

2026 Disability Awareness Sunday

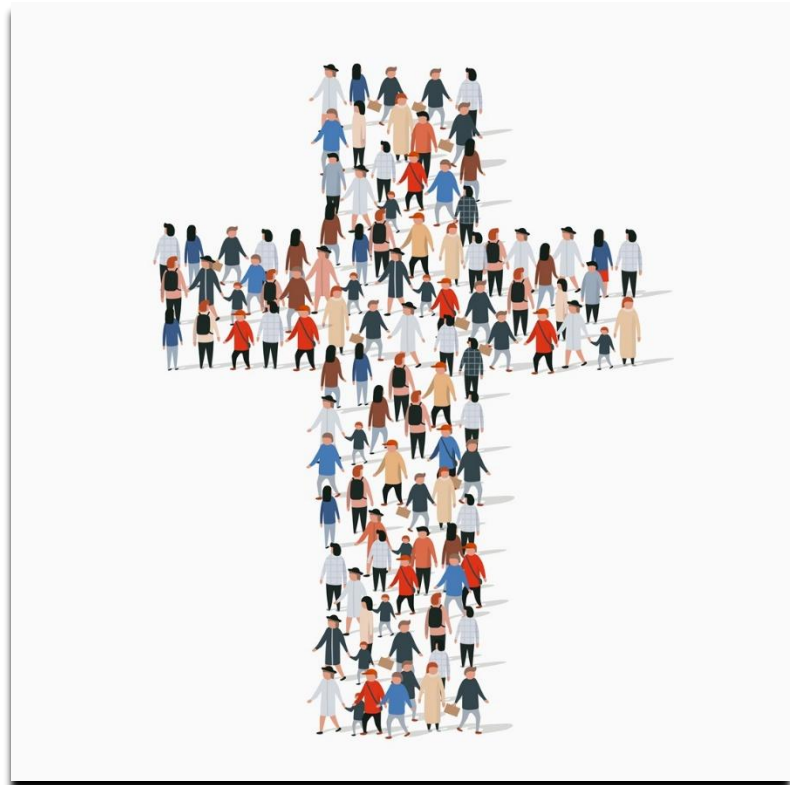


One Body, Many Parts

**1 Corinthians
12:12-27**

Pack contains:

- Links to videos
- Song Ideas
- Prayers
- Activity Ideas
- Bible Reading
- Notes for speakers



*All the contents are suggestions only. Please tailor the service as you feel best for your own church.

Meet Triona Brading

Triona is a young autistic Christian who has chosen the theme of “one Body, many parts” because she sees that disabled and neurodivergent people are essential parts of the Body of Christ: the Church

Triona has provided two videos and the main structure of the message she would like to share with everyone:

- We are all united
- We are all needed
- We are all honoured



We hope that you will find this theme brings an important message to your church, and that everyone present at your Disability Awareness Sunday service will indeed feel that all are united, all are needed and all are honoured. That is our prayer.

Introduction

As always, we say that **any Sunday can be Disability Awareness Sunday**, so the contents of this pack can be used on any date at all. Many will celebrate on or around 27th September, but others will choose a different convenient date.

If there are disabled people in your church, or local area, it is a great opportunity for them to be involved and share their own stories of how God is working in their lives.

Two videos you can use

Triona has produced some videos that can be used in your service.

Main video message – Triona shares a short talk or sermon on the theme and Bible reading: ‘One body, many parts’. (6 ½ mins)



You can [download the main video message of Triona's 1 Cor 12 Talk here](#)
(If you can't see a download button on the linked page, then click on the three dots above the video, to open up a menu with a download option)
[A full transcript of the main video message can be downloaded here.](#)

Or it can be watched on YouTube: https://youtu.be/6zjAsC5_MZY

‘Triona’s Story’ – Introducing the theme of ‘One Body, Many Parts’ through Triona’s perspective as an autistic Christian and sharing from her own life experience. (4 mins)



You can [download the video of ‘Triona’s Story’ here](#)

A full [transcript of Video 1 can be downloaded here.](#)

Or it can be watched on YouTube here: <https://youtu.be/t7GEka0IV34>

Free postcards

Free postcards to accompany the service are available for you to give out to anyone who attends... a reminder of Triona's key message and the Bible truths, plus ways to connect with Through the Roof.

Request them (in plenty of time for them to be posted to you) by [following this link and filling in your request](#) The postcards are free but perhaps your church could consider making a donation to contribute towards costs of printing, postage and packaging. See the link on page 12.

Song Ideas:

As part of the 'one body, many parts' theme, why not ask disabled members of your congregation to choose songs/hymns that mean a lot to them (you might like to ask them to explain to everyone why they have chosen the particular song).

Here are three songs suggested by Triona for the theme:

For All Age services – and great for use in Sunday School:

We are the Church, Awesome Cutlery <https://youtu.be/HPEonEoZL5A>
(You can also download the audio, sheet music and other resources from <https://www.awesomecutlery.com/resources/>)

Contemporary: There is one gospel, City Alight

<https://youtu.be/nmBcTrDu4O4>

Traditional Hymn: Blessed assurance, Jesus is mine

(This hymn is particularly appropriate as it was written by Fanny Crosby who was blind from the age of 6 weeks old. She was a prolific hymn writer and was deeply involved in Christian mission work.)

Prayers:

A prayer from The Rev Prebendary John Beauchamp

John is blind and is the Disability Ministry Enabler for the Diocese of London. He was ordained in 1994 and had been a parish priest for 28 years before taking up his current role.

Creator God,

you made humankind in your image

and ordained each person to reveal a glimpse of you in the world.

You hold all human diversity in your heart

and bless each of us with the sacred potential

to reflect your glory in our lives.

In the wounded and disfigured body of Jesus Christ

all human bodies are redeemed

and we are each empowered to be your witnesses today.

May your church be a place where this truth is revealed

and the full diversity of humanity is able to co-exist as one body

with every part named and celebrated.

Lord, challenge your church to see you in all people

regardless of the labels that the world tries to give us

or the judgements that are made about us.

And show us how we can bring heaven down to earth

and become the Body of Christ

where all of humanity can find reconciliation and peace.

Lead us into a new understanding

of what it means to be a blessed community

where all are welcomed and liberated.

Pour out your Spirit among us
that, as one body made up of many parts,
we may together be Christ for the world today.
In Jesus name we pray. Amen

A prayer written by members of the Roots group:

(Roots is an accessible bible study group for adults. They play games, take part in an easy read bible study and pray together.)

Dear Heavenly Father,

We have so much to thank you for:

Thank you for making us in your image, and loving us so much!

Thank you for giving each of us gifts and abilities. Please help us to use them well, to live for you and bless those around us.

Thank you for making us each a part of Jesus' body, the church. Thank you for our brothers and sisters in Jesus all around the world. Please help us to love one another, and share the good news of your wonderful rescuing love with those around us.

In Jesus' Name,
Amen

A prayer from Becki Harbour

Becki is an autistic individual and a theology and ministry student, supporting across ministries such as the Vineyard Movement and New Wine England, to help churches become more inclusive and accessible. She has a heart and vision to see local and national churches become spaces without barriers and many more people with additional needs to come to know Jesus and feel at home within a Church context.

Heavenly Father,

Thank you that in Christ we are one body with many parts.
Thank you that by your Spirit you have made us one,
different yet united,
unique yet belonging together.

Lord, on this Disability Awareness Sunday,
forgive us for the times we have judged by appearances,
or believed that some parts are more important than others.
Your word tells us that the parts that seem weaker
are indispensable,
and that every part is worthy of honour.

Thank you for the gifts, perspectives, creativity,
and faith of disabled and neurodivergent members of your church.
Thank you that we are dependent on one another —
that we are both in need and needed.

Help us to be a church where barriers are removed,
where support is given freely,
where differences are welcomed,
and where every person can belong, serve, and flourish.

If one part suffers, teach us to suffer together.
If one part is honoured, teach us to rejoice together.
Make us a community that reflects your heart —
a body that thrives under Christ our head.

We are one body.
We are all needed.
We are all honoured.

In Jesus' name,
Amen.

Activity ideas:

Here's a link to [download some all-age activity ideas](#).

These include a funny video interview: 'Which body part is best?'

View it on YouTube at <https://youtu.be/xAYwnjAvjtl>

Or [download the 'Which body part is best?' video from this link](#).

Bible Reading:

1 Corinthians 12:12–27; New International Readers Version (NIRV®)

One Body but Many Parts

¹² There is one body, but it has many parts. But all its many parts make up one body. It is the same with Christ. ¹³ We were all baptized by one Holy Spirit. And so we are formed into one body. It didn't matter whether we were Jews or Gentiles, slaves or free people. We were all given the same Spirit to drink. ¹⁴ So the body is not made up of just one part. It has many parts.

¹⁵ Suppose the foot says, "I am not a hand. So I don't belong to the body." By saying this, it cannot stop being part of the body. ¹⁶ And suppose the ear says, "I am not an eye. So I don't belong to the body." By saying this, it cannot stop being part of the body. ¹⁷ If the whole body were an eye, how could it hear? If the whole body were an ear, how could it smell? ¹⁸ God has placed each part in the body just as he wanted it to be. ¹⁹ If all the parts were the same, how could there be a body? ²⁰ As it is, there are many parts. But there is only one body.

²¹ The eye can't say to the hand, "I don't need you!" The head can't say to the feet, "I don't need you!" ²² In fact, it is just the opposite. The parts of the body that seem to be weaker are the ones we can't do without. ²³ The parts that we think are less important we treat with special honor. The private parts aren't shown. But they are treated with special care. ²⁴ The parts that can be shown don't need special care. But God has put together all the parts of the body. And he has given more honor to the parts that didn't have any. ²⁵ In that way, the parts of the body will not take sides. All of them will take care of one another. ²⁶ If one part suffers, every part suffers with it. If one part is honored, every part shares in its joy.

²⁷ You are the body of Christ. Each one of you is a part of it.

Notes for speakers

Don't forget there is a [video \(Triona's Talk: One Body, Many Parts\)](#) which includes a short talk/sermon.

The Church – one body

In the Bible in this letter to the Corinthians, Paul talks to us about how as The Church, we are like a body. All of the different parts of the body are really important. All the parts of the body are connected and interdependent. They each need each other.

This interdependency on one another, all united under the same head, Jesus, is how we thrive as the church. We are all united, we are all needed and we are all honoured.

We are all united

We can see in verse 12, right at the start of our passage that many parts make up one body. Just as with our own bodies, all the different parts are connected within the body. And Paul writes that it is like that for us as Christians under Christ because “we were all baptised by one Holy Spirit”, and that it didn't matter if people were “Jews or gentiles, slave or free”. These were the divisions which existed in Jesus' time.

We might have different types of divisions today, but the Bible is saying that for Christians, we are part of one body. Whatever our differences, we are united. On Disability awareness Sunday we might particularly want to remember that this applies to our abilities, disabilities and neurodevelopmental differences. We might be different, but we are united.

We are all needed

The letter goes on to explain that every part is needed.

Just as no part of the body can function on its own, as the Body of Christ, we need one another! We can't do it alone, and we cannot say to any other Christian that we don't need them. We might be different, but we are united and we need every single one of us.

We are all honoured

It might seem that some body parts are better or more important than others. And so we might think that some people in our churches are better, or more useful than others. Absolutely not! This passage describes parts that “seem weaker” and parts that we “think are less important”. The Bible says those are the parts that we can’t do without, and that we should treat with special honour. What humans view as weakness or lack of importance is often not in line with how God sees things.

When we view disability in light of this passage, it shows us that those people who may seem weaker because they are not able to do something in the expected way, should be given special honour. It may seem that someone is weaker because they need help to access a building, a service, a coffee morning, but are they really weaker? Are they less important in God’s view? This passage would say, well *everyone* is united, *everyone* is needed, and *everyone* is honoured... but *particularly* the parts that we might think seem weaker. We need to give special honour. We need to break down barriers and put the correct support in place so that our whole body, the body of Christ, can function fully and thrive.

This passage is so exciting and important because it shows us just how necessary every single one of us is for one another, for the whole body and for God’s glory. As it says in verse 27 “You are the body of Christ. Each one of you is a part of it.”

And a final note from Triona as an autistic Christian...

“When it comes to neurodivergence and disability, sometimes people can only see our weaknesses. They might be more obvious and visible, but it doesn’t mean that we are any less important than any other Christian. We are all needed. We all have something to bring: whether it’s our gifts and skills, or a more obvious contribution; or even a quiet contribution visible only to the Lord. Each part is necessary for the growth and flourishing of the body. In the same way that a human body thrives best with all its different parts working together and supporting each other in complete interdependence, we all need one another for the Church to thrive.”

Following Disability Awareness Sunday

We pray that this service will be part of an ongoing journey of disability inclusion at your church.

Through the Roof support for your church

We encourage churches to nominate a **disability champion** (we call them Roofbreakers, but you can choose any title) or in larger churches, a Roofbreaker team.

For any church with a Roofbreaker we provide:

- Free downloadable 'Church Disability Toolkit' and a church accessibility audit 'Removing Barriers'
- A free 2-hour Zoom Church Disability Awareness workshop
- 50% discount on Through the Roof resources
- Advice and support from one of three Roofbreaker Co-ordinators covering the whole of the UK
- Support through monthly emails, events, social media and Roofbreaker Networks.

Follow this link for the form to register free of charge as a Roofbreaker:

[Become a Roofbreaker - Through the Roof](#)

Coming Soon: A brand-new, Bible-based video resource and study guide for churches and Roofbreakers to explore the ABC journey of disability inclusion.

Visit our website for more details and to express interest / get updates:

[Disability Inclusion in Church | Room at the Table – video resource](#)

Help advance ministry and mission amongst disabled people

Through the Roof plays a unique role in working with churches and people across all disabilities to further God's kingdom. We rely on donations from individuals and churches to continue this mission and ministry.

Could your church consider taking a collection, or partnering with Through the Roof, to reach more disabled people with God's love?

Gifts can be made via www.justgiving.com/charity/ttr. Thank you!

For further information and support from Through the Roof, visit:

www.throughtheroof.org or find us on social media @TTRChangesLives

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