

A 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. THE EXCHANGED LIFE

OBJECTIVES

- To share the vision for 'Ex-change - Foundations and introduce the concept of 'The Ex-changed Life'.
- To begin building a positive group dynamic.
- To clarify expectations of leaders and group members.

LEADER & CO-WORKER PREP.

- Send an invite to each potential group member, confirming the meeting time and place and reminding them to bring a Bible.
- 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.
- Watch the Trigger Talk and prepare questions for discussion.
- 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.

1. THE EXCHANGED LIFE

ACTIVITY 1. WELCOME & OPENING PRAYER

00:10

1. Greet everyone, introduce yourself, if necessary, and then share a little of why you are excited about starting the course.
2. Pray for the group and for the weeks ahead.

Key Teaching Points/ Helpful Hints

- Food, a drink and music are good as people arrive.

Notes

ACTIVITY 2. BODY BUILDER



00:15

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. THE EXCHANGED LIFE

ACTIVITY 4. TRIGGER TALK: THE EX-CHANGED LIFE



00:20

1. Watch the trigger talk and encourage group members to take notes on page 4 of the journal.
2. Generate discussion through some, or all, of the following:
 - a) Give the opportunity for people to identify key points which struck them.
 - b) Ask for examples of things that most commonly control people?
 - c) Have a group member read Mark 8:34-37 and Gal. 2:20, and discuss what these verses mean in everyday life.
 - d) Have group members define 'The Ex-changed Life' in their own words.
 - e) In pairs discuss 'What do you need to exchange?'

Key Teaching Points/ Helpful Hints

- Push the discussion from principles into group members' actual experiences.

Notes

ACTIVITY 5. A SUCCESSFUL SMALL GROUP

00:10

1. Ask each group member to write a statement that completes the sentence "A successful small group" on page 5 of the journal.
2. Ask everyone to share their response with the whole group.
3. Choose the main things together and note them in the journal.

Key Teaching Points/ Helpful Hints

- This summary of a successful small group can be used throughout the course.

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 date.
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. THE EXCHANGED LIFE

ACTIVITY 7. PRAYER FOCUS



1. Invite everyone to write down 3 words which they think a good friend would use of them to sum up their personality.
2. Break the group into groups of 3 or 4 and share these with the other group members.
3. Ask the small groups to pray for each other, focusing on their involvement in the course.

Key Teaching Points/ Helpful Hints

- This is a good opportunity to learn how people view themselves and to help the group members get to know each other.
- Remember that some of the group may have little experience of audible prayer in a group setting.

Notes

ACTIVITY 8. LEADER'S CHOICE



Notes

ACTIVITY 9. LOOKING AHEAD

00:10

1. Encourage everyone to begin the reading plan and come to Session 2 prepared to share what they have learnt.
2. You may want to ask someone to type up or create a picture representing "A successful small group."

FOOD FOR THOUGHT

CORE for session 2

- Day 1. Mark 8:31-38
- Day 2. Gal 2:20 & 2 Cor 3:16-18
- Day 3. Ephesians 2:1-10
- Day 4. Philippians 2:1-9
- Day 5. Colossians 3:1-17

CORE + for session 2

- Day 1. 1 Thessalonians Ch. 1
- Day 2. 1 Thessalonians Ch. 2
- Day 3. 1 Thessalonians Ch. 3
- Day 4. 1 Thessalonians Ch. 4
- Day 5. 1 Thessalonians Ch. 5