

# 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.

# THE POTENTIAL OF MINISTRY

## OBJECTIVES

- To share the vision for 'Ex-press - Hope' and highlight the characteristics of disciples who grow as they minister.
- To provide a definition of ministry and explore different types of ministry.
- To enthuse participants about the potential of a community mobilised to minister.
- To introduce DARE TO PRAYER.
- To clarify expectations of 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
- The definition of ministry written on one word per page for Activity 4.

# 1. THE POTENTIAL OF MINISTRY

## 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

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## 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

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## 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

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# 1. THE POTENTIAL OF MINISTRY

## ACTIVITY 4. TRIGGER TALK : THE POTENTIAL OF MINISTRY



00:20

1. Watch 'The Potential of Ministry' trigger talk and encourage group members to take notes on page 4 of the journal.
2. Challenge group members to remember and restate the definition of ministry 'Followers of Jesus joining God's initiative to bring hope to a hurting world and life to the Body of Christ'.
3. Follow this by discussing some of the questions below:  
Why is ministry often seen as something for just a few rather than all followers of Jesus?  
What are some of the everyday ministry opportunities around us?  
If everyone in your church was committed to a life of ministry what would be the impact?  
In groups look at the characteristics of a community mobilised to minister using the following passages Acts 4:32-37, Acts 9:23-28, Acts 11:22-30, Acts 15:36-41

### Key Teaching Points/ Helpful Hints

- You might write out the definition, on one word per page and have group members rearrange them.

Notes

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## ACTIVITY 5. PERSONAL MISSION STATEMENT

00:10

1. Have group members reflect on what they hope to contribute and what they hope to gain from the course.
2. Ask everyone to write a short 'Personal Mission Statement' on page 5 of the journal.
3. Split the group into pairs and encourage everyone to read and explain their 'Personal Mission Statement'.
4. Pray in pairs for growth and encouragement through the course.

Notes

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## ACTIVITY 6. RESIDENTIAL PREP

00:10

1. Start by asking group members 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. THE POTENTIAL OF MINISTRY

## ACTIVITY 7. PRAYER FOCUS

 00:15

1. Highlight the prayer diary on page 74/75 in the journal and the reasons why a prayer diary can be helpful.
2. Using the DARE TO PRAYER section ask each group member to write down the names of five people, friends or family members, who aren't Christians who they will commit to praying for over the next few months.

### Key Teaching Points/ Helpful Hints

- The DARE TO PRAYER people will be a running theme through the course.
- The rest of the diary is a tool that group members can be encouraged to use.

Notes

## ACTIVITY 8. LEADERS' CHOICE

 00:10

Notes

## ACTIVITY 9. LOOKING AHEAD

00:10

1. Encourage all to begin the reading plan and come to Session 2 prepared to share their learning.
2. Ask 3 people to each prepare a 'Trigger Talk' for Activity 4 in Session 2.
3. Trigger Talk 1 - 'The importance of prayer ministry'.
4. Trigger Talk 2 - 'The importance of sacrificial service'.
5. Trigger Talk 3 - 'The importance of personal witness'.
6. Ask all group members to bring a 'Sweet Treat' for Activity 3 in Session 2.
7. Encourage everyone to fill in their prayer diary this week.

## FOOD FOR THOUGHT READING PLAN

### CORE for session 2

Day 1. Exodus 35:30-36:7  
Day 2. Matt. 25:14-30  
Day 3. Mark. 14:1-11  
Day 4. Luke 10:25-37  
Day 5. John. 13:1-17

### CORE + for session 2

Day 1. Prov. Ch. 1  
Day 2. Prov. Ch. 2  
Day 3. Prov. Ch. 3  
Day 4. Prov. Ch. 4  
Day 5. Prov. Ch. 5

### Key Teaching Points/ Helpful Hints

- Trigger Talks should last 2-3 minutes and should have grounding in Scripture.
- Give group members clear instructions and support. They can present the talk as a video, a drama or through another medium.