

The 'Ex-change' Course - Foundations to Last

*"Everybody gives their life to someone or something, **everybody makes an exchange**. The only question that really counts in this life is this:*

"Will what you have given control of your life to, be worthy of your one and only life?"

Alan Scott - Introductory ex-change talk

An exchange needs to take place in all disciples where we die to ourselves and make way for the life of Christ to grow in us. This means a re-ordering of our lives to surrender our own agenda and to embrace the Lordship of Christ. This radical transformation is not a passive process. We have to **make choices which will enable the change to take place**.

The course focuses on laying foundations that encourage participants to 'feed themselves' and make transformation and growth a priority in their walk with God. It aims to take a balanced approach to discipleship and sessions are based on the **Description of a Discipled Person (PRESS)** which has been developed within Exodus. This identifies 5 key areas of the life of a disciple.

Ex-change groups tend to be made up of a **variety of participants** including:

- New Christians.
- Christians who have never been discipled and are still "infants" in their faith.
- Some who aren't Christians but are committed to engaging with the discipleship process.
- 'Fence sitters' who may be unsure of their faith or depending on their parents faith.
- Committed Christians who want to revisit some of the key building blocks to their faith.

Through this course we hope to see young people developing **deepening relationships with God** by equipping and empowering them to live out their faith and impact their families, friends and church. The vision is for young people who are prepared to seek out His call for holy living and living out the every day exchange by saying, **"He must become greater, I must become less"**.

UNIT 1 Content	UNIT 2 Content
S1: The Exchanged Life	S9: Continuing the Journey
S2: Pressing On	S10: Participating in His Community (2)
S3: Participating in His Community	S11: Reflecting His Character (2)
S4: Body Building and Beyond	S12: Enjoying His Presence (2)
S5: Reflecting His Character	S13: Seeking His Truth (2)
S6: Enjoying His Presence	S14: Sharing His Life (2)
S7: Seeking His Truth	S15: Local Ministry
S8: Sharing His Life	S16: The Final Countdown
MINISTRY PLACEMENT	MINISTRY PLACEMENT

Objectives:

- To consider what defines Christian Community.
- To emphasise the importance of fellowship in church and with Christian friends.
- To start planning for the residential.
- To introduce group roles and 'Connect 3' groups.

Things to bring:

- **Mission statement.**
- **Confirmed 'Connect 3' lists.**
- **Recorded Delivery Equipment**
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Session Content**Notes**

15 mins

Activity 1 - Body Building:

Some suggestions – “Creating Structures” (BB No. 55), or “Puzzle Mixer” (BB No. 67).

Key Teaching Points/ Helpful Hints

- Use activities that emphasise the need for team work including listening and cooperation.



10 mins

Activity 2 - Re-cap:

- Review your 'Group Mission Statement'.
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15 mins

Activity 3 - Making your Mark:

Ask everyone to look at the list of group roles on **page 8 of the logbook**. Explain that each role will be filled by 1 or 2 group members.

There are a number of possible ways of assigning the roles:

- 1) **Ask** each person to write in the logbook under each role what **skills or experience** they have for that role. Then during tea break or through the week the leadership chooses the most appropriate roles for each person.
- 2) **Discuss** within the group allowing everyone to say which 3 roles they would most like.
- 3) **Write** all the roles on separate pieces of card, put them on the floor and allow the group to **walk** round, **talk** and **suggest** who should do what.

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.
- Be careful not to put someone in a role that they don't have the skills for.
- Have people supported 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 18 of this manual** to record who will fill each role and who will support them.



10 mins

Activity 4 - Food for Thought - Soul Food:

- 1) Ask everyone to take a couple of minutes to reflect, using their Food for Thought Journals, on what they have been reading recently in the Scriptures.
- 2) Pair the group members and ask them to swap logbooks
- 3) Have them complete the section entitled 'Soul Food' on **page 9 of their partner's logbook**.
- 4) Return the logbooks and in pairs give an explanation for what they have written.

Key Teaching Points/ Helpful Hints

- Remember the example you are setting. As you demonstrate that devotions are a priority for the group so they will become a priority for individuals.
- Encourage a high level of commitment from your group – if devotions are clearly not a priority take the opportunity to gently ask why.
- Peer encouragement and discipleship is crucial. Very often it is when we teach others that we learn most.

Session Content

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Activity 5 - Recorded Delivery - Participating in His Community - Part 1:



30 mins

- 1) Listen to, watch or use another method to present the "Participating in His Community" talk.
- 2) Encourage everyone to take notes **on page 10** of their logbooks.
- 3) Generate discussion at end of the talk or at key points. You may want to use the questions below or come up with some of your own. (A transcript for the audio talk is included on **manual pages 19-20**.)

Key Teaching Points/ Helpful Hints

The questions below are also included on **page 10 of the logbook**. They should help with the discussion after each track but be open to the Spirit's leading and prompting as different issues are raised.

Track 5

- Take feedback on the words that were researched - koinonea, community and accountability
- Do the group agree that we are "created for community"?
- Do we really need other people?

Track 6

- What are the challenges of honest, open and humble relationships?

Track 7

- Read through the following references and discuss their significance.
 - ◇ 1 Corinthians 12:24-27, John 13:34 & 35, Matthew 28.

Track 8

- Make a list of the characteristics of authentic Christian Community.



Activity 6 - 'The Friendship Factor':



25 mins

- 1) Introduce the 'Connect 3' groups. Explain their purpose and who is in each group.
- 2) In 'Connect 3' groups consider the following questions about Christian friendship.
 - (i) What is the value in having close Christian friends and how might these be different from friendships with those not yet Christians?
 - (ii) Have group members personalise this by asking them to consider if their friendships with other Christians are different. Do they ever pray together or share deeply.
 - (iii) Is there anyone they should take time with to encourage in their Christian walk?
- 2) Pray for Christian friends focusing on specific issues shared within the group.

Key Teaching Points/ Helpful Hints

- The key aim of 'Connect 3's' is to build close, deep, relationships.
- You will have to find a balance for how much you use these groups. Overusing them could be to the detriment of the whole small group.
- Record who is in what group and appoint a leader or point person in each.
- Encourage an attitude of giving in friendship rather than just receiving.
- Challenge group members to identify areas in their friendships with they could improve.
- Make sure to relate this activity to the theme 'Participating in His Community'.

Activity 7 - Prayer Partners:



5 mins

- 1) Ask group members to find 3 people to commit to praying for them and the group before **Session 4**.
- 2) Group members should record their prayer partner's details on **page 11 of the log-book** so that you can send out a group prayer mailing.

Session Content

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Activity 8 - Residential Prep:



10 mins

Start planning your residential. See the **Residential Toolkit in the appendices** and for some useful support materials. Initial things to consider include:

- When will you have your residential?
- Where will you stay?
- Cost for each person.
- Transport (make sure insurance is adequate).
- Food arrangements.

Key Teaching Points/ Helpful Hints

- Book your venue as early as possible.
- Try to keep costs low – group members could bring some of the food.
- If you have chosen the residential co-ordinator give them a task to follow up.



Activity 9 - Leader's Choice:



10 mins

Additional Group Business:

- Ensure attendance record is being kept on **page A2 of the Appendices**.
- Continue Residential planning - involve your residential co-ordinator.
- Determine how the Recorded Delivery will be conveyed in **Session 5**.
- Start thinking of possible ministry placements group members could be involved in, and keep highlighting their importance.

'In Practice':

- Continue with the reading plan.
- Ask the "Food for Thought Officer" to be the Mid Week Motivator in the week ahead and to set up the Mid week Motivator rota **by Session 4**. They will need a copy for each person. (See **Session 2, Activity 4**).
- Ask everyone to find at least 3 people by **Session 4** who will pray for them and have them fill in their details on the 'Pray-ers' sheet **page 11 in the logbook**. They should make a separate copy for the prayer co-ordinator.