

The Jesus way

CAP Sunday 2025

Talk
notes



christians
against
poverty

CAP

CAP Sunday 2025: Talk notes

This framework is for you to use for CAP Sunday, and can also be used for general church talks. We've created it as a full talk that you can read word for word. However, we'd encourage you to put the talk into your own words and make it your own.

Length and adding stories

The standard form of the talk will take about 20-25 minutes to deliver.

Within this talk, there are two opportunities for you to add in your own stories.

Firstly, in Part 2 there is an opportunity to add a quote about the impact that poverty has on people.

Secondly, in Part 4 is Bea's story. However, if the church doesn't have the tech facilities to show a video, then please feel free to share a story of your own, or use the written summary of Bea's story.

Other notes

- If using the ice-breaker, please be very mindful of timings as time could pass quickly with audience engagement.
- Before you use Bea's story, please give a **trigger warning** at the start of the talk and before the story/video.
- We have created a holding slide (slide 12), that can be used in between transitions.

The talk: The Jesus way

Talk outline

Part 1: [Bible reading](#)

Part 2: [Introduction](#)

Part 3: [Close encounters](#)

Part 4: [Encountering hope](#)

Part 5: [We are part of God's restoration plan](#)



Part 1: Bible reading

SLIDE 2-6 – John 13:1-5 and 12-17 (you can also include verses 6-11)

'It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him...

When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you?" he asked them. "You call me 'Teacher' and 'Lord,' and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you.

Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them".'

Note

If the passage is read before you get up to speak and you'd prefer to skip the ice breaker, you can start with a prayer, briefly introduce yourself, refer to the Bible reading (e.g. the intimacy of the gathering, the deeply personal and significant act of Jesus washing the feet of the disciples, the beautiful example of humility, love and service Jesus models for us) or briefly recap the reading to help connect and transition into the 'Introduction'.



Part 2: Introduction

Starting with an ice-breaker [optional]: Allow about two minutes for this.

In the gospels there are many stories of Jesus meeting people, or 'close encounters'. (You can provide some examples to help get people started. **Some examples:** The woman at the well, the blind man (Bartimaeus), Zaccheus the tax collector.)

Which of them speak to you, and why? Talk to your neighbour. Perhaps share a few out loud (congregational participation – be sure to loudly repeat any spoken by people to ensure they are heard).

What do most of these encounters have in common? (This could be another opportunity to invite the congregation to speak to each other, and offer some answers.)

Starting without ice-breaker

In the gospels there are many stories of Jesus having close encounters with people. You may know some of these stories such as the woman at the well, the blind man, Zaccheus the tax collector (you can use different examples from the gospels).

Most of these close encounters Jesus had with people were very personal and face to face. They all reveal to us Christ's gift of discernment: he saw and understood the deepest needs of people he met and then willingly and lovingly met those needs. He treated people with respect and dignity, especially those who were not used to receiving it. He was kind. In every case he made God's love real in the life of the person that he was meeting. Jesus saw their potential, not just their current situation.

And what was the common outcome of all these encounters? Transformation. God's love in Jesus brought hope and healing. God's love in Jesus gave purpose and perspective. God's love gave people hope and released their potential for the future.

Transformation is at the heart of what Christians Against Poverty and the Church have been partnering together to do for almost 30 years now. Transformation for those we serve: the people who find themselves at the sharp edge of poverty and debt.

SLIDE 7 – UK poverty stats

We are there for the 2.8 million people in the UK who have to borrow money just to pay for household bills, the one in ten adults who lose sleep every week because of their finances, or the almost one in five UK adults who skip meals every month because they can't afford enough food (1 in 4 for London).

Poverty like this has an impact on every part of people's lives. Here are a few quotes from real people who have experienced poverty first-hand:

'To go from a lively, bustling family home to a tiny, lonely flat, from a healthy bank balance to tens of thousands of pounds' worth of debt – it affected my mental health massively. I just wanted to draw the curtains and hide away in the dark.'

'Most of my debt was from buying food on a credit card. It's a choice – put it on a card and feed your kids, or you all sit there going hungry.'

'Debt destroys everything – your relationships, your mental health, your confidence. It creeps up and devastates your life.'

Poverty steals hope and dignity from those who are most vulnerable every day, but it does not have the final word because God is working through his Church to bring transformation. This transformation, like those encounters with Jesus, comes in the form of a face-to-face encounter. CAP partners with churches who are inspired by the example of Jesus to serve those in our society through the provision of: expert financial advice; emotional, practical and spiritual support for as long as it takes; and an invitation to the warmth and love of a church community.

SLIDE 8 – Impact stats

Through churches partnering with CAP in 2024, these face-to-face encounters have meant that:

- **316 people** responded to Jesus for the first time or recommitted to following Jesus
- **638 households** received emergency aid such as food shops and fuel vouchers when they desperately needed essentials
- **2,436 people** became debt free
- **60 church leaders and volunteers** have been equipped through the Church and Community Transformation initiative
- **1,036 money coaching** workshops were delivered
- **123 job clubs** and **146 life skills** groups were run to help people better manage their finances, find work and live well even with a low income

5



Christians Against Poverty | Jubilee House, 1 Filey Street, Bradford, BD1 5LQ
01274 760720 | info@capuk.org | capuk.org
Registered Charity No. 1097217 (England and Wales), SC038776 (Scotland)
CAP is authorised and regulated by the Financial Conduct Authority.



Christ-centred



Collaborative



Compassionate



Joyful



Bold

We're going to spend some time talking about a couple of close encounters that Jesus had with people who needed him. We're also going to hear how, through local churches partnered with CAP, God is continuing to transform lives of people in need. As we reflect, we can also remind ourselves that this same transforming love is there for us when we find ourselves trapped by the experiences of the past, the pain of the present and fear of the future (give an example of a client where you've seen this, if appropriate). From the most wealthy and privileged, to those with very little money, rejected and despised, Jesus made space for face-to-face encounters with everyone.

That includes you and me.

We're going to look at a couple of those encounters now: the lame man who couldn't walk. And the young woman who couldn't face life without her young daughter who was seriously ill.



Part 3: Close encounters

SLIDE 9 – Jesus made time and space for everyone

The lame man (John 5:2-8) (you can read the passage or briefly tell the story yourself)

'Inside the city, near the Sheep Gate, was the pool of Bethesda, with five covered porches. Crowds of sick people—blind, lame, or paralyzed—lay on the porches. One of the men lying there had been sick for thirty-eight years. When Jesus saw him and knew he had been ill for a long time, he asked him, "Would you like to get well?"

"I can't, sir," the sick man said, "for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me."

Jesus told him, "Stand up, pick up your mat, and walk!"

Here, Jesus makes the time and space to listen to the man's story and to understand his situation. He hears the man's sadness, maybe even his self-pity, how defeated he may have felt and how he possibly blames others for his pain. His challenges went deeper than just not being able to walk. We know that he faced social poverty and isolation because he had no one to put him into the pool for healing. And he was most likely experiencing poverty in every way; spiritually, socially, personally and materially.

Notice how Jesus listens and doesn't judge. Instead, he is curious and asks questions like: 'Do you want to be healed...?' He has empathy and compassion to understand how the man had been ground down by his situation as person after person walks by without offering help or even a kind word. He meets the man where he is, and he releases him from the limitations of the past, pain of the present and restores him to a deeper hope for the future.

Like the life of this man, living a life of debt has many more implications than just financial ones. Over half of CAP clients report being afraid to leave their homes, over 60% were afraid of a knock at the door, and nearly nine in ten are losing sleep. The Church, alongside CAP, meets people in all their poverty: material, social, spiritual, personal.



The Syrophenician woman (Mark 7:24-30) (you can read the passage or briefly tell the story yourself)

'And from there he arose and went away to the region of Tyre and Sidon. And he entered a house and did not want anyone to know, yet he could not be hidden. But immediately a woman whose little daughter had an unclean spirit heard of him and came and fell down at his feet.

Now the woman was a Gentile, a Syrophenician by birth. And she begged him to cast the demon out of her daughter. And he said to her, "Let the children be fed first, for it is not right to take the children's bread and throw it to the dogs." But she answered him, "Yes, Lord; yet even the dogs under the table eat the children's crumbs."

And he said to her, "For this statement you may go your way; the demon has left your daughter." And she went home and found the child lying in bed and the demon gone.'

In almost every way, this encounter should never have happened. As a devout rabbi, Jesus should never have been there, on foreign soil and certainly not talking to this Gentile woman. The whole encounter would have been seen as 'unclean' by his fellow Jews because she was a Gentile. And yet there he was, face to face, engaging in deep conversation with her, and learning about her daughter who had been possessed with an unclean spirit. Jesus asks her a rhetorical question about dogs and bread. He was saying. 'If I help you, you know what they'll say, don't you?' But the woman's response is legendary – 'Even the dogs under the table get to eat the crumbs.'

She was willing to receive whatever Jesus was offering, and Jesus for his part used love to overcome every taboo, every barrier of race, reputation, religion, gender geography, prejudice and tradition, just to talk with her. In this close encounter, Jesus shows that she is within God's grace, because no one is excluded. He meets this woman where she is, and he releases her from the pain of the present and ushers her into hope for the future.

If we're called to transformation in 'the Jesus way', this encounter tells us that everyone is 'in'. God's transforming love and grace is here for everyone and for every situation, no matter how complicated or how many barriers or taboos there might be. Jesus demonstrates that we must love our way through them all.

Part 4: Encountering hope

(Depending on your research about your audience, you can choose to exclude 'and suicidal thoughts'. If you include it in your talk or show the video, please provide prior warning.)

(You do not have to use the full written story if you are showing Bea's video.)

Bea's story

Let me introduce you to Bea. In June 2023, Bea and her husband were made redundant and their world was turned upside down. They had gone from steady income and good financial standings to no jobs and falling behind on payments. Bea began to experience severe anxiety [and suicidal thoughts.] She visited her GP about this and on her way home, she saw a sign that read: HOPE.

Realising that she had lost all hope and was in desperate need of some, Bea plucked up courage and stepped into the Hope Centre in Handforth. She was overwhelmed by the warm welcome she received from everyone, and felt a lightness she had not experienced in awhile.

Bea was introduced to CAP for expert debt advice and support. Her debt coach, Barney, guided Bea and her husband through the whole process of their Debt Relief Order and they are now debt free. Bea is now a befriender and has a renewed sense of faith in God.

Let's now watch Bea's story: [Bea's video](#)



Christians Against Poverty | Jubilee House, 1 Filey Street, Bradford, BD1 5LQ
01274 760720 | info@capuk.org | capuk.org
Registered Charity No. 1097217 (England and Wales), SC038776 (Scotland)
CAP is authorised and regulated by the Financial Conduct Authority.



Part 5: We are part of God's restoration plan

In the footsteps of Jesus, Barney and thousands like him serve and love those who find themselves worn down by debt and poverty, freeing them into their God-given potential for the future. They're doing what Jesus did, meeting people face to face and loving them, and seeing them transformed.

Churches bringing an end to debt and poverty across the UK are seeing that there is nothing that poverty steals that God cannot restore. With CAP partnering with them, they are working with people who have complex challenges that make it hard to escape poverty, such as poor mental health, relationship breakdown, addiction, experience of abuse, and disability, among others. They approach every person with care and compassion, determined that there will be no barriers to God's love being shown in practical, emotional and spiritual ways. No barriers to clients seeing an end to their debt and restoring their financial dignity. No barriers in the welcome that people will receive through the local church.

This takes us back to our first reading, when Jesus began a community based on love and service. Founded in that moment when Jesus, having had his last meal with his friends, took a towel and a bowl of water, knelt down and washed their feet... surely the most intimate close encounter. They belonged to the body of Christ from that moment, but that came with a command to love and to serve each other: to have the kind of ministry of service that he had shown them.

SLIDE 10 – Transformation

CAP's central value for all we do is that we are Christ-centred. That means putting Jesus first, always. 'Jesus first, always'. Jesus is our model, and Jesus is our way. In all the close encounters that Jesus had with people, he not only preached the love of God, or prayed about the love of God, he **lived** the love of God. In every close encounter, Jesus made real the unconditional, extravagant, sacrificial love of our God that releases us from the limitations of the past, pain of the present in order to release hope for the future. This is our model.

This is why there are 3,000 local CAP workers **(you can add that these are mainly church members)** in churches all around the UK who minister in the Jesus way with figurative towel and water: not glamorous, but full of face-to-face encounters which release people from the limitations of the past or pain of the present into their God given potential for the future. Please pray for local CAP workers who are regularly involved in encounters that bring about such incredible transformation for those living in the darkness of debt.



But this calling to serve their community isn't just for them, it's for every follower of Jesus. For all of us who are part of his body, we are called to be part of making that divine and transforming love known. This might be in face-to-face encounters with people we have yet to meet, or those that we know, and in ways that might be challenging or uncomfortable for us.

Today I want to invite you to be part of a movement of people that supports all that the church does to transform lives and put an end to UK poverty. We do this by helping people get back into employment, equipping them with better ways to manage their finances, and skills to help them navigate different seasons of life, and help those in debt become debt free.

Every person in this room can make a difference by taking action today.

Prayer. Prayer is powerful. Prayer changes things. You can help see an end to UK poverty by signing up to receive CAP's free prayer diary or prayer emails through which you can lift up to God the challenges we've talked about today.

SLIDE 11 – Invitation to play a vital part

With a monthly financial gift to CAP, you can bring hope and life in all its fullness to people who are trapped in debt and poverty. We call our monthly givers Life Changers because they are truly changing lives for people like Bea and husband and thousands of others.

Give whatever you can, whether that's £5 a month or £15 a month – we appreciate anything you can give. But please, only give in addition to what you give to your local church, because CAP believes in the crucial role the local church plays in God's restoration plan. Your gift of **£15 a month, over a year**, could support someone on their journey to becoming debt free through a Debt Relief Order – a lifeline for those on a low income. When you sign up to become a Life Changer, you'll receive a free copy of *God in Action* which tells the story of CAP.

If you are currently unable to commit to monthly giving, but perhaps you would like to give a one-off gift, either by cash or card, we have some envelopes available for that. (If there is an opportunity, please remind people of Gift Aid for both monthly and one-off giving.)

We are the Church of Jesus Christ, the community of God's love, anointed by the Holy Spirit to announce the good news to poor people... to announce freedom for those who feel imprisoned... to give sight to those unable to see... and to open the ears of those who cannot hear... to set free those who are treated badly and to announce the time when all God's people will be set free.

We are called and anointed to make God's love real. That is our purpose and our privilege.

To live and love as if the Kingdom of God is already here... because when we do...
IT IS!

Close in prayer

(Sample prayer)

Lord Jesus, thank you for your great love and sacrifice for us.

We pray that as individuals and as your Church, we will walk in the example of love, compassion and service you so beautifully modelled for us.

Lord, grant us wisdom, boldness and kindness in our words and deeds as we seek to bring your light and hope to those who need it the most. Help us to serve with humility and joy as we make known your love and salvation to all. Amen.

