



PROMISES DELIVERED

YouthLead  LEADERSHIP TRAINING 2020

LEADER GUIDE



YouthLead

YouthLead, formerly known as Lutheran Youth Fellowship (LYF) equips teens to develop and use their leadership skills as they serve Christ within their congregations and communities. YouthLead is committed to developing resources and training events that equip teens to lead and teach each other.

This resource was published prior to the program's name change, so the former name Lutheran Youth Fellowship, is still used throughout.



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Introduction

Training Vision

The Lutheran Youth Fellowship initiative training series had its beginning in the hearts of teens. A meeting of teen representatives from various districts asked LCMS Youth Ministry to create a leadership development training designed specifically for teens. Each year, a new group of teen representatives from various districts and congregations gathers and consults on the training for the upcoming year. In this way, the themes and topics of the trainings reflect the needs and concerns of teens. Each training combines an aspect of leadership development and spiritual growth.

Not only are the resources written for youth, they are intended to be led by youth. Every three years, teen participants at the training event elect five of their peers to facilitate the training sessions for the next three years. This executive team is trained and mentored throughout their three-year term to develop their leadership skills and prepare them to serve.

Once a teen has experienced LYF leadership trainings as a participant, he or she is encouraged to partner with an adult leader to facilitate the training with another group of youth. The adult leader should take the initiative in the event planning and arrangements for the training experience, while the teen prepares to facilitate the training sessions. In this way, teens are given the opportunity to model leadership, inspire other teens to service- leadership and live out their role as an active part of the church. The goal of this ministry model is like a ripple in a pond. The circles of influence spread as teens lead teens through the leadership training process.

Personal Preparation

Start with prayer. Before you begin to prepare to lead this training, ask the Lord to guide you. Ask Him for guidance and wisdom. Ask Him to guide your motives and actions so the message of His Word is clearly spoken and eagerly understood by the participants. Start now and continue to pray through the entire process, asking your heavenly Father to prepare the hearts and minds of the participants to learn, grow and apply what they have learned. You should know the resources well by studying the written material and videos in advance. Be completely comfortable with all aspects of the training ahead of time.

Room Preparation

Arrange the room so that participants have space to break into small groups and also interact as one large group. The video presentations are a key component. Before the group arrives make sure the necessary audio/ visual equipment is available, set up and working. A large monitor and speaker can be used, but a laptop projector, screen and speakers would be best. Arrange the equipment and seating in the room so all participants can clearly see the screen and hear the audio.

Make sure you have a participant guide and pen for each participant. It may be helpful to have the training in a three-ring binder if possible. Ask participants to bring their Bible to the training but also have a supply available.



The facilitator guide portion of the resource walks teens through the process of facilitating the training curriculum. It gives detailed instructions in order to help teens effectively lead the training and develop their leadership skills.

Each teen leading the sessions should have a facilitator guide and each participant should have a copy of the participant guide.

Session 1
Promises
Delivered

Session 2
Managing
Tensions

Session 3
Know Who
You Are

Session 4
Action
Plan

Session 1 - Promises Delivered

Open with prayer.

Community Builder (10 Minutes)

Build a positive and open environment by helping participants feel comfortable with each other. Start with a name game to facilitate the first step of relationship building. Example: You could go around the room asking each person to share their name, where they are from, and their favorite hobbies. Then lead an ice breaking activity that gives participants the opportunity to interact with each other.

Example: You could have each participant greet three different people, shake their hand, say their name, and give them a high five.



Part 1: Our Speaking God (20 Minutes)

As the ice breaker finishes, give individuals personal time to review or add to their notes on what was significant, confusing, or new to them.* (2 minutes)

Divide the group into small discussion groups of 4-7 people, depending on the size of the group. (If groups have already been determined, have participants get into their groups.)

Give the group 5 minutes to share the significant, confusing, and new points they wrote in their notes (page 4 of the participant's guide). Ask each group to elect a spokesman that will write down and then share a summary of the small group discussion with the larger group. (5 minutes)

Gather the group back together as a whole and have each spokesperson share one of the points their group listed under each question. Thank the spokesperson, affirm accurate understandings, gently and respectfully redirect and respond to misunderstandings. Rotate through each group, asking them to share one point or answer until there are no new points to share. (5 minutes)

Thank the spokesperson, affirm accurate understandings of the session, then gently and respectfully redirect and respond to misunderstandings by suggesting alternate interpretations or clarifying terms.

Next, have them in their small groups share their answers to the discussion questions on page 5. (8 minutes)

**When you facilitate this in other contexts, you will be bringing together the group to watch a video of the teaching. You may also be handing out the Participant Guide for the first time.*

Transition (2 Minutes)

Lead some stretches and simple motions. You may feel silly doing this, but it will help the participant switch gears and reengage in the next section.



Session 1 - Promises Delivered

Part 2: Receptive Spirituality (23 Minutes)

To start this second section, give individuals personal time to review or add to their notes (page 6) on what was significant, confusing, or new to them.* (2 minutes)

Instruct participants to return to their original small groups. Once they have settled into their groups, ask the groups to choose a new spokesperson to take notes on their discussion and share them with the larger group. Instruct the small groups to discuss the three personal reflection questions, and prepare to share with the larger group. (5 minutes)

Gather the group back together as a whole and have each spokesperson share one of the points their group listed under each question. Thank the spokesperson, affirm accurate understandings, gently and respectfully redirect and respond to misunderstandings. Rotate through each group, asking them to share one point or answer until there are no new points to share. (5 minutes)

Next, have them in their small groups share their answers to the discussion questions on page 7. (11 minutes)

Dismiss the group for a break.

**When you facilitate this in other contexts, you will be bringing together the group to watch a video of the teaching.*

Notes:

Session 2 - Managing Tensions

Open with prayer.

Community Builder (5-10 Minutes)

The Human Knot can be a great game to introduce the concept of tension, but time may not allow: <https://www.ventureteambuilding.co.uk/human-knot/#.Xh-AqchKi71>

Or, another name game:

- Everyone in a circle
- Leader has a ball or item that they toss to another person in the circle. When they toss they say that person's name. (Remember this person)
- The next person says the name and tosses it to another person, until everyone has had the ball once.
- Repeat for speed
- Do the same with a second object throwing to and catching from a different person than the first time
- Repeat for speed
- Try both items/orders at the same time. Add the third item/order if you are brave

Part 1: Baptism Makes Me Different and Gives Me a Place to Belong (25 Minutes)

As the ice breaker finishes, give individuals time to review or add to their personal reflection notes on what was significant, confusing, or new to them.* (2 minutes)

Instruct participants to return to their original small groups. Once they have settled into their groups, ask the groups to choose a new spokesperson to take notes on their discussion and share them with the larger group.

Instruct the small groups to go through the four personal reflection questions, with the spokesperson taking notes. (7 minutes)

Gather the group back together as a whole and have each spokesperson share one of the points from their discussion around the four questions. Thank the spokesperson, gently and respectfully redirect and respond to misunderstandings. Rotate through each group, asking them to share one point until there are no new points to share. (10 minutes)

As a large group, go through the discussion questions on [page 9](#). Gently provide any correction to answers and point them to Scripture references or insight. (10 minutes)

Remind them that God promises to always be with us, that He sent Jesus to pay the price for all of our sins and that, because of Christ, He freely forgives us and welcomes us to be with Him in heaven forever. He also brings us into his family here on earth, and we live with a new identity and purpose for life.

**When you facilitate this in other contexts, you will be bringing together the group to watch a video of the teaching.*



Session 2 - Managing Tensions

Part 2: Holding Tensions (25 Minutes)

To start this second section, give individuals time to review or add to their personal reflection notes (page 10) on what was significant, confusing, or new to them. * (2 minutes)

Instruct participants to return to their original small groups. Once they have settled into their groups, ask the groups to choose a new spokesperson to take notes on their discussion and share them with the larger group.

Instruct the small groups to go through the personal reflection discussion questions, with the spokesperson taking notes. (5 minutes)

Gather the group back together as a whole and have each spokesperson share one of the points from their discussion around the three questions. Thank the spokesperson, affirm accurate understandings of the video and, if necessary, gently and respectfully redirect and respond to misunderstandings. Rotate through each group, asking them to share one point until there are no new points to share. (8 minutes)

As a large group, go through the discussion questions on page 11. Gently provide any correction to answers and point them to Scripture references or insight. (10 minutes)

Close with prayer.

Dismiss the group for a break.

**When you facilitate this in other contexts, you will be bringing together the group to watch a video of the teaching.*



Notes:

Session 3 - Know Who You Are

Open with prayer.

Community Builder (10 Minutes)

Tell participants that they have 60 seconds to line up in alphabetical order by first name. Once they have finished, go down the line, having all participants say their name to the group to make sure they've succeeded in their task and so that everyone hears each other's names again. Have everyone sit in a new spot in the room, maintaining the order they just created (sitting between the same two people standing next to them). Let participants know that they will keep the same small discussion groups but that they will watch the video in their new spot. This helps the group shift gears and renew their focus and attention.



Know Who You Are (45 Minutes)

As the ice breaker finishes, give individuals time to review or add to their personal reflection notes on what was significant, confusing, or new to them.* (2 minute)

Instruct participants to return to their original small groups. Once they have settled into their groups, ask the groups to choose a new spokesperson to take notes on their discussion and share them with the larger group. Instruct the small groups to discuss their notes under Question 3. (page 12) (“What are some characteristics that describe God’s baptized children and the identity you have in Christ?”) and prepare to share with the larger group. (5 minutes)

Gather the group back together as a whole and have each spokesperson share one of the points their group listed under Question 3 (page 12). Thank the spokesperson, affirm accurate understandings of the video and, if necessary, gently and respectfully redirect and respond to misunderstandings. Rotate through each group, asking them to share one point until there are no new points to share. (10 minutes)

**When you facilitate this in other contexts, you will be bringing together the group to watch a video of the teaching.*

As a large group, ask for answers to Question 4: “What are some misconceptions that many people in our culture have about teens?” Facilitate discussion on the point the speaker raised concerning the myth that all teens must go through a period of rebellion and wild living. After the group has had the opportunity to verbally process the idea and share their reactions, encourage them to embrace who they are in Christ through all life stages. Give them reassurance that they are an important part of the church body today and that they can live out their vocation as Christians during their teenage years, not just as adults. (5 minutes)

The next portion of the training is designed for personal reflection. Inform participants that they will be given time to internally digest the issues discussed in the upcoming processing activity. Draw their attention to Questions 5–7 (pages 12–13) in their participant guide. Have them find a quiet spot in the room where they can sit alone, think and write out their responses to Questions 5 and 6. Give them five minutes to complete those two questions. After five minutes, announce that they have 10 minutes to spend on the processing activity in Question 7 and write down an outline of their faith story. (15 minutes)

Session 3 - Know Who You Are

Know Who You Are (Continued)

Ask participants to find a partner. Each person will be given three minutes to share their faith story with their partner, following the outline they just created. Instruct participants to be silent while the other person is talking. Participants should not make comments or add thoughts during another person's turn. They can discuss it or affirm the other person afterward. (7 minutes)

Gather participants back together as a large group for a minute of two. Reinforce the significance of God's work in their lives. Encourage them that, although their faith stories differ from each other, God can work through them to share the love of Christ with others. Make sure to mention that if anyone in the room hasn't been baptized, God's promise is for them, too, and encourage them to talk to their pastor or another church worker about how they can be baptized. (1-2 minutes)

Remind them that God promises to always be with us, that He sent Jesus to pay the price for all of our sins and that, because of Christ, He freely forgives us and welcomes us to be with Him in heaven forever. That is who we are in Christ!

Dismiss the group for a break.

Notes:



Session 4 - Action Plan

Gather the group together. Convey these instructions clearly, but in your own words.

You did it! You've listened to the speakers, discussed the concepts and participated in processing activities. Now it's time to put it all together. In this session, you have the opportunity to apply everything that you've learned. This strategy builder will guide you through the process of developing your own action plan.

Don't misunderstand the purpose of your action plan. We don't strive to serve God in order to be saved. The desire to serve God is a response to the salvation He has freely given us in Christ. It's vital to remember that God did all the work for your salvation. Jesus paid the price for your sins. In your baptism, God called you by grace through faith in Christ, you are welcomed to be with Him in heaven forever! He did it all. Our response to that incredible love and forgiveness is the desire to walk in our baptismal faith He has given us and share it with others.

Personal Reflection

Now you will be given time on your own to internalize and digest all you've learned. You will begin with some time alone to think things through for yourself and be challenged to form your thoughts and opinions into written words. In section #1, you will focus on your baptismal identity in Christ.

Ask participants to find a spot in the room where they can focus, write comfortably and stay alert. Tell them that they have seven minutes for the first section and that no talking will be allowed. Let participants know that you will be available if they have any questions. Make sure each person has their participant guide, a pen and three note cards. Instruct them to complete section #1: Know Your Baptismal Identity.

Change will happen. It is certain that you will face hardships and challenges in life over and over again. You can't control the storms, but God has given you tools to prepare for them.

1. Know Your Baptismal Identity
2. Receive Christ's Gifts
3. Be a Witness to All What Christ Has Done For You

Write a response for each of the following sections before going on to the next one. It's okay if you don't know exactly what to write; just write whatever comes to mind. Writing an answer forces you to put your response into words, even if you are still developing your thoughts. Just the process of writing ANY response will help you to form an action plan. Write it down now; you can fix it later. You can go back and change your answers at any time; just don't leave a blank. Write now; fix later!

Begin with a prayer asking God to give you clarity and wisdom as you create your action plan.



Session 4 - Action Plan

#1 - Know Your Baptismal Identity

Romans 6:3-5

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.

Titus 3:5-8

...he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, whom he poured out on us richly through Jesus Christ our Savior, so that being justified by his grace we might become heirs according to the hope of eternal life. The saying is trustworthy, and I want you to insist on these things, so that those who have believed in God may be careful to devote themselves to good works. These things are excellent and profitable for people.

1. How does your baptism and your identity as a loved child of God help you answer the question, "Who am I?"

2. Draw a triangle and the words - **I am a loved and forgiven child of God** - on three note cards.

The words will remind you of your true identity. The triangle will remind you that you were baptized in the name of the Triune God. The Holy Spirit gave you faith to know that you are loved by the Father and forgiven through the Son. Put one note card in your wallet, one on your school locker and the other on your bedroom wall (or another spot that you see often). Each time you see it, say the words in your mind to remind yourself of your identity in Christ.

3. What other step will you take to remind yourself of your true identity?

After about seven minutes, ask participants to put their pens down and listen to the instructions for sections #2 and #3. Convey these instructions clearly, but in your own words.

Next you will focus on the source of your faith and strength. In sections #2 and #3, you will need to write an answer for each of the questions before going on to the next one. It's okay if you don't know exactly what to write; just take an educated guess. Writing an answer forces you to put your response into words, even if you are still developing your thoughts. Just the process of writing a response will help you to form an action plan. Write it down now; you can fix it later. You can go back and change your answers at any time. It is essential that you don't leave a blank. Write now; fix later!

Session 4 - Action Plan

#2 - Receive Christ's Gifts

In the next two sections, you will need to write an answer for each of the questions before going on to the next one. It's okay if you don't know exactly what to write; just take an educated guess.

Writing an answer forces you to put your response into words, even if you are still developing your thoughts. Just the process of writing a response will help you to form an action plan. Write it down now; you can fix it later. You can go back and change your answers at any time. It is essential that you don't leave a blank. Write now; fix later!

Colossians 2:6-7

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

2 Timothy 3:16-17

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

4. Setting an intentional and specific plan will make a big difference in accomplishing your goals. If your goal is to be deeply rooted in God's Word, make a specific plan of when and where you will do it. (See Below)

Rooted in God's Word

I want to spend time alone with the Lord in His Word and in prayer for _____ (length) minutes. _____ (frequency) times a week.

Circle the day and write in the time and location. Write something now, even if you are unsure of your schedule. Write now; fix later!

Example:

Monday
Time of day: Before School Location: My Room

Monday

Time of day: _____ Location: _____

Tuesday

Time of day: _____ Location: _____

Wednesday

Time of day: _____ Location: _____

Thursday

Time of day: _____ Location: _____

Friday

Time of day: _____ Location: _____

Saturday

Time of day: _____ Location: _____

Sunday

Time of day: _____ Location: _____

Resource: *Today's Light Bible*

This Bible is speparated into daily readings and a short devotion that shares insight into the passages. Find it at cph.org or amazon.com

Rooted in God's Word and Sacraments, Anchored by Community

Name of congregation where I will worship: _____

Address: _____

Phone Number: _____ Website: _____

Worship Times: _____ Bible Study Time: _____

(Hint: Go to bit.ly/LCMScongregations to find information about a congregation near you.)

The two support people I will ask to go to church with me each week are:

1. _____

2. _____

I will get a ride to church with: _____

Don't have a ride? Call the church office and ask to speak with a staff member. Chances are they would love to help!

Session 4 - Action Plan

#3 - Be a Witness to All That Christ Has Done For You

God sees all people His people through the blood of His Son. No matter our differences, we are united in Christ. We are called to selflessly live out that unity in the way we treat each other.

5. Name two people within the body of believers who need your support.

6. What are two actions that you will take to show God's love to them, even if that means suffering for their sake?

2 Corinthians 2:14-15

But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere. For we are the aroma of Christ to God among those who are being saved and among those who are perishing.

7. Name two friends or family members who aren't a part of a community of Christian believers.

8. List two ways that you will reach out to include them.

After 15 minutes, ask participants to put their pens down and turn their attention to questions #9–11. Let participants know that they will be sharing their answers to question #10 with the large group. Give the group ten minutes to complete this final section.

Grand Finale

9. Write a summary of what your baptism means to you.

10. Write three important points from this training resource that are significant or meaningful to you.

11. Write out the Bible passage that you found most helpful.

After 10 minutes call the group back together and have them return to their seats. Go around the room giving participants a chance to share their top answer to question #10:

What is the most important point from this training resource that is significant or meaningful to you? This portion of the training is very important. The process of choosing a key point and saying it out loud makes it much more likely that participants will remember it.

Thank the group for participating, sharing their answers and investing their time and effort into being a part of the training.

Prayer

Close in prayer. Use the following as a starter, but feel free to continue the conversation!

Heavenly Father, thank You for loving us unconditionally. Thank You for giving us an unchanging identity as Your loved and forgiven children in Christ. Thank You for the work of Your Holy Spirit to enable us to weather any storm. As changes, tensions, and hardships come, please keep us deeply rooted in You. Work through each of us to point others to the stability and peace that comes from knowing You as the eternal Rock. In Jesus’ name, Amen.

Notes:

Handwriting practice lines with a large, faint, light blue watermark logo in the center. The logo consists of a stylized house-like shape on the left and a cross inside a circle on the right.



Youth Ministry

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