

# Introduction: Momentum/Friction

Welcome to our newest CBOQ curriculum resource for youth: Momentum/ Friction. The modules offered in this package stream from our vision of strengthening youth ministry in healthy local churches as they pursue their mandate to develop young people who are:

- Clear in their identity as a child of God
- Connected in community
- Cultivating intimacy with Jesus
- Christ-like in their character
- Contagious & active in their faith

This year we focus on contagious and active faith in youth ministry. Our hope with this package is two fold. First, we hope to provide engaging and thought-provoking lessons that stimulate our youth to reflect on their faith. But beyond this, we also have a larger goal of challenging young people to step outside of their comfort zone in order to live and share their faith with the wider and local community in an active and contagious manner.

Our title **Momentum/Friction** acknowledges that there are both triumphs and challenges in sharing our faith. There will be times when everything just seems to go right as we take joy in sharing our beliefs with others. The experience may be very positive and rewarding. There will also be times however, when we will encounter difficulties, just as Jesus and his disciples did thousands of years before us. Sharing faith can be very tricky, challenging us to reflect on what we truly believe and whether or not we show our beliefs in our daily actions. The act of sharing faith and doing God's work will most certainly require us to make difficult choices at times and it can make us feel as though we are not worthy or able to do HIS work.

In this package of modules we begin by asking our students to reflect on what they really believe. We ask them to do a self-assessment of their faith in order to identify their own strengths and needs as a believer. We also ask them to face head-on the common excuses we all

use when deciding not to share or act out our faith. Next we give them the spiritual tools to move forward in the local or global community in expressing contagious active faith.

We hope you enjoy the lessons in this package and the thoughtful work that was completed by our writing team.

## **Folder Format**

As in the past, the curriculum is packaged in a format that we hope will be user-friendly. It should allow youth leaders to reference the material within quickly and also allow for sharing between others.

At the beginning of the folder you will find this introductory guide. There is also an introductory lesson accompanied by the theme poster. Following that are the seven modules that comprise this curriculum. Everything required for the module is located within the module folder including lesson plans and handouts.

This package also contains a CD-Rom that holds all of the material (lessons, handouts etc.) that you find here. The CD is simple to use, easy to navigate and should allow for easy access.

The packages can be downloaded in individual modules as compressed files containing all the lessons in Adobe pdf format (the reader can be downloaded for free at [www.adobe.com](http://www.adobe.com)). This, along with all the previous curricula, are available at [www.cboqyouth.ca](http://www.cboqyouth.ca).

## **Modules**

Included in **Momentum/Friction** are 7 different modules. Each module begins with an introduction and rationale. Following this overview you will find 3-6 lessons. Each of the lessons requires about 60 minutes of instructional time, and approximately 30 minutes of

preparation time before the lesson. Preparation time includes activities such as pre-reading the lesson, making copies, locating media clips, or other similar tasks.

**Momentum/Friction** has been designed with a ten-month youth ministry calendar in mind, although it is certain that these lessons will not fill every week of the ministry year. This allows room for youth leaders to insert their own ideas into the instruction. In particular, youth leaders may use their own local ministries and projects to 'flesh out' this curriculum in rather unique ways.

Because **Momentum/Friction** is formatted as modules, you can choose which modules can be most effective for your youth ministry. If you feel that your group is at the very beginning stages, the recommended outline will provide a good direction starting with those modules requiring the youth to reflect on their own faith and assessing their own needs before addressing areas of community and ministry leading to challenges and difficulties of sharing faith.

## **Lesson Structure**

On the first page of each lesson, you'll notice the module name and lesson number/name. Following this are *Objectives* for the lesson, as well as a *Materials Needed* list. The lesson objectives let you know up front what the point or goal of the lesson is. It tells you what you should hope to achieve in the lesson. Lesson goals are written in student-centred language, reflecting our philosophy of student-centred teaching. Lessons should be taught with the learner, or success of the learner in mind.

The *Materials Needed* list will help you be prepared in advance. All required materials, including photocopies, objects, and media clips are listed. Preparing a lesson requires that you be aware of this list and think ahead to ensure that you have what is needed for each lesson. Items such as pens and pencils are typically assumed and therefore not always listed separately. DVD players, laptops, internet access, screens or other related media are listed when they are needed.

In some instances you will find the term “Board and Markers” listed in the *Materials Needed*. This is a general term that could mean a) a chalk board and chalk, b) a white board and markers, c) an overhead projector, blank overheads and overhead pens, d) chart paper and markers, or e) anything else that works for you in the space that you use.

## **Lesson Format: The Three-Part Lesson Plan**

Each of the lessons in this package follows the three-part lesson plan. Educational research tells us that this approach to teaching ensures a well-rounded learning experience that will better enable students to really link new understanding to already-existing ideas in their schema. The three-part lesson follows this structure: Minds On, Action, Consolidate/Debrief. Each part of the lesson can be modified to fit with specific time requirements as instructors see fit, although it is important to ensure that all three sections of the lesson plan are included. Instructors are often quick to cut the Consolidate portion of a lesson when time is lacking. Before doing this, please consider that current research confirms it is extremely important for youth to have an opportunity to consolidate learning and debrief with peers and/or adults as part of the learning process.

### **Minds On**

This section acts as a type of “warm-up” or introduction to the lesson. It features something to engage the group and get them thinking about the lesson topic.

### **Action**

This portion of the lesson is typically the longest part and contains the 'meat' or chief goals of the lesson. This is the section of the lesson where students may be working on constructing a concept or idea, often by working through a “problem” of sorts. Students are often occupied with active work that promotes understanding of the topic.

### **Consolidate/Debrief**

This is the lesson summary, and provides an opportunity for students to consolidate their learning and clarify their understanding. It typically requires learners to participate in some type

of independent or shared reflective activity to link new ideas to already-existing “files” of a similar nature in their brains. Often this section ends with ideas being brought together in a group prayer of sorts. Sometimes students are encouraged to pray or reflect individually on the topic explored in the preceding lesson.

## **Media Use**

Please note that presenting a video in public (e.g. in a church) does require a license (similar to a CCLI license for music). You can obtain a license that will cover most distributors such as Universal, Disney and 20th Century Fox, at [Audio Cine Film](#). See [www.acf-film.com](http://www.acf-film.com) for further info.

We suggest that you preview the movie clips suggested in each specific case. This will help you determine whether the clips are suitable for your group. Occasionally, *Youtube* or similar online resources may be referenced. Most of those resources are public domain, however, we encourage you to preview these to ensure the links are still active and appropriate.

## **Tips on Teaching the Lessons**

It is important for instructors to be prepared before the lesson begins. Be sure to arrive early and ready your materials required for the upcoming lesson. You will need to make sure that you have enough Bibles, pencils, pens, and other individual materials. You may also wish to review the lesson notes before the students arrive.

Many of the modules in this package make use of group work. Group work can be a very effective way for students to learn. In particular, it promotes a friendly and safe environment for all. Research tells us that group work is best when it is cooperative, or when the students have specified roles in the group. For example, students can take on the role of reporter, recorder, encourager, timer, etc. This ensures that all participate in the work and share responsibility. Try

to be creative in how groups are chosen. There are times when you will want students to choose their own groups. At other times you will want more control over group choice.

The philosophy of those who wrote and edited **Momentum/Friction** is student-centred learning. Following the work of recent educational research, we believe that students learn best when they are actively engaged in activities of learning, as opposed to sitting and listening to a lecture. In part this relates to the fact that we all have different pre-dominate learning styles (e.g. auditory, visual, kinaesthetic) and are smart in different ways (e.g. multiple intelligences). It also relates to the fact that students are more engaged in learning when they have an opportunity to construct the knowledge for themselves through a hands-on approach.

## The Writing Team

Our writing team this year includes seven authors: Colleen Crozier, Chris Heiss, Brennan Rabbets, Andrew Rutledge, Tim Teakle, Jeff Thomas, and Sarita Van Dyke. I wish to express my gratitude to each of them for their positive attitude and attentive effort in producing the lessons within **Momentum/Friction**. Blessings to you all!

Module Title and Number	Author
Module 1: Foundations	Andrew Rutledge
Module 2: What's YOUR Excuse?	Tim Teakle
Module 3: S.E.L.F. Assess.ment	Colleen Crozier
Module 4: Community Action	Jeffrey Thomas
Module 5: Mission Impossible?	Chris Heise
Module 6: Contagious Behaviours	Sarita Van Dyke
Module 7: Run With It	Brennan Rabbets

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