

# PROMISES DELIVERED

YouthLead  LEADERSHIP TRAINING 2020

PARTICIPANT GUIDE





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.

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**Session 1**  
**Promises**  
**Delivered**

**Session 2**  
**Managing**  
**Tensions**

**Session 3**  
**Know Who**  
**You Are**

**Session 4**  
**Action**  
**Plan**





# Session 1 - Promises Delivered

## Part 1: Our Speaking God Outline

- Words are powerful.
- At their best, words communicate the Gospel, express love between one another, teach truth, and bring unity or encourage people towards a common good.
- At their worst, words can express hatred, communicate falsehood, create isolation, and fracture relationships.
- Our God is one who speaks. (Genesis 1:2-3)
- God’s Word has power. God’s Word does miraculous things. God created everything out of nothing by speaking.
- Baptism is God’s work on display.
- Your baptism is a one-time event, but it affects our daily life to eternity.
- You are a child of God.
- God strengthens and reminds you of who you are, whose you are, and where you belong.

The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

And God said, “Let there be light,” and there was light.

Genesis 1:2-3

## Personal Reflection

1. Points that strike you as personally significant:

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2. Points that strike you as confusing:

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3. Ideas or information that was new to you:

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# Session 1 - Promises Delivered

## Discussion Questions

1. If you have been baptized, tell a little about your baptism. For example, you might share when or where you are baptized. You might share about your sponsors or godparents. If you have not been baptized, and want to know more, feel free to ask one of the adults.

[illegible]

2. Words are powerful. How has someone spoken influential words to you that communicated love or let you know you mattered? How have you used words to make a positive impact in someone else's life?

[illegible]

3. Words can hurt, too. How can broken promises hurt you? How can gossip break-up relationships?

[illegible]

# Session 1 - Promises Delivered

## Part 2: Receptive Spirituality Outline

- Lutheran spirituality is a “spirituality of reception”.
- We trust God, our good gift-giver, out of response to all the good things He gives us and that he keeps his promises.
- In our current world, with technology at our fingertips, it’s easy to understand what it is to consume. Above all the things in our world, we also consume the Word of God and Jesus’ gifts for us.
- Learning all that Jesus taught is a life-long endeavor.
- When we confess our sins, we consider and confess how sin and Satan cloud our ability to receive Christ’s gift. A part of self-reflection is to be aware of how this affects our relationship with our good giver.
- Three parts of a receptive life:
  - o Prayer
  - o Receive Christ’s gifts of Word and Sacrament (in Community)
  - o Spend personal time listening to Jesus in His Word, the Bible



## Personal Reflection

1. Points that strike you as personally significant:

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2. Points that strike you as confusing:

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3. Ideas or information that was new to you:

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# Session 1 - Promises Delivered

## Discussion Questions

1. Do you prefer to give gifts or receive gifts?  
What is the best gift you have ever given? What is the best gift you have ever received from another person?

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2. We live in a consumption culture – likes, followers, retweets, media, any item that can be delivered to my doorstep. In general, young people are pushed to achieve at everything you do – grades, sports, music, work, etc.

a. What pressures are put on you or your friends to “consume” or achieve?

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b. How have you seen these aspects of culture create an unhealthy environment for you or others?

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c. How does this environment damage relationships between people?

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d. How can the desire to consume or achieve be a distraction in your relationship with Jesus?

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3. How can the aspects of the culture make it difficult to practice personal prayer time or to have time in God’s Word?

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4. Finding time for prayer and devotions can be difficult. You might have had times where you were very faithful and structured, and other times when you seemed to never stay consistent. Perhaps you haven’t experienced such practices on your own. Regardless of your past, Jesus invites you to be in prayer and to hear His Word. (You will have some time for personal reflection on these practices in a later session.) Do you have a story about a spiritual practice? Or, what are some practices you want to try? Examples might include a reading through a prayer book or Catechism, following a daily Scripture reading plan, or family devotions around a meal time.

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# Session 2 - Managing Tensions

## Part 1: Baptism Makes Me Different and Gives Me a Place to Belong

### Outline

- Being different for Jesus’ sake is not always easy. We may face trials, opposition, and rejection by others because of our faith in Jesus and our walk with Him.
- Jesus was set apart for us. He lived perfectly and he was the perfect sacrifice for our sin. Only through Him, our sins are forgiven and we have eternal life.
- The Holy Spirit strengthens us for our earthly walk with Jesus.
- When we read the word “saint” in the New Testament, it means “holy” or “set apart”. In our baptism, God makes us holy and set apart because we receive Jesus’ holiness.
- In I Peter 2:9, the church is called “a chosen race, a royal priesthood, a holy nation, a people for his own possession”.
- The King James Version translated “people for his own possession” as a “peculiar” people. The saints of the church are called to be different from the world.

### Personal Reflection

1. In your everyday life, how does your baptism and your faith in Jesus make you different, or set apart from others who aren’t a disciple of Jesus? How do you share the love of Christ with those who don’t know Him as their Savior? *(If open to it, you are invited to share this with the larger group when you get together.)*

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2. Points that strike you as personally valuable:

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3. Points that strike you as confusing:

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4. Ideas or information that is new to you:

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But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

1 Peter 2:9

# Session 2 - Managing Tensions

## Discussion Questions

1. Are you one that follows the group or stands out from others? (You might consider your StrengthFinders assessment for additional insight.)

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2. Based on the question under “Personal Reflection”, how do you live differently than many in the world around you because of your baptism and faith in Jesus?

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3. How does being different in your baptism and faith in Jesus make you feel? What does it make you think about?

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4. How have you seen your home church or a group of Christians be “peculiar” as they reflected Jesus’ love for them? How have they treated each other, or served in your community that set them apart as God’s people? If you are unsure of answers from personal experience, what are ways you think your local church, or our church body (the LCMS), or the entire Christian Church on earth does or could reflect God’s peculiar grace and love?

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# Session 2 - Managing Tensions

## Part 2: Holding Tensions Outline

- Life has examples of good and bad tension. Good tension can be fruitful and productive, but bad tension can be damaging and destructive.
- In life, good tension can make for a good story. Competition can make you work harder at your craft or improve yourself. Physical tension can help you improve your health and stamina.
- In life, bad tension can cause unhealthy stress. Relationships and trust between people can be broken when tensions are not dealt with in a healthy way.
- An important part of being a mature person is juggling tension and setting priorities. An important part of being a mature Christian is holding some things in tension and trusting in Jesus who holds all things together.
- We are simultaneously sinner and saint.
- Because we are a sinner, we need Jesus' salvation and the forgiveness and new life we receive in baptism.
- In Romans 7:15, Paul expresses the tension saints feel when wrestling with temptation and sin. We have been baptized, but we still daily struggle with our sinful nature.
- We cling to Jesus' victory to fight against sin and to strive to live a holy life.
- As peculiar people, we also encourage each other in our fight against sin. Not only on an individual basis, but we watch for sin that might destroy the unity Christians have in Jesus.

## General Reflection

1. Points that strike you as personally significant:

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2. Points that strike you as confusing:

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3. Ideas or information that is new to you:

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For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.

Romans 7:15

# Session 2 - Managing Tensions

## Discussion Questions

1. What tensions do you feel in your life? (You may have already discussed some of these.) How are these tensions productive? How are some tensions destructive?

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2. Consider Martin Luther’s quote about this tension in life:

*“A Christian is a perfectly free lord of all subject to none. A Christian is a perfectly dutiful servant of all, subject to all.”*  
*(On the Freedom of a Christian [LW 31:344])*

How is it liberating to know that we do not have to work to earn God’s love and favor? How does being free in Jesus and our baptism make us better friends, neighbors, siblings, and classmates?

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3. It’s inevitable, tensions will arise between us and other people, especially those who don’t know Jesus. Sometimes the tension will be over our Christian beliefs. (We will look at that more in the next session.) Other times, tension will arise over differences of opinion on other important matters. Other times, tensions will arise out of our sinful actions, or being hurt by others’ actions.

As we walk in Jesus, established in our baptism, and practice receiving Christ’s gifts, how are we to respond to others when they sin against us? What tensions do we feel when we respond as Christ would have us do?

How would Christ have us respond to those whom we have sinned against? What tensions do you feel when you must repent and seek forgiveness?

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4. When you encounter destructive tension that hurts relationships, what are things God has given you to deal with tension? What have you found helpful in dealing with these tensions?

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# Session 3 - Know Who You Are

## Video Notes

As you watch the video portion of this session, take notes in the categories below. Listen for points and ideas in each category throughout the presentation. You will have the opportunity to share your responses with the larger group.

1. Points that strike you as personally valuable:

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2. Ideas or information that is new to you:

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3. What are some characteristics that describe God’s baptized children and the identity that you have in Christ?

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4. What are some misconceptions that many people in our culture have about teens?

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5. What are some non-spiritual concepts that you don’t fully understand but believe and trust? (Remember the speaker’s example.)

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*Video notes continue on the next page.*



# Session 3 - Know Who You Are

## Video Notes (Continued)

6. What are some concepts in Scripture that you aren't able to completely explain but accept and trust in faith?

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7. Recognize the value of your story! Write an outline of your faith story. (Include points like your baptism, confirmation, significant Christian mentors in your life, your role in your congregation, ways you have seen God at work in your life and ways that your faith has grown throughout the years. Start at the beginning and bring it to the training today. You have 10 minutes, so write in outline form, not in paragraphs.)

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# Session 4 - Action Plan

**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.

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?"

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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?

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Next you will focus on the source of your faith and strength.



# 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](http://cph.org) or [amazon.com](http://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](http://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.

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

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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.

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

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# Grand Finale

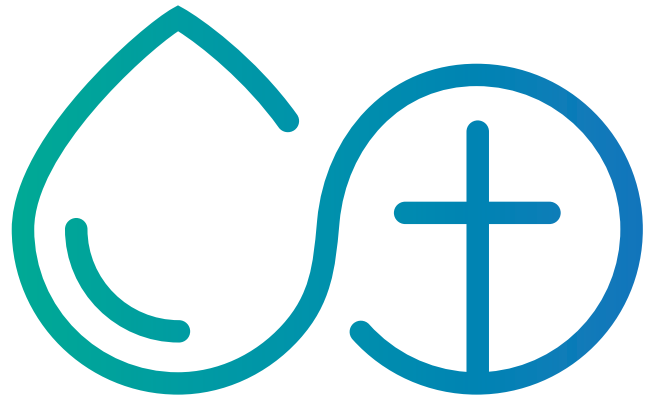
9. Write a summary of what your baptism means to you.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

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

[illegible]

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, typical of notebook or legal stationery. The background is white, and there are no margins, text, or other markings present.





## Youth Ministry

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[y LCMSYouthMinistry](https://www.youtube.com/LCMSYouthMinistry)