



PHILIPPIANS 3:13-14

# Moving *Forward*

*In our interview with Captain Monica Seiler, she pressed that this [time of pandemic] is an opportunity. An opportunity to grow, to look back at what was and figure out how to move forward. The following section will speak into what that looks like and the steps we can take to create positive change in our lives and in the world.*

It's fair to assume that everyone has been wondering the same things these past few months: when will this all end? When will it all go back to normal? What's the world going to look like when the dust settles?

Frankly, we don't know. But God does. He is in control and we are not. The best we can do in these days is to look inward, focus upward, reach outward, and ultimately *move forward*.

## Looking Inward

Instead of continuing to worry over what comes 'after,' we need to take a breath and think about the 'now'. Our world as we know it has changed - how are we processing that? We haven't been able to see friends or family in months - how are we dealing? Everything on the news and on social media is stressing us out - how are we protecting our mental health? We've created a guide, available at the end of this section, to help you examine these types of statements further.

While we would never hope for the circumstances that have led us here, we must grasp this opportunity to become *better*. Look at all aspects of your life as they stand now, and as they were before. Are they all worth holding onto going forward?

Consider:

- Am I stuck in an endless routine or cycle I want/need to break away from?
- Have I been pigeonholed and how do I overcome it?
- Are there people in my life who are toxic to my well-being and mental health?
- Have I been ignoring God's call on my life?
- Have I started new and healthy habits that I want to hold onto?
- Have I discovered things about myself I didn't know before?
- Am I happy in my job/career?
- What does my family/relationship look like now that we've been spending a lot of time together?
- In what ways have I been self-sabotaging?
- How does my corps feed into me and how do I feed into others?
- What have I been doing with my time?
- What is God exposing in your life?

Take time for some self-introspection and pray over different areas of your life. Ask God to show you what needs to change and to guide you in moving forward.




## Focusing Upward

2020 has been... a lot. We've been dealt a series of political, financial and personal blows and now find ourselves fixed between two major crises: a world-wide pandemic and a battle for racial equality. And on top of all that, there's no manual. There are no instructions. Zip. Nada.

In all of this, as we're filled with fear and uncertainty of what the future will bring, we have to continue to focus upward. We must start our days with prayer, end our days with prayer, and pray over and over in between. It should not be seen as a last resort, but our first line of defense.

There's a song you might be familiar with that says, "Somebody went to the throne of heaven, somebody lifted my name. Bringing me into His holy presence, saying what I could not say." Pray outside your own circumstances and be that 'somebody' for others. A list of people to pray for can be found in the Intentionality section of this booklet.

If you've been following our *Mission Moving Women* video series, you'll have heard it said that there's hope we all emerge from this *better*. So we challenge you, now is not the time to just pray for the easy things, the things you ask of God that require no effort on your part. Pray too for the hard things, pray that God breaks your heart for what breaks His. Pray that He opens your eyes to any hatred or fear you may have in your heart for others. Pray that He convicts you to action, pray that He moves you with compassion. Pray that we move forward a changed people, a changed Army who will truly 'fight to the very end'.



Don't burn out; keep yourselves fueled and aflame... Don't quit in hard times; pray all the harder.

ROMANS 12:11-13

### GOD, I PRAY THAT YOU

- **Open my eyes** to ways I may not be fully loving others and showing them Your love.
- **Break my heart** for what breaks yours.
- **Make your calling on my life clear.**
- **Direct me and equip me** to do Your work.
- **Move in my heart** and the hearts of those at my corps, help us to embrace, make space for and to celebrate diversity.
- **Give us peace in the time of pandemic.** Help us to be patient, mindful and ever leaning on You.
- **Give me the courage to have hard conversations** with others and the wisdom to know what to say.
- **Give me patience and understanding** as officials work through how to best protect and equip my city during this pandemic.
- **Give us strength and courage** to speak out against injustice, and to work for the transformation of unjust systems that keep some in bondage.
- **Help us at every opportunity to love as you loved and to serve as you serve.** Give us courage to speak of our hope in Jesus, who suffered for us, rose from the dead, and is coming again.
- **Move in the hearts of those who do not yet know you.** May those who are filled with worry and fear come to find peace that only You can give.

## Reaching Outward

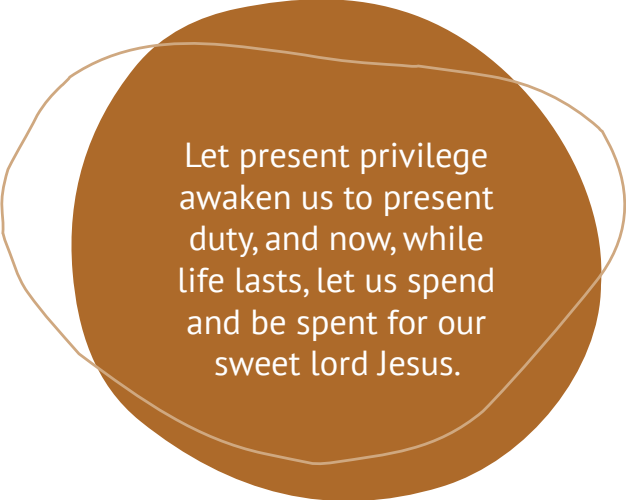
1 John 3:17-18 says, "If you see some brother or sister in need and have the means to do something about it but turn a cold shoulder and do nothing, what happens to God's love? It disappears. And you made it disappear... Let's not just talk about love; let's practice real love."

God has called us to reach out with this real love. When we follow Him, we resolve to love even if it costs us. And it does - it costs us our financial resources, our time, our preferences, our stereotypes. Oftentimes our popularity, respect, relationships, safety and more. He has called us to love without bounds, no longer categorizing people by 'lovable' or 'unlovable', but loving without exception.

So when we encounter someone at the grocery store who is hoarding essential supplies, we love.

When we watch footage on the news of disputes between police and protestors, we love.

When things get tense in our homes from being cooped up alone together for too long, we love.



Let present privilege awaken us to present duty, and now, while life lasts, let us spend and be spent for our sweet lord Jesus.

CHARLES SPURGEON

An extensive list of ideas for reaching out to others is available in our Intentionality section. But here, we want to go beyond texting and dropping off treats, to love in action that will create change in the hearts of our neighbors and in our communities.

### RACIAL EQUALITY

In time of nation-wide division and unrest, how can Salvationists reach out and help promote racial equality and healing?

*We must acknowledge that the deeper root of racism is sin, and only God's love can root that out and begin to heal the nation.*

*We must show the radical love of Jesus.* Make the secular world sit up and take notice by supporting groups that you don't have a vested interest in. Take this time as an opportunity to defend and support those who are most targeted and marginalized. Be like the Good Samaritan and love your neighbor.

*We must actively listen, then speak up to create space for relationships and growth.* As Christians, we're called to carry one another's burdens. We may not truly understand what others are going through, but we can sit with them in it. Have the heart and willingness to be there for them. We can listen and support the ideas and initiatives of people of color. Encourage them, work alongside them. Let them know they're valued and respected at the table.

*We must support black businesses.* Protests, while encouraging, don't put food on the table. We can be active in financial support and put our money where our mouth is. Many lists are available online that detail black-owned businesses in your area. When you find them, share them on social media and with your friends!

*We must partner with black community leaders and pastors of predominantly black churches. Only by doing life with them will we ever really know how to help all our brothers and sisters. If you attend a predominantly white church, engage with members who don't look, think or act like you. Chat on the phone, go on walks, invite them to dinner - get to know them as friends and equal image-bearers of God. Share life and share struggles with people who have completely different lives and struggles than you. When partnering with predominantly black churches, let them lead the way because they know their community's needs. Remember, only a united church can heal a divided nation.*

*We must diversify our lives.* If the books you read, the shows you watch, the people you follow on social media and the toys your children play with all look like you, begin the work of diversifying these things.

*We must utilize our own spheres of influence.* This was briefly mentioned in our Doing Mission section, but it's worth repeating. When it comes to combating racism and promoting racial healing, we often overlook the opportunities that only we have access to. For instance, you may live in a predominantly black neighborhood. You have the opportunity to engage and establish relationships with your neighbors that your corps otherwise wouldn't, and the same is true for your workplace, school and so on. It may *cost* you something, but God has placed you there to *do* something.

*We must remember that while the world's spotlight is currently focused on black lives, there are others who need us to fight for them too.* Learn from what we're experiencing *now* to help make space and create change for all races within our community moving forward.

*Diversity isn't just about who we invite to the table, but about who has a voice at the table.*

LATASHA MORRISON

*We must fight to the very end.* The news cycle will end and eventually move on, but the Army should not. Continue to use your voice, your platform, your giftings and your sphere of influence to reach outward, effect change and love others.

## **AS THE PANDEMIC CONTINUES**

Unfortunately, COVID-19 has not yet run its course. When the pandemic first hit our country earlier this year, we could hold onto the assurance that "we're all in this together." But as cases rise and a potential second wave is imminent, we're facing going back into quarantine as a nation divided and at war with itself.

Therefore, it's even more important now for us to love one another. To sit with others in their loneliness and anger and grief, to listen to their stories and their pain; to mourn when they mourn and rejoice when they rejoice.

Stop for a second and think about the future. Not about what you'll be doing or where you'll be - but *who* you'll be. How will this time have shaped you? When you look back, what will you be glad you did and what will you regret not doing? Do you want to be able to say that you spent this year on the couch feeling sorry for yourself, binging tv, or that you worked to love others, emulate Christ and make the world better?



A photograph of a protest or rally. In the background, a large building with a prominent golden dome is visible under a clear sky. In the foreground, several people are seen from behind, holding flags. The flags are blue and red with a yellow star and some text. A street lamp is visible in the upper right. The overall scene is outdoors and appears to be a public demonstration.

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We look ahead.  
We fill our days with resolves.  
We are always intending  
to do better and be better  
tomorrow, next week, next  
year, next corps instead of  
saying **now.**

*CATHERINE BRAMWELL-BOOTH*



*"There's an opportunity for there to be new things, to start over, to perhaps get back to the core of who we are... The Army has a beautiful opportunity to be seeking the Lord and to see what this looks like for the mission and the momentum of the Army moving forward."*

CAPTAIN MONICA SEILER

## Moving Forward

We've reached the summit. We've talked about intentionality, doing mission, how to look on the inside and take care of ourselves; how to reach out to God and others... Now how do we wrap all that up with a nice little bow and move on with our lives?

Well... we don't. We cannot come out of this pandemic, out of this racial unrest, or even finish reading this booklet and just move on. That's not how this works. We are called to 'fight to the very end' - period. Not to the very end of our patience or our time or resources, but *to the end*.

So hold tight to the lessons you've learned this year. Cling to the empathy and compassion that have taken hold in your heart. Be intentional in going to the Lord in prayer and trusting Him with your life. Move and take action and be Christ to a world that needs Him like never before.

A quote we saw on social media (author unknown) says, "Instead of back to normal, let's go forward to better." That is our wish for you and our hope for the Army. May this booklet bless you and challenge you and help you in moving forward!

The following pages offer you more food for thought, as well as ideas and actionable steps in 'going forward to better'.

## CORPS, EMBRACING DIVERSITY MIGHT LOOK LIKE:

- Inviting all types of people to the corps
- Hosting multicultural events
- Diversifying your leadership and staff (with people who qualify)
- Embracing different types of worship
- Featuring photos of people of all races in your printed materials, website, etc.
- Entering into accountability and mentoring relationships with someone who doesn't look like you
- Preaching about it
- Creating diverse small groups
- Offering Diversity and Inclusion courses for corps members

## CORPS MEMBERS, AS WE MOVE FORWARD:

- **Don't forget** what it was like to not be able to attend church or be around people. This time has attuned us to

the experience of those who live in isolation or with loneliness every day of the year. Through this pandemic, we've learned how to reach out to people when resources and opportunities are seriously limited. More importantly, we've learned how to share the Gospel effectively through digital means. We must go forward utilizing these methods to reach the 'forgotten' and 'unseen' members of the body.

- **Don't shame others** for not being ready to return or for being slower to take action.
- **Don't stop showing love for others.** Continue to be others-focused in sending notes, dropping off baked goods, making phone calls, and so on.
- **Don't let go of your newfound priorities and perspective.** Refuse to fall back into old habits or take things for granted again once your schedule begins to fill up.
- **Don't lose hope.**



PSALM 33:20

*We're  
depending  
on God; he's  
everything we  
need.*



## STAYING CONNECTED WHILE SOCIAL DISTANCING

- **Get lost in an art form.** What can you create at home? Is there something you've been wanting to read or write? Try creating a space within your home where you can be creative and then structure time each day to dive into something you're passionate about.
- **Spread kindness, not germs.** In a time that feels so isolating and divisive, small acknowledgements like eye contact, a warm smile or good deed can go a long way.
- **Consider those around you.** What are they feeling a lot of and how are they really doing? How can you use this time to deepen relationships?
- **Perform (digital) acts of kindness** for people you can't see face to face. Make a phone call or send a funny meme to spread some love!
- **Set and define boundaries.** Determine when you need to take a break, how much news coverage viewing is too much, and so on. Balance gathering relevant information with uplifting content to stay in good mental health.

## LISTENING (BETTER)

- Limit distractions.
- Before jumping in to make your point, ask follow-up questions.
- Don't be discouraged by disagreements, instead, see them as opportunities to grow.
- It may be uncomfortable, but be open to changing your mind when receiving new information.
- You may not like what the other person is saying or even agree with it, but listen to learn.
- Resist the urge to make it about you.
- Be more interested in understanding others than being understood.

- Don't just acknowledge the things you disagree with, as that's destructive to active listening and leads to unproductive argument. When it's your turn, make sure to bring up what you agree with them on.
- Consider what you appreciate about good listeners. How can you take on those qualities and be that for someone else?

## DOING SELF-WORK

- Ask yourself, what's been the best and worst thing for your mental health lately?
- What have I been sensitive to? What hurts? What do I need to acknowledge?
- Right this moment, what am I grateful for? What privileges do I have in these current circumstances?
- How can I practice self care today?
- How can I be a blessing to others today?
- Who do I feel safe with my vulnerability?
- In terms of goals, what would be the most exciting one to accomplish by the time the pandemic has passed? Or by the time this day is over?
- Before this year, what things did I take for granted? What am I looking forward to in the future?
- Big or small, what blessings have I seen come out of this situation?

## GOING FORWARD, LET'S HOLD ONTO:

- Supporting local small businesses
- Taking time to rest
- The realization that we're all in this together
- Checking in on people
- Maintaining perspective
- Reaching out to and loving vulnerable populations
- Keeping Kingdom values and God's word an urgent priority
- Listening. Learning. Growing.
- Innovative ministry
- Taking a stand against injustice and calling out hate with love



### ANATOMY OF AN ALLY

- **Eyes** - identify injustice
- **Mouth** - speak out against injustice
- **Nose** - sniff out implicit bias
- **Ears** - listen to the experience of others
- **Heart** - empathize for the oppressed/hurting
- **Hands** - take action and make change

### HELPING KIDS UNDERSTAND CURRENT EVENTS

- **Know that this will be a continuous conversation.** When it comes to racism or the pandemic, it's best to make educating you and your family an ongoing practice.
- **Check in with your kids often** and invite them to come to you with any questions or fears.
- **It's okay if you're not sure what to tell your children.** Just stick with it even when you're uncomfortable or confused.
- **Validate their feelings - don't assume you know how they really feel.** Start by asking them broad questions and go from there. "How did you feel about what we saw on the news? What did it make you think about?"

### TEENS AND REOPENING

- **Get ahead of situations that may arise.** Sit down with your teen and talk through what this new phase in the pandemic looks like.
- **Have them practice what to say** if their friends are breaking the rules or are trying to get your teen to as well.
- **Brainstorm ideas with them for how they can safely see their friends.** Make a list of places they can meet outdoors, places that are off-limits, and places that you feel safe with them going inside of (such as a relative's home or the car).
- **If they're out without you, reinforce the importance that they take initiative** to bring and wear their own mask, being mindful of what they touch, utilizing hand sanitizer and wipes, and knowing what six feet looks like.
- **Hear your teen out.** They may be frustrated by the restrictions and that's okay - you are too!

## UTILIZING SPIRITUAL GIFTS

*Administration* - task- and detail-oriented leaders, organizers and planners.

- Organize meal or grocery deliveries for people in need in your corps or community.
- Set up and coordinate methods for people to connect, such as virtual game nights, group chats, video calls, etc.
- Help your officers and local leaders plan the logistics of transitioning into the 'new normal'.

*Apostleship* - influencers and innovators who envision and develop new things for the Church.

- Connect with others who share this gift, and begin to look at how the world is adapting.
- Brainstorm ideas for your corps, community or even your workplace.
- Encourage others to embrace new things by being the voice for change.

*Discernment* - able to distinguish whether something comes from God or if we are being led astray.

- Reach out to those who live alone, are isolated, quarantined, etc. and remind them of God's love.
- Be attentive to the behavior of those around you. If someone is acting out, you may be able to discern that it's coming from a place of fear and anxiety, and be able to pray with/for them.
- Utilize your sphere of influence on social media to remind people of God's love and His promises.

*Evangelism* - gifted in communicating the gospel and engaging others in conversation about Jesus.

- Post on social media about what you're reading in the Bible and what you're learning about Jesus. Encourage dialogue!

*God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.*

1 PETER 4:10

- Pray that God will direct you towards someone who's looking for meaning, questioning their faith or searching for Jesus. Reach out and engage with them.
- Reach out to your corps officers or local officers and offer to assist in church services, speak to those coming in for financial or food assistance or help represent the corps at community events/gatherings.

*Exhortation* - encouragers; help motivate or challenge others in growing their faith.

- Encourage those around you! Friends, strangers, co-workers, neighbors. For ideas, review the Intentionality section of this magazine.
- Be an encouragement to those who are at the forefront of current issues - doctors, nurses, police, local leaders, and so on.
- Encourage others to take action.

*Giving* - enjoys providing for others' needs; are good stewards and give generously and joyfully.

- Be faithful in tithing, even if your corps is not meeting in person.
- Pray and ask God to help you discern what, where and how to give.

*Service* - fills gaps in ministry, often behind the scenes. Serves to express love for their community and to create space for others to flourish.

- Cook and deliver meals to someone in need, someone having a bad day, or just because!
- Assist with your corps or community food drive/distribution. Jump on your neighborhood group and ask if there's anyone who needs food assistance/delivery, or essential items picked up.
- Visit our Intentionality section for more ideas.

*Wisdom* - able to see through confusion and help point people in the right direction; has an intimate understanding of God's word.

- Help others understand the basics of what's going on in the world, in order that they may be equipped to make wise choices and plans.
- Offer counsel to those who ask.
- Talk people through the realities of the pandemic or protests and how they can best help in these situations.



## RESPONDING TO RACIST COMMENTS

In times when you feel convicted to respond to offensive comments, know that it doesn't have to be confrontational. It also won't be easy or comfortable but in the end it's the right thing to do. Make time to have a conversation with them. Clarify their stance (don't start with misunderstandings), listen to their perspective, don't be aggressive and if possible, offer them resources that may be informative.

- "Do you really believe that? If so, why?"
- "I didn't want to single you out earlier, but your comment made me uncomfortable. Here's why..."
- "I know you were just trying to be funny, but that joke was offensive. Here's why..."
- "Hey! I just wanted to follow up on my comment on your post. I think you should check out this article I read - it'll explain things better than I could."
- "Hey, listen, I really don't feel comfortable when you make those types of comments."
- "Hey [name], that post you put up today made me a little mad. Here's why..."
- "Hmm.. do you have evidence to support that belief?"

## HOW ARE YOU COMMUNICATING

When engaging in discussion with others, check:

- Your tone.
- Your body language.
- Your emotional/mental state.
- If the conversation/your attitude is Christ-like.
- If the conversation is feeding into the problem or leading to a solution.
- If it will effect your character or integrity.
- If you're actively listening to and taking in what others are saying.
- If you're reacting or responding.
- If you're self-aware enough to know when to step away from the conversation.



HOW AM I PROCESSING THIS 'NEW NORMAL'?

HOW AM I DEALING WITH SEPARATION FROM FRIENDS OR FAMILY?

IN WHAT WAYS HAVE I BEEN PROTECTING MY MENTAL HEALTH?

AM I STUCK IN AN ENDLESS ROUTINE OR CYCLE I WANT/NEED TO BREAK AWAY FROM?

ARE THERE PEOPLE IN MY LIFE WHO ARE TOXIC TO MY WELL-BEING AND MENTAL HEALTH?

HAVE I, IN SOME WAY, BEEN IGNORING GOD'S CALL ON MY LIFE?

IS THERE AN AREA IN MY LIFE WHERE I'VE BEEN SELF-SABOTAGING?

WHAT ARE NEW AND HEALTHY HABITS I'VE FORMED THIS YEAR THAT I WANT TO HOLD ONTO?



WHAT HAVE I BEEN DOING WITH MY TIME? HAS IT BEEN FRUITFUL?

AM I HAPPY IN MY JOB?

WHAT'S THE MOST FULLFILLING PART OF MY LIFE RIGHT NOW?

HAVE I BEEN STANDING UP FOR MY BELIEFS?

HOW MUCH TIME HAVE I BEEN SPENDING WITH GOD?

WHAT REGRETS MIGHT I HAVE LOOKING BACK AT THIS TIME TWENTY YEARS FROM NOW?

HAVE I BEEN INTENTIONAL IN LEARNING FROM AND LISTENING TO OTHERS DURING THIS TIME?

HOW AM I, REALLY?