

BREATHE: BASIC TRAINING

In all disciplines of life, a basic understanding is needed, whether in the arts, sports or academic studies. The Christian journey is no different. To be a follower of Christ, a person needs to have some “basic training” to get them going. In this module, we’ll explore four specific areas:

- developing a spiritual training plan
- understanding and practising prayer
- developing a strategy to study the Bible
- understanding the place and importance of the church

With any training, practice is needed. You are encouraged to have students develop some kind of on-going training program. Here’s a suggestion you can use at the end of each lesson.

Give students a minute or two to consider the suggestions and to formulate a training plan for the coming week that will help them to develop the trait that they’ve chosen. They can submit this either on a cue card (as provided) or electronically (i.e. text, email, social media) to you, another student ministry volunteer, or a Christian mentor to create opportunities for following up during the week.

Use whatever method is most effective for your group (text, Twitter, Facebook, email, phone call, etc.) and be sure to follow any social media guidelines that may be in place for your church or ministry. Follow-up is critical to the effectiveness of this activity. Be sure to speak to leaders and mentors ahead of time to help prepare them to follow up with students about their spiritual training plans.

May God develop disciples who are keen in sharpening the faith in Christ.