

### Get up and Get Out!

In Matthew 28.19, Jesus commissioned us to get up and get out into all the world and share the good news about him and make disciples. He tells us not just to speak the message of Jesus, but to live the message of Jesus and empower, help others to live in the truth of Jesus.

But we can't do this if we're stuck inside doing nothing. Yes, we can use the web and Facebook or social media as great tools for this while we're inside or on the move. But whatever you do, do something for God. If you're not sure what, just ask him.

One thing we can all do is connect with people around us and ask God to use us to touch other people's lives. He will always give us opportunities. As someone called Patricia King said, where we bring Jesus, we bring the Kingdom of God to people, light into the darkness, hope where they may not be any hope. We can all do this each day – a smile, a thanks, acts of kindness, kind words, being honest, caring for people, going the extra mile, showing people you care, listening, spending time, giving money etc.

One way God has used us is going up – often going up mountains... Jesus spent time up mountains and it's something he's spoken to us about doing. As we've been faithful – following what God's called us to do in getting out and about, and up mountains, he's really used us. And he will really use you too!

### UP

The movie 'Up' by Disney / Pixar. Show a clip from Chapter 18 of the DVD when they come to take Carl to the retirement home (19:41 mins) through to around 23:10 mins when he's sat in his chair.

### The Word says...

Isaiah 30.29 – And you will sing as on the night you celebrate a holy festival; your hearts will rejoice as when people go up with flutes to the mountain of the LORD, to the Rock of Israel.

Isaiah 40.9 – You who bring good tidings to Zion, go up on a high mountain. You who bring good tidings to Jerusalem, lift up your voice with a shout, lift it up, do not be afraid; say to the towns of Judah, "Here is your God!"

Psalms 21.13 (MSG) – Show your strength, God, so no one can miss it. We are out singing the good news!

### Play a song

Matt Redman, 'Magnificent' (off album 10,000 Reasons). Or 'Symphony' by Chris Tomlin (off Passion 2011 album). Or another similar song!

### What God has done – True Stories

*(Feel free to replace these with your own stories or more personal ones)*

We once went to the Lake District. After a day in the snowy hills we headed home. As we went on the main road from Ambleside, freezing fog came down and there had been an accident. The road would be closed all night. So we needed to find another route. The quickest was over one of the Lake Passes. However, the temperature came down and the road began to freeze, meaning no grip on very steep roads. We decided to stop on a hill while we could. A car behind us also stopped. It was so slippery on the road, I took my shoes off and walked in my socks on the freezing road to speak to the woman behind. She was shaking and absolutely terrified. I calmly explained what we'd do – reverse our car up the hill and then come right back and rescue her. I had 3 pairs of ice grips for feet so we all put those on, meaning we could walk where others couldn't. My friend Sarah went and sat with the lady in her car while myself and friend Si reversed his car up the hill, but not before a car came the other way and I helped push his car up the hill, encouraging the guy all the time. Then another car came down and I helped rescue them as well. We reversed our car up then came back for the lady. My friend Si drove her car up the hill with her in the car, taking over from Sarah who'd been encouraging and re-assuring her. Then another car came down the hill. The guy was very scared, but with my encouragement and help, he reversed up to the top with my also pushing. My friend Si then drove the lady down into a nearby village while I drove his car. We'd gone up the mountain and helped bring good news and God's love to people.

On another day, we attempted another Lake District Pass before turning around. But we saw a guy coming down in an all-wheel drive (with winter tyres on) meaning he should have better grip on the road, but even he was struggling. When he reached us, he pulled in as he had a flat tyre with no idea how to change it. So we jacked up his car, replaced his tyre and encouraged him. He was so happy to have the help and so appreciative. Yet again, our time in the mountain meant God connected us to people to bring his good news.

Other times we helped point people in the right direction (always a good idea to have a map in the Lakes!!) Then on a further occasion we bumped into a couple who were thinking of moving to near where we live. We connected with them because of the passion for the outdoors and the mountains, yet we will be able to help them when they decide to move.

## Say

All this was very natural and unforced. It doesn't have to be intense, forced, weird or even organised. Whenever we go out, God connects us with certain people – you can always tell who God is connecting you to. Just ask God and be open to the people around you. Whoever you connect with, bring the light of God to those people. Whoever you are, wherever you go, you're on a mission from God. Live everyday like you are on this mission!!

## Final Bible Inspiration

Matthew 11.28-30 – Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”>