

THE 360 SESSION

Each session is built around a number of core activities which help balance learning styles, discipleship needs and fun with focus.

For more information on each of these activities, see the toolkit at the back of the manual.



Body Builders

Fun ideas to help people relax and to build Godly community.



Food for Thought

Group members follow a regular Bible reading plan, journaling their thoughts and discussing their devotional times in creative ways.



Connect 3

Groups of 2-4 designed to allow deeper sharing, discussion and prayer.



Prayer Focus

Creative activities to encourage individual and group prayer.



Leader's Choice

Time during the session to bring in an activity that you feel will help the specific needs of your group.



Trigger Talks

Short talks which present key thoughts and promote discussion on the issues being addressed.

1. LIFE EXPLORED

OBJECTIVES

- To share the vision for 'Ex-plore - Life.
- To begin building a positive group dynamic.
- To clarify expectations of leaders and group members.
- To introduce 'My Story'.

LEADER & CO-WORKER PREP.

- Send an invite to each potential group, member confirming the meeting time and place.
- Discuss your hopes, expectations and concerns for the course.
- Meet your mentor and ask them to be praying for you as you meet.
- Agree who will deliver which activities.
- Identify the possible dates for the group Residential.
- Assess any Health and Safety requirements.
- We strongly recommend choosing a ministry placement before you begin meeting.

THINGS TO BRING

- Journals for each person.
- Equipment for the Trigger Talk.
- Snacks
- Large sheets of paper
- Markers

1. LIFE EXPLORED

ACTIVITY 1. WELCOME & OPENING PRAYER

00:10

1. Greet everyone, introduce yourself, if necessary, and then, highlighting that stories are a key part of the experience, share a little of why you are involved in this group and why you are excited about starting the course.
2. Pray for the group and for the weeks ahead.

Key Teaching Point/ Helpful Hints

- Food, a drink and music are good, as people arrive.
- Praying early will help this become part of the group experience - you may want to take a few minutes to explain what prayer is.

Notes

ACTIVITY 2. BODY BUILDER



00:15

1. Using the Body Builder section of the Toolkit and your own ideas, prepare a series of activities to help the group relax, set a tone of fun and deepen relationships.

Key Teaching Points/ Helpful Hints

- Consider the make-up of the group - age, gender, how well they know each other.

Notes

ACTIVITY 3. CHARTING THE COURSE

00:10

1. Hand out the journals and ask everyone to read pages 1 to 3.
2. Allow time for people to read and ask questions, but be sure to highlight the key parts of the course including:
 - a) The Regular Sessions
 - b) The Residential
 - c) The Ministry Placement - give as much information as you have.
 - d) Prayer Partners
 - e) Group Member Roles
3. Explain 'Food for Thought,' using notes from the Toolkit. Point out the 'Core' and 'Core+' reading plan at the end of this session and the journaling pages at the back of the journal.
4. Finish by clarifying your expectations as a leadership team, considering attitude, attendance, time keeping and commitment.

Key Teaching Points/ Helpful Hints

- Prepare well for this activity, using the toolkit and agreeing your expectations.
- Group members should be committed to regular personal devotions and there will be opportunities in most sessions to share what they are learning.
- It may be helpful to discuss the challenges and benefits of these regular devotions and journaling, encouraging group members to share from personal experience.
- Readings have been divided into 'Core' and 'Core +' to allow groups to have consistent readings, but to meet weekly or fortnightly.

Notes

1. LIFE EXPLORED

ACTIVITY 4. TEAM PLAYER

00:15

1. Split into 4 groups and give each group a large piece of paper and some pens.
2. Ask each group to draw characteristics of a team member who contributes positively to a team.
3. Have each group give feedback and explain their responses.
4. Using the feedback from the drawings, write a mission statement for your group, summarising what you hope to achieve as a group over the next few months.
5. Group members can record the mission statement on page 4 of the journal.

Key Teaching Points/ Helpful Hints

- Which tease out issues relating to being part of a community.
- You may want to discuss negative group behaviour and how it impacts.

Notes

ACTIVITY 5. HOPES AND FEARS

00:10

1. Using page 5 of the journal, have group members write responses to the 4 Hopes and Fears questions.
2. Using a random order, ask each person to give their response to 1 question chosen by another group member.

Key Teaching Points/ Helpful Hints

- Using a simple response method, such as the person with the largest shoe size going first, through to the person with the smallest shoe size.
- This activity helps you see people's motivation for involvement and ensures people have the right expectations.
- Be sensitive to the fact that some group members may never have spoken in a group setting before - some encouragement may be needed.

Notes

ACTIVITY 6. RESIDENTIAL PREP

00:10

1. Start by asking group members to suggest reasons why a Residential would be good for the group.
2. Outline the possible dates for the Residential and try to identify the most likely.
3. Ask for suggestions for a Residential location.
4. Assign people to investigate locations, availability and costs.

Key Teaching Points/ Helpful Hints

- You may need to clarify expectations for the Residential or deal with concerns.
- There are lots of tips in the Residential section of the Toolkit.

Notes

1. LIFE EXPLORED

ACTIVITY 7. LEADERS' CHOICE



ACTIVITY 8. LOOKING AHEAD

00:10

FOOD FOR THOUGHT READING PLAN

CORE for session 2

Day 1. Mat 6:31-33 + 1 Cor 10:31
Day 2. John 10: 7-10
Day 3. Jeremiah 29: 10-14
Day 4. Psalm 90: 10-12
Day 5. Philippians 3: 7-11

CORE + for session 2

Day 1. Mark 1:1-13
Day 2. Luke 4:1-13
Day 3. Mark 1:14-34
Day 4. Mark 1:35-45
Day 5. Mark 2:1-17

1. Encourage everyone to begin the reading plan and come to Session 2 prepared to share their learning.
2. Recruit 2 people who will tell their story of being part of a team for a service project for Session 2 Activity 7.