

# The 'Ex-press' Course - Ministry for Life

Jesus said that society would recognise His disciples by love and through the Ex-press course we aim to encourage young people to develop **an attitude of actively loving others**. We want to help group members **understand** why we engage in ministry, **discover** more about what ministry looks like and consider and **develop ministry in their own lives**.

The Ex-press course is designed to for young people aged 17 and over. Group members tend to have a firm foundation of faith and an understanding of what they believe. They should be **open to serving and committed to listening** to what God may be calling them to be and to do.

Ex-press aims to have a balanced approach, encouraging group members to grow in terms of:

## **HEAD - Furthering an Understanding of Ministry:**

Helping group members develop a more thoughtful and intentional approach to service by **reviewing reasons, purposes and obstacles encountered in ministry**.

## **HEART - Developing a Passion for God and Compassion for Others:**

Challenging participants to **examine their hearts, consider their priorities and motivation** and seek God's heart for people. Groups also examine **matters of character** and the impact their lifestyle choices have on themselves and those around them.

## **HANDS - Shaping Skills for Action:**

**Equipping people 'on the job'** and helping them identify and **develop their gifts** through **local ministry**, for which the group work together to plan and carry out **acts of love and service** in their community.

Through this balance of learning, engaging and doing **we hope that as we encourage people to be open to God's work, He will prepare and equip them for ministry in their churches, families and communities** and that they in turn will choose to be a conduit of truth and grace in our world.

UNIT 1 Content	UNIT 2 Content
S1: A Vision for Transformation	S9: Stepping On, Stepping Out
S2: Ministry - A Way of Life	S10: Astonishing Ministry
S3: Planning for Local Ministry	S11: Lifestyle 3 - Keep It Simple Saint
S4: Lifestyle 1 - The Media Effect	S12: Dare to Share 1
S5: Motivation for Ministry	S13: Dare to Share 2
S6: Lifestyle 2 - The Sex Factor	S14: Lifestyle 4 - Homosexuality
S7: Local Ministry	S15: Group Act of Kindness
S8: Our Ministry Calling	S16: The Final Countdown
MINISTRY PLACEMENT	MINISTRY PLACEMENT

**Objectives:**

- To consider our motivation for ministry.
- To help group members identify and develop their gifts for ministry.
- To look at areas of opportunity for personal ministry.

**Things to Bring:**

- **Blind Folds**
- **Chocolate**
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**Session Content****Notes**

15 mins

**Activity 1 - Body Builder:**

'Blind Folded Order Challenge' - BB No. 35.



10 mins

**Activity 2 - Re-cap:**

- Are the ministry placements set up?
- Any planning for the Group Act of Kindness?
- Was the prayer letter sent?
- Give the 'Bridge Builder' an opportunity to propose to the group practical ways how the group can build deeper relationships with the wider church community.



10 mins

**Activity 3 - 'Food for Thought':**

- 1) Get into pairs and have the pairs give each other the chocolate treat.
- 2) Share together in pairs what has been special in their 'Food for Thought' this week.

**Key teaching points/helpful hints:**

- Encourage group members to review their journaling before they share.
- You can add further fun by collecting the chocolate treats at the start and have group members guess who brought what.



25 mins

**Activity 4 - Recorded Delivery - Embrace: A Life of Astonishing Action:**

- 1) Watch the 'EMBRACE talk on the DVD and encourage group members to take notes on **page 17 of the logbook**.
- 2) Discuss the themes and ideas raised as a group.

**Key teaching points/helpful hints:**

- A transcript and some questions for the talk are included on **manual pages 23-24**.



15 mins

**Activity 5 - 'Circle of Concern':**

- 1) Explain the idea of a circle of concern
- 2) Have everyone draw a diagram on **page 18 in the logbooks** to the different people they come into contact with through their studies, interests, family life etc.
- 3) Go round the group and ask everyone to show their 'circle of concern'.

**Key teaching points/helpful hints:**

- All of us have a different 'circle of concern' - people we can minister to - made up of friends, family, fellow students, work colleagues and neighbours.
- It may be good to make the activity quite artistic by providing pens and colouring pencils.
- This is an opportunity for group members to learn more about each other.
- Using your judgement ask people how they might minister into their circle of concern.
- Casting vision for reaching out will be an on-going responsibility for you as a leadership unit. People will continually want to turn the group 'inwards'.
- This activity should very quickly highlight that there are many simple opportunities for group members to be 'salt and light'.

## Session Content

## Notes



## Activity 6 - 'Ministry Leaning':



20 mins

- 1) Ask everyone to look over their ministry leaning sheets and consider the questions on **page 23 of the logbooks**..
- 2) In 'Connect 3' groups have everyone share how they hope to respond to the feedback particularly from their trusted friends.
  - (i) **Where can their gifts be used?**
  - (ii) **Do they need to talk to someone in the leadership of the church?**
  - (iii) **What could they do to improve and develop these gifts?**

## Key teaching points/helpful hints:

- In preparation for this activity group members should have brought with them 2 copies of 'Ministry Leaning' questionnaires completed by trusted friends and their own copy.
- It is easy for activities such as this to be self-centred. It is vital to keep turning it outward and reminding people that we were given gifts to minister.
- Encourage group members to affirm one another and be honest where someone feels they have gifting where it is clear they don't have. They should also hold each other accountable for the ways they hope to use and develop their gifts.
- We want to encourage group members that their gifts should be celebrated and used. Often the feedback is only the start of group members exploring the area of their gifting.
- Can you get people involved in certain areas of ministry within the group as a result of this session?



## Activity 7 - Leader's Choice:



10 mins

## In Practice:

- Continue with the reading plan and come prepared to minister.
- Ask a group member (Christian Music Promoter if you have one) to promote 1 or 2 Christian albums during **Session 6**.
- Choose a method for running the **Recorded Delivery in Session 6** and the relevant group members have a copy of the talk.

## Additional Group Business:

- Further prep for Group Act of Kindness.
- 'Food for Thought': Is the mid week motivator in operation?
- Are memories being caught on camera?
- Is Health and Safety a priority? Remember to do risk assessments before sessions.