

The 'Ex-plore' Course - Sharing the Adventure

'Ex-plore' has been designed as a **bridge**; a place where Christians and those who are not followers can enjoy being together and exploring their questions from different perspectives.

Groups are made up of **those who are followers and those not yet**. It is vital that the Christians involved are mature and excited about personal evangelism. They must have a commitment to involvement, a vision to share Christ and a belief that as Christians in the group speak and live out their faith, others will find Christ.

Those who are not yet Christians include both the curious - in whom the Spirit is at work, and the disinterested - for whom the questions of faith are not of great interest but who choose to be involved in the adventure of the experience.

Ex-plore takes participants on a journey through attitudes, ideas and experiences relating ourselves, people close to us, the wider world and what's beyond. **This is done in a way that is:**

- **Relevant** - The process must be driven by the questions people are asking.
- **Responsive** - All group members should be encouraged to share their views and engage with others.
- **Respectful** - Truth can cope with being challenged - Christian responses should be characterised by grace and humility.
- **Relational** - Believers should raise curiosity by sharing and living out their faith as opportunities are presented. Truth is given credibility through relationships.
- **Real** - Outreach should never be presented as a 'quick fix' - redemption requires repentance.

Our hope is to provide an opportunity for Christians to **share the life of Christ** and discover the joy and excitement of doing so. We trust that as the group members gently and honestly explore questions of life from different perspectives the **Christian truth will shine through** and those who aren't yet believers will be **brought closer to their Heavenly Father**.

UNIT 1 Content	UNIT 2 Content
S1: A Journey Starts	S9: A Journey Continues
S2: A Journey with Purpose	S10: A Journey with Personality
S3: A Journey with Music	S11: A Journey with Food
S4: A Journey with Friends	S12: A Journey with Family
S5: A Journey into Poverty	S13: A Journey into Conflict
S6: A Journey Deeper	S14: A Journey of Trust
S7: A Journey of Kindness	S15: A Journey of Kindness
S8: A Journey of Faith	S16: A Journey Reviewed
MINISTRY PLACEMENT	MINISTRY PLACEMENT

Objectives:

- To help people see we should all find purpose in life.
- To agree some of the group roles.
- To introduce 'Food for Thought'.
- To begin to consider areas in which we would like to see change.

Things to Bring:

- Logbooks
- Food for Thought Journals
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Session Content**Notes****Activity 1 - Body Builder - 'Knowing me...knowing you':**

15 mins

- 1) Have the group complete the 'Knowing me...knowing you' activity on **page 3 in the logbook**.
- 2) Give everyone the opportunity to share in small groups what they have recorded.

Key teaching points/helpful hints:

- Feel free to make up your own sheet or add a few more questions to draw out of people some interesting information about themselves.
- It may be helpful to be thinking of potential combinations for 'Connect 3' groups.
- You may want to have people share their answers by moving to opposite sides of the room i.e. one side represents McDonald's and the other Burger King. You could then have an informal debate between the sides.

Activity 2 - Re-cap:

10 mins

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Activity 3 - Fire Escape:

15 mins

- 1) Get the group to imagine there is a fire in their house. All people and animals are safe but they have to choose 3 items to save.
- 2) Go round the group and listen to the choices.
- 3) Encourage group members to explain why they have chosen to save certain things.

Key teaching points/helpful hints:

- This is a good indicator of what is important to people.
- Ask people to consider why they saved things. Was it because they have financial value, a sentimental value or because they were important to someone else? What does this tell us about our values?

**Activity 4 - Food for Thought:**

10 mins

- 1) Highlight the reading plan (**at the back of the logbook**) and give out the **Food for Thought Journals**.
- 2) Discuss how these should be used using the example on **page 3 of the logbook**.
- 3) Organise a **mid week motivator**. This is an e-mail, txt or blog where issues can be raised or learning gained can be shared or discussed.

Key teaching points/helpful hints:

- Food for Thought reading and journaling are an optional activity but do encourage group members to give it a go as it may be a life changing experience.
- Some of the benefits of journaling include helping us to think through issues, can be useful to reflect on years later and see how we have grown and can be helpful in dealing with stressful issues/events in our lives.
- Even journaling thoughts and experiences will be beneficial for group members.

Session Content

Notes

Activity 5 - Making your Mark:



10 mins

- 1) Ask everyone to look over the roles on **page 4 of the logbook**.
- 2) Have group members consider which ones would suit or interest them.
- 3) Allow everyone to share which role(s) they would like- this can be done by going through role by role, person by person or with written feedback.
- 4) Inform the group that the leaders will decide who does what by **Session 3**.

Key teaching points/helpful hints:

- The final decision for the roles should always be with the leadership- if you allow the group to discuss things make sure that the quieter people don't get squeezed out of doing what they want.
- Be careful not to put someone in a role that they don't have the skills for- you will regret it .
- Have people managed in their roles by either the leader or co-worker- make sure individuals know who is managing them.
- You can add or combine roles as appropriate.
- Use **page 14 of this manual** to record who will fill each role and who will manage them.

Activity 6 - 'To infinity...and beyond...':



15 mins

- 1) Have the group use **page 5 in the logbook** to list 5 achievements they would like to have reached by the time they are 40.
- 2) Ask them to share in pairs what they have written down.

Key teaching points/helpful hints:

- It may be necessary to suggest areas of life in which people might have goals. For example family life, social life, spiritual life, work life, sporting life, etc.
- If feedback is taken in the full group have everyone share just 2 goals/achievements as sharing all 5 will be time consuming and people will lose interest.

Activity 7 - Going Deeper - 'In Need of a Change':



15 mins

- 1) Ask everyone to note on **page 5 of their logbooks** two changes they would like to see in their life.
- 2) If there are 10 in the group write the numbers 1 to 10 on individual pieces of paper and randomly give everyone 1 piece of paper.
- 3) Then have all the group share 1 change they'd like to see in their life with the whole group - going from 1 to 10.

Key teaching points/helpful hints:

- A key focus of the course is exploring who we are and what we want to become.
- Group members will need some help to think through changes they'd like to see. Give them examples of areas of their lives where they might like to see change. It may be as complex as improving a relationship with their mother or father or as simple as getting more exercise.
- Allow people to pass if they feel uncomfortable.

Additional Group Business:

- Remember to keep the attendance record in **page A2 of the Appendices**.
- Decide on the make-up of the 'Connect 3' groups.
- Assign roles to group members.
- Involve your 'Food for Thought' Officer in setting up the midweek motivator.
- Ask each group member to bring a CD with them to **Session 3** that has a song that is significant to them. Encourage them to bring music that is important to them but **make sure that they know that you won't play lyrics that compromise your values**. It may be wise to txt a reminder just before **Session 3**.
- Involve your residential co-ordinator in the continued planning of your residential.