

THE JUSTICE COLLECTIVE



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In this Collective, you'll get to consider what social causes speak to your heart and learn how to practice stepping outside your comfort zone by fighting injustice in your neighborhood or around the world. The pictures included are examples of ways IJM is fighting injustice worldwide. But remember ordinary people truly can do extraordinary things. It just takes courage.

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INTERNATIONAL JUSTICE MISSION (IJM) is the world's largest international anti-slavery organization, working to fight modern day slavery, human trafficking, and other forms of violence against the poor. IJM partners with local authorities to rescue victims of violence, bring criminals to justice, restore survivors, and strengthen justice systems.

Highlighted as one of 10 non-profits "making a difference" by U.S. News and World Report, IJM's effective model has been recognized by the U.S. State Department, the World Economic Forum and leaders around the globe, as well as featured by Foreign Affairs, Forbes, The Guardian, The New York Times, The Times of India, The Phnom Penh Post, National Public Radio, and CNN, among many other outlets.

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Week 1: Introduction

AGENDA

Introductions

Group Expectations

Facts About Injustice

Expectations for Our Journey

Discussion and Reflection

Putting It Into Practice



GROUP EXPECTATIONS

1. I will keep everything shared here confidential.
2. I will not judge other women in this group.
3. I will respect myself and those around me.
4. I will keep my phone turned off during our time.
5. I will show my commitment to my group by attending every session and doing my homework.

Name _____

Signature _____

Date _____

INJUSTICE AROUND THE WORLD

- Globally, 1 billion children aged 2 – 17 years experienced physical, sexual, emotional or multiple types of violence in the past year.¹
- Eleven children under age 5 die every minute, and 35 mothers die during childbirth every hour.²
- Almost three-fifths of the world's extreme poor are concentrated in just five countries: Bangladesh, China, the Democratic Republic of Congo, India and Nigeria.³
- One in five women and one in 13 men report having been sexually abused as a child.⁴
- Some 880 million people live in slums, and nearly 40 percent of the world's future urban expansion may occur in slums.⁵
- There are 168 million children worldwide trapped in child labor, accounting for almost 11 percent of the overall child population: 100 million boys and 68 million girls. Around half are engaged in hazardous work.⁶
- Worldwide 18,000 people a day die because of air pollution.⁷
- Globally, women earn 24 percent less than men and hold only 25 percent of administrative and managerial positions in the business world.⁸

¹ World Health Organization Media Centre Fact Sheet N°150. Child Maltreatment, September 2016.

² World Health Organization Media Centre Fact Sheet. Violence Against Children, February 2018.

³ World Bank Group. 2015. Global Monitoring Report 2014/2015: Ending Poverty and Sharing Prosperity. Washington, DC: World Bank. doi: 10.1596/978-1-4648-0336-9. License: Creative Commons Attribution CC BY 3.0 IGO

⁴ UNESCO, 2016 Global Education Monitoring Report Gender Review: Creating Sustainable Futures for All.

⁵ UNDP. Human Development Report 2016. Human Development for Everyone.

⁶ World report on child labour 2015: Paving the way to decent work for young people / International Labour Office. Geneva: ILO, 2015

⁷ UNDP. Human Development Report 2016. Human Development for Everyone.

⁸ World Health Organization Media Centre Fact sheet N°239. Violence Against Women, November 2016.

EXPECTATIONS FOR OUR JOURNEY

If you are reading this, you are about to begin a journey toward new expressions of advocacy. There is always a sense of anticipation at the beginning of a new season – and it is important for us to set expectations for how we want to grow, learn and practice courage along the way.

What do I want to be free from?

How do I want to bring freedom to others?

What would it look like for me to move from being safe to being brave?

Where do I want to grow?

We'll return to these questions at the end of the study, and reflect on how we've grown on the journey.

“Injustice anywhere is a threat to justice everywhere.”
- MLK

Recount a time that you stepped beyond your comfort zone in a way that required courage.

What might it look like to live that way on a daily basis?

What is getting in the way?

PUTTING IT INTO PRACTICE

Get started by becoming more aware.

What issues are you interested in learning more about? List them below, then do your research and find organizations that advocate for these causes.

These may include issues about poverty, human trafficking, social injustice, animal rights or even environmental causes. If you can't think of any off the top of your head, do an online search or talk with friends and neighbors.

Write down 6 injustices that IJM focuses on that affect the poor around the world.
ijm.org/our-work

Then, research ways you can help at **ijm.org/get-involved/volunteer**.
Keep learning at **ijm.org**.

Injustices	How can I help IJM?

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Week 2: Seek Justice

AGENDA

Week 1 Reflections

Fighting for Justice

Discussion and Reflection

Putting It Into Practice

WEEK 1 REFLECTIONS

“We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.”

- Herman Melville, American Writer

FIGHTING FOR JUSTICE

What would I do?

What would I say?

What would I feel?

What would I believe?

He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.

- Micah 6:8

Doing the work of justice is an intrinsic part of our humanity.

DISCUSSION AND REFLECTION

What do we mean by “justice”?

The term is often defined widely and differently. Perhaps it's more helpful to think about how we define “injustice.” According to Merriam-Webster, injustice is defined as, “absence of justice: violation of the rights of another: unfairness: an unjust act: wrong.”

It is tempting to think that injustices happen simply because there is evil and darkness in the world, but injustices often occur for a much more insidious reason: they happen as a result of a person or a people group being overlooked or unseen by the people around them. Which means when you and I don't see the unjust acts taking place in our world, we are perpetuating this vicious and ugly cycle of oppression. This is not to bring condemnation, but clarity around the fact that it is our responsibility as humans to take care of one another, by first seeing one another.

The first step toward advocacy is simply having the eyes to see.

Eyes to see, in your everyday life, the hurting, oppressed, forgotten, marginalized people around you.

Where do I get affirmation in fighting for justice?

Have you ever felt compelled to fight for justice, but did not have the courage? Or have you ever tried to fight for justice and failed? What was this like?

Have you ever “put yourself out there” to help someone who didn't want your help? What was this like?

How does justice overlap with compassion?

PUTTING IT INTO PRACTICE

Practice courage by stepping out of your comfort zone to help someone else! Try something compassionate every day that might make you feel uncomfortable or awkward, and then briefly describe your experience below.

Little acts of compassion might not feel like “fighting injustices,” but practicing courageous acts of compassion helps us begin to shift our mindset from an “inward” focus to an “outward” focus. Need suggestions?

- Bring food to a neighbor
- Make an appointment to volunteer at a soup kitchen, hospital or nursing home
- Smile at a stranger
- Generously tip a stressed-out server
- Pay for another mom's groceries
- Forgive someone for a past wrong
- Send a card to someone you haven't talked to in years
- Give up your seat on the train/bus
- Offer to watch a friend's kids for a few hours
- Drop food off for a homeless person

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Week 3:

Love Your Neighbor

AGENDA

Week 2 Reflections
Loving My Neighbor
Discussion and Reflection
Putting It Into Practice

WEEK 2 REFLECTIONS

“Do to others as you would have them do to you.”
- Matthew 7:12

LOVING MY NEIGHBOR

What does it mean to love my neighbor?

DISCUSSION AND REFLECTION

How can I love my neighbor?

Who is my neighbor?

What does “loving my neighbor” have to do with fighting for justice?

The struggle for justice always stands or falls on the battlefield of hope.

DISCUSSION AND REFLECTION

How can we cultivate hope in the face of injustice?

Do you believe that the average person can do something about injustice in the world?

What can you do to encourage others to live lives of justice?

PUTTING IT INTO PRACTICE

Establish healthy boundaries.

Before we dive right into loving our neighbors and fighting the injustice in the world, it is important to establish healthy boundaries to protect others and ourselves.

Boundaries are a necessary part of emotional self-care, especially when we are working to advocate for others. This week, identify several of your boundaries that you already have or wish to begin implementing while pursuing your advocacy goals:

1. _____

2. _____

3. _____

4. _____

5. _____

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PHOTO PROVIDED BY IJM

Week 4: Walk Humbly

AGENDA

Week 3 Reflections

Where to Start

Discussion and Reflection

Putting It Into Practice

WEEK 3 REFLECTIONS

“Great things are done by a series of small things brought together.”

- Vincent Van Gogh

WHERE TO START

How does pride get in the way of fighting for justice?

It's easy to feel paralyzed by the massive need in the world. The truth is, pride often disguises itself as modesty or practicality. Because of pride, we are tempted to think that we can't do enough, that we don't know where to start or that we have nothing to give.

DEFEND THE POOR

RAISE YOUR VOICE

LOOK AROUND

Be Encouraged!

DISCUSSION AND REFLECTION

Consider other heroes who have “charged the darkness” of injustice. *Who comes to your mind?*

Consider your story from childhood until now. *Who in your life has charged the darkness?*

Recount a time when you were desperate to help someone you love, but you couldn't. *How did you feel?*

What can we do today to support those who are severely oppressed and enslaved?

PUTTING IT INTO PRACTICE

Dealing With Stress and Conflict. Respond Instead of React.

As we begin to stand up for justice, many emotions may get stirred within us. Good — use that! It is our passion for justice that will drive us forward and give us the courage to stand up for others and ourselves. However, it is important to have healthy responses to these emotions.

Begin by being aware of your triggers. Ask yourself, *What people, situations or words cause me to react in an automatic way that feels out of my control?*

Record your triggers and reactions below or on your journal page.

Triggers	Automatic Reactions

When you have identified several of these automatic reactions, try to work through new ways of responding. Sometimes it helps to have reminders, such as writing the word “pause” at the top of your notebook in a business meeting. Then practice responding instead of reacting by following 4 steps:

1. Identify the triggering situation.
2. Notice how you want to react.
3. Learn to pause. What might remind you to do so?
4. Select a response. What will you do instead?

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Week 5: Live Boldly

AGENDA

Week 4 Reflections

Ordinary People Doing Extraordinary Things

Discussion and Reflection

Putting It Into Practice

WEEK 4 REFLECTIONS

The work of justice is not passive.

ORDINARY PEOPLE DOING EXTRAORDINARY THINGS

Harriet Tubman: Led over 300 people to freedom and never lost a single passenger

Todd Beamer and the passengers of Flight 93: Fought back against 9/11 terrorists

Candy Lightner: Stood up against drunk driving

Moses: Led the Israelites out of captivity

“When our grandchildren ask us where we were when the voiceless and the vulnerable in our era needed leaders of compassion and purpose, I hope we can say that we showed up, and that we showed up on time.”

– Gary Haugen

DISCUSSION AND REFLECTION

What do I have to offer?



Do I believe that I can take part in standing up for justice?



How am I being called to act?



PUTTING IT INTO PRACTICE

This week, choose to “opt-in” to living justly. Choose to see those who are vulnerable in your own community.

Decide one way in which you will “charge the darkness”: bring food, visit with someone who is alone, make a donation, ask to hear someone’s story and share it with others.

Prepare To Share Your Story:

Consider each of these questions. Record a response to each.

What do I want to be free from?

How do I want to bring freedom to others?

What would it look like for me to move from being safe to being brave?

Where do I want to grow?

Now, look back at your answers to these four questions, which you recorded on the first day of the study. What do you notice? Has your perspective changed? What insight do you have into the changes in your heart and spirit over the past five weeks?

Theme or Key Lesson:

As you’ve compiled your thoughts, do you see a dominant theme or lesson you are learning? A consistent struggle or success? Prayer request or praise? Are there new thoughts, or perhaps a new passion for seeking justice?

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Week 6: A Blueprint for Your Story

AGENDA

Week 5 Reflections
Sharing Our Stories
Discussion and Reflection
Putting It Into Practice
Finding Your Role

WEEK 5 REFLECTIONS

SHARING OUR STORIES

One of the most effective and exciting ways to share about how we are growing is to share our personal stories. Each of us has a powerful story. It can be challenging to find the right memories or words when we're asked to describe our experiences in different moments. But each of us is well-equipped to share an impactful story. Through our own journey to courage, we can communicate the need for others to become involved. We can motivate others to raise their voices, raise awareness or advocate.

DISCUSSION AND REFLECTION

Plans for Follow-up Meeting (Week 7):

Week 7 will be an opportunity to bring women together, enjoy some great food and celebrate the community around the table. If you feel inclined, consider inviting your significant other so they can hear about the study and your time together.

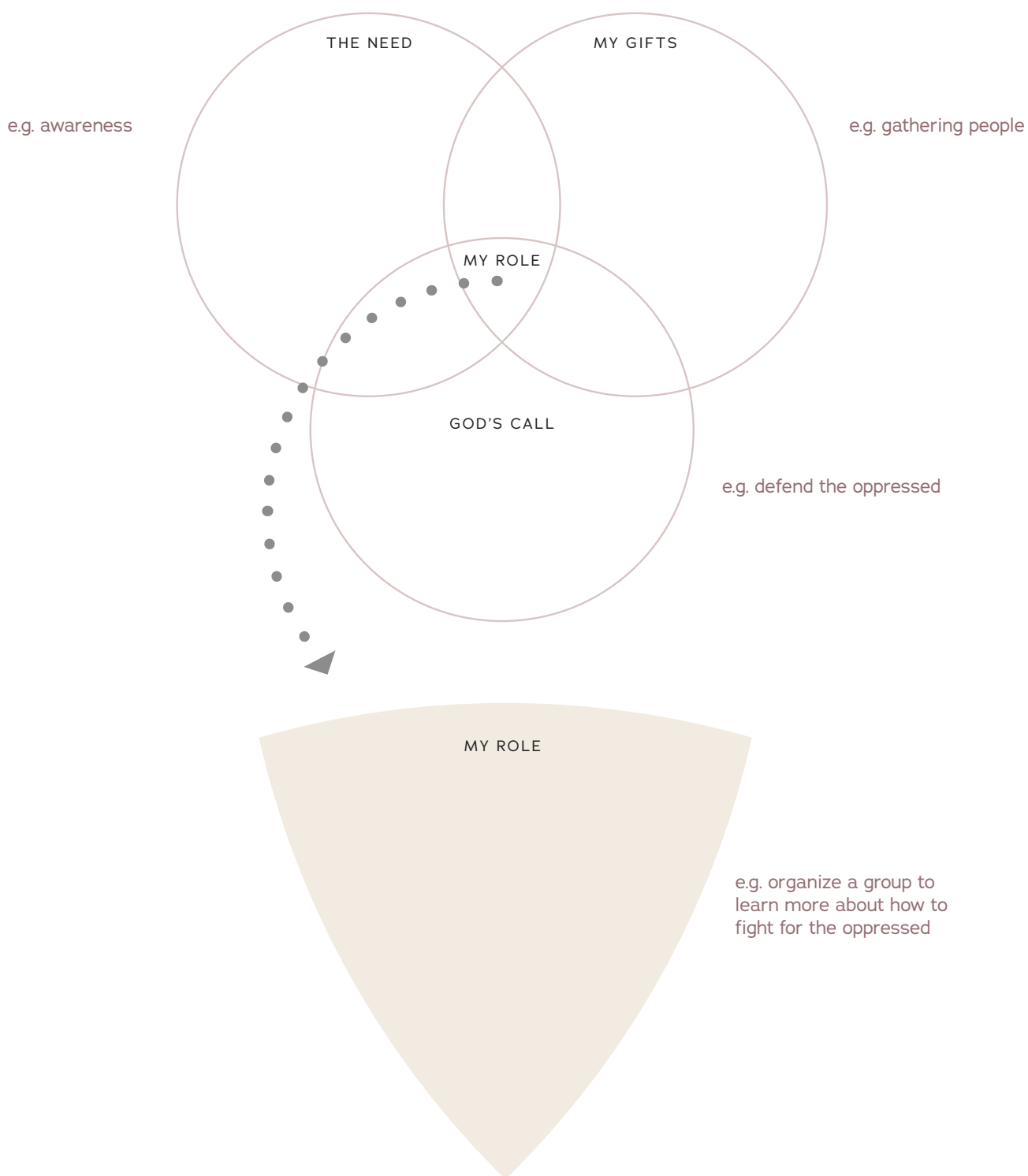
PUTTING IT INTO PRACTICE

Significant Stories

Which stories, quotes or scripture from this study have resonated deeply with you? Write these down to remember where you are in your journey, and reflect on them as you move forward.

FINDING YOUR ROLE

Complete the Venn diagram below. In each space, list some words or thoughts. Then, in the center, consider what specific action you might take in the fight against injustice. Each of us has a purpose, and we're intricately designed for the role we are intended to play.



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PHOTO PROVIDED BY IJM

Week 7:

Celebrating the Journey

AGENDA

Week 6 Reflections

Celebrating the Journey

Remembering Together

IJM Stories

Discussion and Reflection

Next Steps

WEEK 6 REFLECTIONS

CELEBRATING THE JOURNEY

Where We’ve Been:

Where We’re Going:

REMEMBERING TOGETHER



*Let’s remember the journey we are on to bring freedom to others.
Let’s remember and celebrate together!*



IJM STORIES

Manna's* Story, Age 14:

Manna* lived with her brother and was often beaten by him. When she was 14, she made the decision to run away, believing it was her only option to escape her terrible living situation. Passing through the clutter and scuffle of the bustling train station, a young woman noticed Manna crying and offered to help her. She listened to Manna and won her trust. The woman promised her a job selling fabric - just the kind of opportunity a desperate Manna needed. The woman led her to a place to rest, but when Manna woke the woman was gone and another woman warned her that her life was no longer her own. She would not sell fabric, but her body.

Manna refused her first three customers, but the brothel keeper beat her repeatedly until she gave in to the men who had come to rape her. She tried to run away and even begged the men who raped her to rescue her or call the police. There seemed to be no escape from this nightmare. Manna was trapped.

DISCUSSION AND REFLECTION

What factors made Manna especially vulnerable to exploitation?

What do you think Manna needed most while in the brothel?

Manna's Story, Part 2:

Manna's nightmare continued for two years until another girl, whom International Justice Mission had rescued, led IJM operatives back to the brothel to rescue more girls hidden in a soundproof dungeon. Manna was one of four young girls rescued from that dark place. She now lives in the freedom of an aftercare home that provides love, safety and schooling where she is studying to become a social worker. IJM helped build a case against her brothel keepers. They were both convicted and sentenced to five year imprisonments.

After her rescue, with a smile that filled the room, Manna said, "I came to prison, but I am not alone. God took me from that place to here ... What is impossible for men is possible for God."

DISCUSSION AND REFLECTION

How can we use Manna's story to mobilize for action?

How is our need for rescue similar to Manna's?

Mien's* Story, Age 14:

Mien* grew up in Svay Pak, a marginalized community in Cambodia that was notorious for selling very young girls for sex. Mien's family emigrated from Vietnam, and they were desperately poor. Her father spent what little money they earned on alcohol, and her mother was helpless to stop his abuses.

Like many other girls growing up in the poor community, Mien was sold to a brothel one block from her own home when she was just 14 years old. Night after night, Mien was sold to sex tourists and men who came to Svay Pak because they knew they could find young girls. The nightmare became a routine. Although she was minutes from her childhood home, Mien was trapped.

In 2003, IJM heard about Mien and the many girls who were trapped and abused. IJM investigators assisted the Anti-Human Trafficking and Juvenile Protection Unit of the Cambodian National Police with its first-ever rescue operation. On that day, 37 girls were rescued from sex slavery. The youngest girl was only 5 years old. But Mien hid from the police during the rescue operation. The brothel owners had told her, time and time again, that if the police found her they would arrest her. Sadly, Mien was not rescued that day.

Her family moved north, to Siem Reap, near the popular tourist destination of Angkor Wat, a beautiful ancient temple. Mien was again sold to a brothel there, where her life fell back into the same nightmare. Mien was sold night after night to men who paid to rape her. She said, "I despair – my life does not have meaning ... I feel like I don't want to do this anymore, but what else can I do? I have no skills and my family depends on the money I send to them every month."

DISCUSSION AND REFLECTION

Is it hard for you to believe that a story like this is real?

How do we engage God in the face of such suffering? What do we need to believe is true about God?

Mien's Story, Part 2:

IJM investigators started to gather evidence in the very same brothel where Mien was being exploited. The brothel was disguised as a massage parlor, but IJM soon documented evidence to reveal girls had been trafficked there to be sold for sex.

In 2007, IJM worked with an anti-trafficking unit of the police in Siem Reap to rescue women and girls who had been trafficked to a brothel, including Mien and seven other girls, most of whom were minors. Mien was taken to a short-term aftercare shelter, where she received crisis care and started a new life of freedom. IJM assisted the prosecutor to develop a strong legal case against the pimps and traffickers. At the end of the trial, justice was delivered: five perpetrators were convicted.

DISCUSSION AND REFLECTION

How can we use Mien's story to mobilize others for action?

What does Mien's story teach us about life after trauma or suffering?

It is absolutely clear that God has called you to a free life ... use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom.

- Galatians 5:13-15 MSG

NEXT STEPS

God has uniquely gifted each one of us and he is on the move bringing justice today. Take what you've learned about yourself and join the movement to end slavery.

Here's some ideas for what could be next for you:

- Give. Become an IJM Freedom Partner - Help IJM show up 24 hours a day. Donate \$24 each month and help bring last minute-rescue and critical aftercare. Your faithful support defends children and families in need, no matter how long justice takes. [**ijm.org/mops**](http://ijm.org/mops)
- Host. Host your own Rescue Party. We'll give you everything you need to organize a screening of a 15- minute film with your friends, family or entire church. You'll learn how together, we can end slavery. [**ijm.org/mopscreening**](http://ijm.org/mopscreening)
- Host. Invite an IJM speaker to your church to share about God's heart for justice. [**ijm.org/request-a-speaker**](http://ijm.org/request-a-speaker)
- Pray. Sign up and join IJM in monthly prayer for urgent needs. [**ijm.org/get-involved/pray**](http://ijm.org/get-involved/pray)
- Volunteer. Use your time and talent in your community. [**ijm.org/get-involved/volunteer**](http://ijm.org/get-involved/volunteer)
- Share. Host an IJM event in your home or favorite coffee shop and share about the work of IJM. [**ijm.org/our-work**](http://ijm.org/our-work)
- Fundraise. Fund a rescue operation for only \$6,300 for families trapped in slavery and young girls in brothels. [**ijm.org/financials/start-a-fundraiser**](http://ijm.org/financials/start-a-fundraiser)

this is motherhood. NEVER FORGET THAT LOVE IS THE BEST THING WE DO.

LOVE BIG, LOVE MESSY, LOVE LOUD. SLOW DOWN AND CUDDLE YOUR LITTLES, EVEN WHEN THEY'RE BIG. ABANDON THE LIE OF PERFECTIONISM. LEARN FROM YOUR KIDS AND COLOR OUTSIDE THE LINES, AND THEN STAND IN AWE OF THE MASTERPIECE YOU CREATE. SMILE KNOWING RIGHT NOW WILL TASTE EVEN BETTER AS A MEMORY. DECLARE GOODNESS; THE WORDS YOU SPEAK DICTATE THE LIFE IN FRONT OF YOU. REMEMBER THAT BAD DAYS COME AND GO. WHEN ALL ELSE FAILS, DANCE IT OUT. YOU ARE LOVED BY A GOOD GOD WHO CALLS YOU DAUGHTER. TEND TO YOUR OWN WOUNDS AS GENTLY AS YOU DO THE SKINNED KNEES AND THE JAMMED FINGERS AND THE HURT FEELINGS. BE THE FRIEND YOU NEED, EVEN WHEN YOU'RE BUSY. HUG PEOPLE TOO LONG. CATCH THE TEARS OF OTHER MOMS TOO. SPEAK UP FOR THOSE WHO DON'T HAVE A VOICE AND YOUR KIDS WILL DO THE SAME. SIT IN THE WARMTH THAT YOUR BABY WILL CHANGE THE WORLD SOMEDAY. STAND KNOWING THAT YOU CAN TOO.



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