everybody* Mentality

Lent 2024 Sunday School Lessons

Welcome to the Matthews United Methodist Church, MUMC, 2024 Lenten Study, **Embracing Disabilities: Creating an *Everybody* Mentality**. We hope that you are excited and ready to join other members of our beloved congregation as we begin this journey of transformation and greater inclusion to celebrate people with disabilities.

Our study is centered around Amy Kenny's book, **My Body is Not a Prayer Request: Disability Justice in the Church**. The book is available for purchase on Amazon using the following link. [My Body Is Not a Prayer Request: Disability Justice in the Church: Amy Kenny: 9781587435454: Amazon.com: Books](https://www.amazon.com/dp/9781587435454).

How This Study Works

For the six week study, your small group will use both the book and study guides to discuss the information provided. At least one week prior to the lesson, download the **Participant Guide** for that week. Links to the **Participant Guide** will be available on the Lenten Calendar and Website at MatthewsUMC.org/Embracing-Disabilities and also posted in the Friday Celebration Newsletter. Use these guides to help you prepare for the upcoming lesson. On occasion, there may be additional resources available. If so, they will be posted alongside the **Participant Guide** for that week. Each small group leader has the discretion to use as much or as little of the study guide as needed. The study guide is designed as a framework for the lesson. Each leader is free to modify the lessons to meet individual group needs.

Some weeks will include special videos of guests with disabilities sharing information about their individual journey. It is our hope that each story gives you insight into the blessings they have to share among us. Thank you to each participant for sharing their blessings and challenges. May our congregation use this knowledge to create a welcoming space for all to

worship and share their gifts and talents. Additionally, this Sunday Education Team would like to thank the video team: John Woodall, Joel Mullis and Jeff Powell, for making these videos possible.

Our Sunday Education Team would like to thank you for your participation in the **Embracing Disabilities: Creating an *Everybody* Mentality Lent 2024 Study**. It is our prayer that the MUMC community will be empowered and inspired to change the way we think about disability. May our church become a welcoming inclusive space where all are valued and encouraged to gather, worship and share their spiritual gifts.

Blessings from your Sunday Education Team,

Terrie Grose
Sunny Ingram
Cindy Monroe
Mary Moss
Liz Price
Barbara Putnam
Trish Tanger