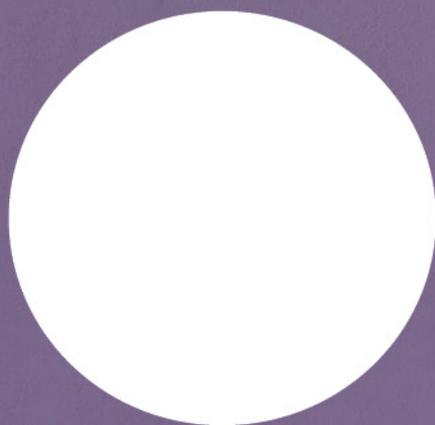


discipleship

ideas

SOLUTIONS FOR SUNDAY SCHOOL & SMALL GROUP LEADERS



With families returning to the routine of a new school year and churches preparing for a new season of outreach, fall is an ideal time to try some new ministry ideas.

Here at My Healthy Church, we're ready to help you step into this exciting time of transition with ideas and resources to help you extend the reach of your Sunday School ministry (read *6 Ways to Go Beyond Sunday Mornings* by Scott Berkey, pages 4-7) and an inspiring fall line of *Radiant Life* curriculum* for all ages (pages 8-9).

Take advantage of back-to-school enthusiasm! You can spread God's love throughout your community with innovative strategies from *Energize Your Kids Ministry This Fall* (pages 10-11) and learn how to equip your older students to evangelize with *Turning the Culture Toward Christ* (pages 12-13).

Challenge and encourage adults to get involved in your church, and be inspired with creative ways to honor teachers and volunteers with ideas from *Volunteer Essentials* (page 14).

This time of year is also a great time to reconnect and come together with small groups. From women's Bible studies to defining your identity in Christ, My Healthy Church offers a wide selection of resources, such as *The Jesus-Hearted Woman*, *Undaunted* and *Prototype* (featured on the back cover).

May God bless you and your ministry during this season of learning and leading!

*You will notice a price increase on some items for the fall quarter due to increased production costs.

My Healthy Church, through resources as well as relationships, seeks for God to breathe life into new ideas — **ideas that are expressed through a variety of mediums** such as printed form, mobile app technology, or what we would say is the most important, a simple conversation.

For centuries, the church has served as a laboratory of ideas that has not only shaped culture, but has enabled God's people to steward His Kingdom one conversation, one individual, and one story at a time. Generation after generation has served to offer the world the message of God's heart. Justice, compassion, mercy and grace.

You will find in My Healthy Church a viable partner to express both God's generous heart and His creative mind to and through your church and, ultimately, throughout the earth.



For more information about all the resources featured in *Discipleship Ideas*, visit **MyHealthyChurch.com** or call **1-855-642-2011**.

ORDERING INFORMATION

Discipleship Ideas comes to you every quarter, filled with great resources[†] for building disciples of all ages. For additional copies of *Discipleship Ideas*, call 1.855.642.2011.

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6 Ways to Go Beyond Sunday Mornings

By Scott Berkey

Every Sunday, millions of children gather in churches to sing songs, learn Bible stories, participate in games and complete crafts (or at least attempt to). And every Sunday, ministry leaders and volunteers meet with them to lead worship, explain Bible verses, model godly relationships and, when necessary, help smaller hands operate the scissors.



While it sounds simple enough, Sunday morning is often considered “the Super Bowl” of kids’ ministry. It’s the day of the week when the most families assemble in one place for worship, so it seems to provide the greatest opportunity for influence. Sunday requires a lot of energy, time and focus—and, to an extent, it works. Barna Group found that 50 percent of individuals who frequently attended church as a child reported higher than average church attendance as adults. Other studies indicate religious activity during childhood can have long-lasting health, faith and social benefits, especially when it comes to education.

If a kids’ ministry can have this kind of impact through just one day of the week, what would it look like if we could creatively connect with young people on a daily basis?

What if the lessons we teach on Sunday could be reinforced on a Tuesday evening, before school on Thursday or during a long drive on a Saturday?

The potential for lifelong learning is lost if we believe Sunday is the only day for children’s ministry. We need to be strategic in moving beyond Sunday to create true disciples. This means getting out of the mindset of traditional ministry models and reaching into homes—and kids’ lives—every day.

Here are six keys to becoming a ministry that extends into the other six days of the week.

1 Realize the medium matters.

If we want young people to think about and apply the lessons we teach on Sundays, we have to create bite-size nuggets they can chew on Monday through Saturday. In many churches, this resembles “take home pages,” which often end up on the floorboard of a car or the bottom of a backpack. Though these fliers still serve a purpose, I would argue that we should update our methods, especially when it comes to ministering to kids.

With the increased accessibility and overwhelming power of technology in today’s homes, it can feel like we are foreigners in this digital world, but our kids are native. A “Common Sense Media” report stated that even among children under age two, 38 percent had used mobile devices and tablets. We have to make sure we’re not ignoring those tools because we’re scared of them. We have to embrace technology because the next generation already has.

Talk to the kids in your ministry and find out how they are using technology. I know that my 9-year-old daughter wants to spend time on the computer whenever we will let her. Obviously, parents should be involved with their kids to encourage balance and limit access to the internet if need be, but what if ministries could positively harness this medium? Look for ways to create “soundbites,” digestible pieces of information to deliver electronically to the kids during the week, either through emails, social media, texts or apps.

2 Give your students a to-do.

If the only thing we are trying to accomplish in our Sunday school, small group discussion or kids’ church service is the impartation of knowledge, we have missed the point. God wants us to be so much more than just hearers of the Word; He wants us to be doers, and He wants His children to start putting His Word into action at a young age (James 1:22). If you desire a seven-days-a-week ministry experience, present a way for families to practice





what they are taught on Sunday.

For example, if you are teaching on compassion, give children an opportunity to show compassion to someone else that week. Around Christmas each year, our church distributes groceries to needy families in our community. Last year, I asked for permission for the kids to bag those groceries. They came in on a Wednesday night and spent an hour packing groceries and making Christmas cards. They loved it, and I was also thrilled to be able to provide a hands-on “to-do” for them to participate in.

3 Connect children to one another.

Kids want to connect. Just like adults, they have a deep need for friendships that will help them grow in their faith. However, the students at my church are probably a lot like the ones in your ministry: They

come from a variety of schools and districts, and most of them don't have any form of relationship with one another outside of church. So why are we surprised that church isn't their first option when they become middle schoolers and can choose where they want to be on the weekend? They want to be with their friends, and if their friends are somewhere other than church, that's where they are going to be, too.

They bonded through a shared, fun experience—and we couldn't get them to stop talking the next Sunday in church.

It's OK to have a service or event designed to allow kids to build friendships. I once did an event where I took students to a local minor league hockey game. When we arrived, all of the kids were timid and quiet. Fortunately, there are two exciting things that happen at minor league hockey games: goals and fights. Now, I'm not condoning

fighting, but it was something to watch girls who had never spoken to each other before stand side by side, cheering together, sometimes even pounding on the glass. They bonded through a shared, fun experience—and we couldn't get them to stop talking the next Sunday in church.

We have to provide opportunities for kids to get to know one another.

4 Include and encourage parents.

Parents want to be involved in their family's spiritual development, but may often feel unequipped. Sometimes they are afraid their child will ask a question they don't know how to answer. Rather than facing that fear, they choose not to have a spiritual conversation with their child and assume it'll be taken care of if they go to church.

How would your ministry grow if, on a weekly or a monthly basis, you emailed an update to the parents of your students? As a parent, I expect this from my daughter's school. I can't know how to help her if I don't know the areas in which she is doing well or how she is struggling. In the church world, we usually don't provide parents with

this information, but if we hope to minister to kids throughout the week, we have to get families, specifically parents, on the same page.

Start sending emails to parents to discuss what their child is learning. Solicit their feedback. Ask questions like: “Have you seen any changes in your child’s behavior as a result of what they are learning on Sunday?” “Does your child spend time regularly reading their Bible and praying?” “Do you have a time each day or each week when you read the Bible together as a family?” Parents will feel more confident if they have the resources and instructions they need.

5 Earn kids’ free time.

Every child has some amount of free time, whether it’s when they first get home from school or right before they go to bed. The older they are, the greater their involvement in how they use their free time. If I want to expand my ministry’s reach, I have to earn some of those extra hours. When the child is younger, I earn that time by making sure parents know the value of their child’s spiritual development. Then, as the child gets older, there has to be a transition from “Mom and Dad make me do this” to “I want to do this to further my relationship with Jesus.”

How do leaders continue to earn the free time of the young people they disciple? I learned early on as a children’s pastor that kids will not

come to an event if they don’t think it is going to be fun. The same can be true for activities we ask them to do at home. If we are going to recommend tools for kids to use in their free time, they better be fun! All kids want to achieve goals, connect with peers and make a difference, and if spiritual development can incorporate these three things, they’re more likely to spend their time on it.

discuss how it could be applied.

Consider if parents could also access the lessons via mobile apps on their tablets and phones. Regardless of the age of the kids you teach, they would walk out of your classroom and continue to learn.

As Christ-followers and as ministers, our faith is not meant to be confined within the walls of a church. It needs to thrive and grow, not only in our daily lives, but



6 Let the lessons marinate.

Imagine if you and your preschoolers focused on the story of David and Goliath for an entire month, rather than for just one Sunday morning. Let’s be honest: most of us end up doing so already because we understand this age group’s need for repetition. Instead of viewing this as a hindrance, you could commit to examine a different point of the story each week and

also in the lives of our children—in their work and play, in their schools and homes. As we seek to be truly effective in our kids’ ministries, let’s move beyond a weekly experience to a habit-forming way of life.

Scott Berkey serves as Children’s Pastor at Victory Worship Center in Tucson, AZ. Prior to Victory, he served as National Director of Children’s Ministries for My Healthy Church. He and his wife, Sarah, have three great kids: Madeline, Myah, and Mason. @scottberkey

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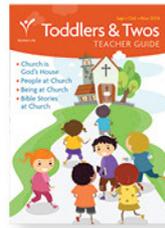


Check out our Fall 2014 unit themes. *Radiant Life* curriculum provides a proven way to systematically disciple and educate believers of all ages.



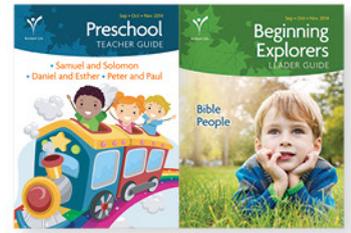
NURSERY
ONE-YEAR CYCLE

- God Gives Elijah Food
- Daniel and the Lions
- Jonah and the Big Fish



TODDLERS & TWOS
TWO-YEAR CYCLE

- Church Is God's House
- People at Church
- Being at Church
- Bible Stories at Church



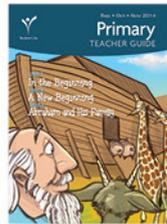
PRESCHOOL & BEGINNING EXPLORERS
TWO-YEAR CYCLE

- Samuel and Solomon
- Daniel and Esther
- Peter and Paul



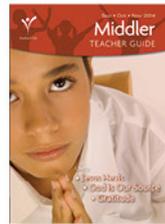
KINDERGARTEN
TWO-YEAR CYCLE

- Joseph and Joshua Love God
- People Who Loved Jesus
- David Loves God



PRIMARY
THREE-YEAR CYCLE

- In the Beginning
- A New Beginning
- Abraham and His Family



MIDDLER
TWO-YEAR CYCLE

- Jesus Heals
- God Is Our Source
- Gratitude



PRETEEN
TWO-YEAR CYCLE

- God the Father
- Being a Witness
- Our Bible and Books of Law



YOUNG TEEN
THREE-YEAR CYCLE

- Making the Grade
- Reach Out
- Costly Conversations



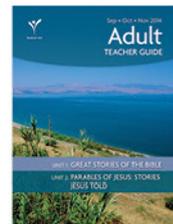
HIGH SCHOOL
FOUR-YEAR CYCLE

- Paul and Barnabas: Men on a Mission
- Revival
- Dismantling the Devil: Spiritual Warfare



YOUNG ADULT
Graduates & Professionals
SEVEN-YEAR CYCLE

- BIBLICAL LIVING**
- Loving Your Neighbor
 - Loving Yourself

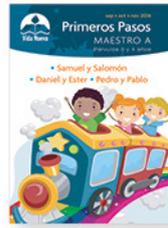


ADULT
SEVEN-YEAR CYCLE

- Great Stories of the Bible
- Parables of Jesus: Stories Jesus Told



Revise los títulos de nuestras unidades de septiembre a febrero 2014/15. El currículo paralelo *Radiant Life/Vida Nueva* provee el mismo discipulado de excelente calidad para alumnos de habla hispana de toda edad. Para una descripción de cada unidad, visite www.MyHealthyChurch.com/VidaNueva si necesita ver la tabla de esquemas temáticos de *Vida Nueva*.



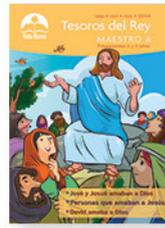
PRIMEROS PASOS CICLO DE DOS AÑOS

SEPTIEMBRE A NOVIEMBRE

- Samuel y Salomón
- Daniel y Ester
- Pedro y Pablo

DICIEMBRE A FEBRERO

- Dios dio a Jesús
- Dios da la familia
- Dios todo lo puede



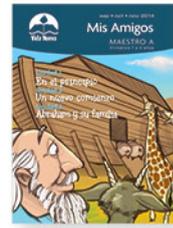
TESOROS DEL REY CICLO DE DOS AÑOS

SEPTIEMBRE A NOVIEMBRE

- José y Josué amaban a Dios
- Personas que amaban a Jesús
- David amaba a Dios

DICIEMBRE A FEBRERO

- La Navidad es especial
- El amor de Jesús
- Los milagros de Jesús



MIS AMIGOS CICLO DE TRES AÑOS

SEPTIEMBRE A NOVIEMBRE

- En el principio
- Un nuevo comienzo
- Abraham y su familia

DICIEMBRE A FEBRERO

- Jesús viene a la tierra
- Jesús comienza su ministerio
- Jesús ama a los pecadores



EL COMPAÑERO CICLO DE CUATRO AÑOS

SEPTIEMBRE A NOVIEMBRE

- Dios el Padre
- Cómo ser testigos
- La Biblia y los libros de la ley

DICIEMBRE A FEBRERO

- Dios el Hijo
- Mi iglesia y yo
- Los libros históricos



EL EXPLORADOR CICLO DE CUATRO AÑOS

SEPTIEMBRE A NOVIEMBRE

- Pablo y Bernabé en misión
- Avivamiento
- La lucha espiritual

DICIEMBRE A FEBRERO

- Los tiempos del fin
- La iglesia en acción
- La vida 101 (Romanos)



EL EMBAJADOR CICLO DE CINCO AÑOS

SEPTIEMBRE A NOVIEMBRE

- Romanos: la vida de fe
- La naturaleza de Dios
- Las disciplinas espirituales

DICIEMBRE A FEBRERO

- Cómo adorar a Dios
- Parábolas de Cristo
- La mujer en el ministerio



EL MAESTRO CICLO DE SIETE AÑOS

SEPTIEMBRE A NOVIEMBRE

- Grandes historias de la Biblia
- Las parábolas de Jesús

DICIEMBRE A FEBRERO

- La ley y la gracia en el Nuevo Testamento
- La ley moral en Dios: Génesis a Deuteronomio

THIS FALL ENERGIZE YOUR KIDS' MINISTRY



Fall provides a great opportunity for churches to attract new families. School is back in session and families tend to stay closer to home for the next nine months. Children's Pastor Derek Sanborn of People's Church in Cincinnati, Ohio, makes an effort to observe the needs of the families at his church and surrounding community and develops ideas accordingly. He and his team have seen positive results from their efforts. Like People's Church, fall may be the biggest growth time for your ministry. Derek's ideas to jumpstart children's ministry may work for you too.

BACK-TO-SCHOOL TEACHINGS

Discuss how your students can live their lives for Jesus, emphasizing how exciting it is that they get to go back to school and share Jesus with their classmates.

BACK-TO-SCHOOL PARTY

Hold the party during the midweek service time to avoid over-stressing families who are trying to find a balance in their busy lives.

COMMUNITY BLOCK PARTY

Toward the end of the summer, reach out to the community with a block party. Your whole church can get together to show love to your community while at the same time introducing your church to people.

You may do a big program kickoff in the fall, but discipleship is year-round. Get kids excited about ministry throughout the year with these ideas.

INVOLVE KIDS IN THE SERVICES

Let them participate in skits, perform as clowns, sing, play instruments, or anything that sparks a sense of joy in serving.

USE OLDER KIDS AS MINI LEADERS

Allow kids in upper grades to serve as classroom helpers with younger children. They can help with stage ministry, the lessons, memory verses or audio and video.



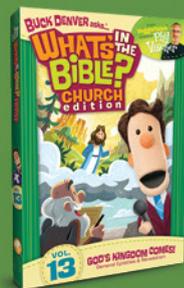
Reach kids with engaging and award-winning resources from My Healthy Church!



MEGA Sports Camp®
Award-winning Sports Outreach



Faith Case®
DVD-driven Children's Church Program



What's in the Bible? Church Edition

Kids learn the Bible from the inside out with this curriculum from VeggieTales® creator Phil Vischer.

CHALLENGE KIDS TO TALK ABOUT JESUS

“Even if it is as simple as inviting their friends to church, that’s a win,” Derek says.

MISSIONS TRIPS

This is a big one but older kids and their parents will amaze you by the amount of work they can do to help missionaries.

OFFER FUN CLASSES IN MIDWEEK

Your families may want more from the midweek services than a repeat of the weekend lessons, especially if your schools have cut extracurricular activities.

Whatever your overall ministry goals are, Derek encourages you to ask families what they want from the ministry, listen to their responses and be flexible. It may help to remember that the ministry is not for you and your leaders, it’s for the families and, most importantly, the children.

Consider turning Wednesday night into a time when your kids get to learn painting, pottery, woodworking, scrapbooking, photography, cooking, gardening, archery—anything that interests them. You can work a teaching into the service too—maybe by reinforcing the meat of the weekend message—but devote most of the time to the classes.

SPORTS PROGRAMS

Offer football, basketball, soccer, volleyball and golf. “One of the easiest things for us to get were golf clubs,” Derek says. “We had a guy cut down and re-grip hundreds of golf clubs.”



See our Kids' Ministries insert for more information about these resources.



TURNING THE CULTURE TOWARD CHRIST

It's fall. A new school year is starting. As a youth leader, how do you encourage your students to share Jesus and glorify God on their most strategic mission field—the school campus? Other youth pastors have effective strategies that you may want to try in your own youth ministry.

ESTABLISH IDENTITY

Challenge your students to share Jesus with 10 people on the first day of school. Kevin Norwood, pastor of Xtreme Youth Ministries at Owasso First Assembly in Owasso, Oklahoma, uses a football term and calls the program *First and Ten* in his youth group.

“We figure if you have six classes and you have eight people around you, that's 48 opportunities to talk about your faith to establish yourself as a Christian on the first day.”

Your kids can also try the *30-Second Kneel Down*. They will show their faith and might start conversations by praying for 10 seconds for their schools, 10 seconds for their teachers, and 10 seconds for their friends right there around them.

SHAPE DISCIPLES IN A CULTURE OF QUESTIONERS

Prepare your students to answer real-life questions from a biblical perspective so they can share Jesus effectively in our current culture. Terry Parkman, pastor of The Element at Evangel Assembly of God in Bismarck, North Dakota, focuses his ministry on shaping students into disciples with the strong basis for their faith they need to reach out to their peers.

Re:Verb engages students weekly with current culture, motivating them to think about things spiritually and biblically. After playing a clip of a current event, ask your students, “What do you say about that? What do your friends say about that?”

FIVE SIMPLE WAYS STUDENTS CAN BE SALT AND LIGHT AT SCHOOL

- 1 Write someone a kind, encouraging note.
- 2 Pray silently for the students sitting around you at the beginning of every class.
- 3 Get good grades.
- 4 Buy someone lunch once a week.
- 5 Ask a teacher or coach how you can help during the week.

What does God's Word say about that?"

Ignite opens up an opportunity for questions and answers—anything from predestination, to sex, to evolution and more. Teach your students to explore what the Bible says about their questions, so they can think critically about each topic and form intelligent responses.

"*Re:Verb* and *Ignite* have been the prime movers of our students becoming who they need to be in order to reach their peers," Terry says.

Kevin uses *The Q Project*, which involves two-sided cards that students hand out at school. To create your own cards, print a "Q" on one side; on the other side, provide space to write a question about God or any other topic. Have your students take a stack of cards to school and get their classmates to write questions for you or someone on your team to answer.

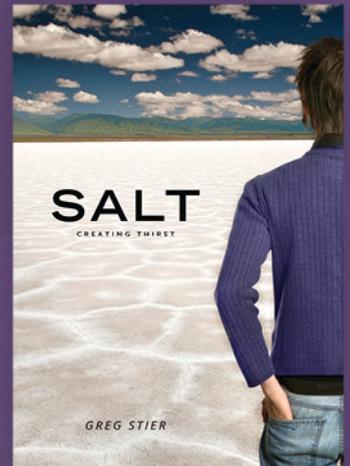
EXTEND THE REACH

Energize your students to share Jesus with others by using a community outreach idea from Youth Pastor Robby Morrow of Harvest Assembly of God in Lakeland, Florida. Set up a stage in an open field, and encourage your students to use their God-given gifts (singing, acting, playing musical instruments, preaching, etc.) to minister to people who come to watch. Make it an event where you serve food and share the message of Jesus' saving grace.

Kevin's Xtreme Youth group participates in city workdays with its program *Urban Soul*. That's something your youth group can do too. Whether they are painting fire hydrants, cleaning up streets, picking up trash on school campuses or re-landscaping City Hall, your students will represent Jesus in your community by serving your city.

No matter what ideas you use to empower your students to share Jesus, Terry Parkman says it well: "We are called to engage with the culture and to help students engage with that culture. That's what makes them salt and light in the world."

Give your youth the tools they need to reach their friends for Christ!



Salt: Creating Thirst DVD Curriculum

Sometimes one of the hardest things about sharing the gospel is just getting the conversation started. These five, 8- to 10-minute, thought-provoking videos prepare and empower young adults for authentic, give-and-take spiritual conversations with their friends. This five-week DVD curriculum unpacks the following conversation-starting questions:

- Have you ever wondered about God?
- How valuable am I?
- What happens after we die?
- Why does God let bad things happen?
- What makes for a good relationship?

Salt: Creating Thirst Student Book also available.



Visit MyHealthyChurch.com for more information about these resources.

VOLUNTEER ESSENTIALS

Volunteers are essential in helping to support the various ministry areas of most churches, but maintaining a strong volunteer program may not always be an easy task.

Pastor Dan Hunter of Living Church in Mansfield, Texas, a young church plant, agrees that volunteer programs present challenges. He offers good strategies to foster a desire and willingness to serve the people in your church.

Emphasize volunteering at different times during the year.

Consider a volunteering push twice a year. Promote extensively and have sign-ups for every volunteer opportunity stationed throughout the church. Every now and then, use sermon illustrations about the importance of getting involved and regularly highlight different areas where service is needed in your printed programs.

Balance passion, availability and need.

Dan suggests letting people

choose where they want to serve based on their passions and availability. “It’s helped us retain people,” he says. Create as many opportunities as possible—greeters, ushers, media people, small group leaders, prayer teams and more—so people can find their best fit.

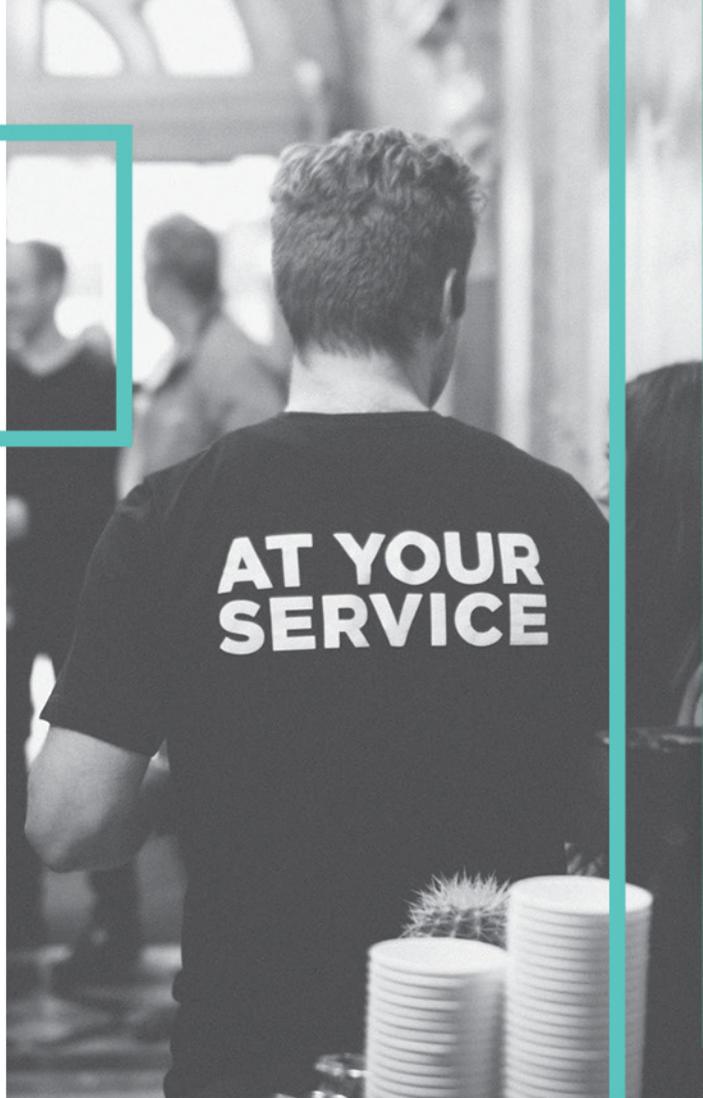
Train volunteers well.

Dan suggests connecting each new volunteer with a volunteer in a leadership role. When new volunteers assist leaders, they learn as they help. Try monthly training meetings for new volunteers. Create a class, and ask all those interested in serving the church to take the class before volunteering.

Honor your volunteers.

They need to know you appreciate their services.

- Recognize a volunteer of the week in the church, online and



on social media.

- Highlight certain volunteers and their achievements as part of regular volunteer meetings.
- Host an annual volunteer appreciation dinner. Consider giving awards and gifts as part of the event.

Committed volunteers help people grow in Jesus and they help your church run its best. Working these ideas into an organized plan for your volunteer program can help you “equip [your] people for works of service, so that the body of Christ may be built up...” (Ephesians 4:12, NIV).

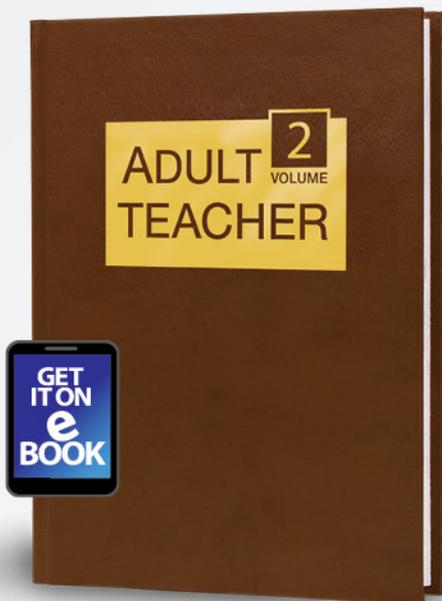


The Best-Selling Pentecostal Curriculum

Radiant Life curriculum is systematic and life-changing for all ages, designed to meet the spiritual education needs of your church.



For more information visit MyHealthyChurch.com/RadiantLife



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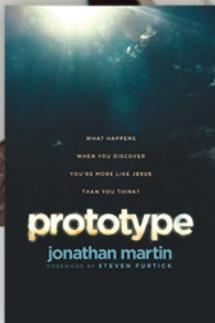


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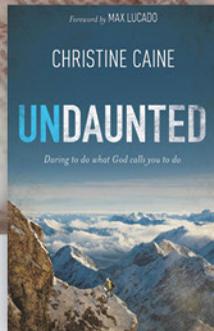
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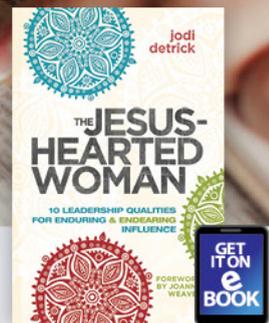
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