

# 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.

Tookit pg 1 - 6



## Food for Thought

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

Tookit pg 7 - 8



## Connect 3

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

Tookit pg 11



## Prayer Focus

Creative activities to encourage individual and group prayer.

Tookit pg 9



## Leader's Choice

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

Tookit pg 10



## Trigger Talks

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

Tookit pg 12

# BEFORE YOU BEGIN

## DREAM

Consider your hopes for your group through the course.

## RECRUIT

A suitable leader, co-workers, group members and mentor.

## PLAN

Where and When will you meet? What ministry placement could work for your group?

## INVOLVE

Your church leader, elder or others for support and accountability.

## COLLECT

The necessary manuals, DVDs and logbooks (Leader & co-workers too)

## READ

The intro materials and toolkit to fully understand the process.

## COMMIT

To the tasks, readings and activities the group will be doing.

# 1. A VISION FOR DISCIPLESHIP

## OBJECTIVES

- To share the vision for 'Ex-tend - Discipleship', highlighting our primary calling to be and make disciples.
- To enthuse the participants about the potential of discipleship that leads to depth and fruitfulness.
- To provide a memorable definition of discipleship.
- 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.
- Connect with your mentor and ask him/her to be praying for you.
- Agree who will deliver which activities, using page 10 to write out your session plan.
- Watch the Trigger Talk and prepare any additional questions for discussion.
- Identify the possible dates for the group Residential.
- Assess any Health and Safety requirements.
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## THINGS TO BRING

- Journals for each person, including the leader and co-worker.
- Any resources needed for the Body Builders.
- Equipment for the 'Trigger Talk'.
- Snacks, drinks and any music equipment.
- The definition of discipleship written out on 6 A4 pages, with each page having 1 phrase written on it.

# 1. A VISION FOR DISCIPLESHIP

## 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 Point/ Helpful Hints

- Snacks, drinks and music are good as people arrive.

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.
- Consider what to risk or sacrifice to help develop community.

Notes

## ACTIVITY 3. CHARTING THE COURSE

00:15

1. Hand out the journals and ask everyone to turn to the course diagram on page 2.
2. Allow time for people to read and ask questions, but be sure to highlight the key parts of the course including:
  - a) The 8 Session Titles
  - b) Group Member Roles
  - c) The Residential
  - d) Ministry Placement - give as much information as you have
  - e) Prayer Partners
3. Explain Food for Thought, using the 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, involvement, attendance, time keeping and commitment.

# 1. A VISION FOR DISCIPLESHIP

## ACTIVITY 3. CONT.

### Key Teaching Points/ Helpful Hints

- Agree your expectations in advance, making use of the toolkit.
- As a part of the course everyone should be committed to regular, personal devotions. There will be opportunities in each session to share learning.
- It may be helpful to discuss the challenges and benefits of regular devotions and journaling. Encourage 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

## ACTIVITY 4. TRIGGER TALK - EX-TEND 'A CALL TO DISCIPLESHIP'



00:30

1. Watch Ex-tend 'A Call to Discipleship' trigger talk and encourage group members to take notes on page 4 of the journal.
2. Lay out randomly on the floor the 6 pages which make up the definition of discipleship - one phrase per page.

**Definition:** 'Christlife transformation that leaves no part of a life untouched and leads to each disciple becoming a disciple maker.'

3. Have the group arrange these in the correct order, either on the wall or on the floor.
4. Split the group into 3 or 4 smaller groups and challenge each group to learn and restate the definition of discipleship, without any assistance.
5. Follow this by discussing some, or all, of the questions below, as a full group.

- Why is discipleship so crucial for Christians?
- Why is discipleship often neglected?
- What are some of the major challenges in discipling young people in the 21st Century?

### Key Teaching Points/ Helpful Hints

- Keep the memorisation exercise fun but purposeful - encourage creativity.
- Responses to the questions can be written up on a white board or on a large sheet of paper to aid concentration and impact.

Notes

# 1. A VISION FOR DISCIPLESHIP

## ACTIVITY 5. A PERSONAL MISSION

00:10

1. Have group members reflect on what they hope to contribute and how they hope to grow through the course.
2. Ask everyone to write a 30 word 'Personal Mission' on page 5 of the journal.
3. Divide the group into pairs and have everyone explain their 'Personal Mission Statement' to their partner. The group should remain in pairs for the next Activity.

Notes

## ACTIVITY 6. PRAYER FOCUS

 00:10

1. Highlight the prayer diary on pages 80 - 81 in the journal and the reasons why a prayer diary can be helpful.
2. Ask each group member to write down the names of 3 to 5 people in the 'DARE TO DISCIPLE' section who they might influence to become passionate followers of Jesus.
3. Share the lists in pairs and pray for partners for their personal mission statements and Dare to Disciple lists.

### Key Teaching Points/ Helpful Hints

- The DARE TO DISCIPLE 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 7. RESIDENTIAL PREP

00:10

1. Ask group members to suggest why a Residential contributes significantly to the process of discipleship.
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. A VISION FOR DISCIPLESHIP

## ACTIVITY 8. LEADERS' CHOICE

 00:10

Notes

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## ACTIVITY 9. LOOKING AHEAD

00:10

1. Encourage everyone to fill in their prayer diary this week.
2. Ask everyone to bring a 'Healthy Treat' to share with one other member of the group during Food for Thought at the next session. Give opportunity for any allergies to be highlighted.
3. Encourage all to begin the reading plan and come to Session 2 prepared to share their learning.

### FOOD FOR THOUGHT

From the following passages what insights can we gain about the priorities for a disciple's life?

#### CORE for session 2

Day 1. Rom. 12  
Day 2. Matt. 5  
Day 3. Ps. 23  
Day 4. Ps. 119: 1-56  
Day 5. Acts. 4

#### CORE + for session 2

Day 1. Matt. 6  
Day 2. Matt. 7  
Day 3. Ps. 119: 57-96  
Day 4. Ps. 119: 97-136  
Day 5. Ps. 119: 136-176

# 1. A VISION FOR DISCIPLESHIP

## OUR SESSION PLAN