

Effective Youth Ministry Free Resource

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Regards,

Ken and Julie Moser

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Youth Group Program for Anglican Youth

A program for Anglican (or other liturgical) youth.

The program contains a basic format and programming ideas that can be inserted to give your youth meeting a creative and interactive edge.

NOTE: There are two power points of text for Compline available in Free Resources under the headings: End of Day Compline 1 and End of Day Compline 2. These were originally used for youth retreats and are based on Compline from the Church of England.

While this is designed specifically for Anglican/liturgical Youth it can be easily adapted to any youth group meeting that wants to implement a discipleship model.

written by
Julie Moser

ANGLICAN YOUTH GROUP

Below is an outline of a two-hour youth group program for Anglican Youth. It is designed to be very simple and easy to run and cater to any size group. The program is flexible with additional creative program ideas provided that can be inserted into the basic program. The times next to each activity are guidelines only. This type of program works best with people seated in a semi-circle. You could also seat everyone on the floor. Alternatively, you could begin the program in a larger area and have a welcome, open in prayer and the first activity before moving to a smaller area with chairs set up.

Suggested meeting time for Anglican Youth group: Sunday afternoon 4.30-6.30pm or Sunday evening 6-8pm. These timeslots will be more suited to a liturgical style of youth group as opposed to an entertainment based youth group. [Extra activities and program ideas listed below are from the books: *Creative Christian Ideas for youth groups* and *Programs 2 Go* by Ken Moser]

PROGRAM

- 10-15mins Arrive, hang out, catch up.
[Note: if people are coming late or the group does not know each other well enough to hang out, just go straight into a welcome. In the long term your goal will be to develop relationships within the group that will enjoy this time. See "mixers" below.]
- 5-10mins Welcome *[See list of welcome ideas below.]*
Open the meeting time with a short prayer.
- 50mins Teaching Time: Devotional study OR talk.
Suggestion 1: use printed youth study material.
Suggestion 2: If you have someone capable of preparing a youth talk you could have a large group teaching time. You could either have a 10-15 min talk followed by 30-40min discussion groups or, have a 10-15 min talk and use the remaining time for other program ideas [see list below].
- 5-10mins Pray *[See list of prayer ideas below]*
- 20-30mins Eat *[Have parents and parishoners help with a food roster.]*
- 10-15mins Compline *[See two powerpoint samples in Free Resources/Youth Programs on website]*
- Close/Hang out time

PROGRAM IDEAS

Welcome Ideas

The welcome is designed to bring the group together and make a positive start to youth group. It is meant to be relational and welcoming to everyone. Below are three welcome ideas – do your best to come up with more creative ideas that will suit your group.

Week 1. Ask the group to turn to the person next to them and rate their week out of 10 (1 is lousy, 10 is fantastic) and briefly explain why. You could then ask volunteers to share answers with the rest of the group. If your group is confident you could have volunteers act out the answer in front of everyone and have the group guess the answer.

Week 2. Ask the group to rate their week out of 10 by holding up their fingers. You could ask the group to get out of their seats and find someone else with the same number OR, if the group is small, to gather into one or two groups with similar numbers and share why they rated their week the way they did.

Week 3. Ask everyone to stand up and give every person in the group a high five and say 'welcome to youth group'. If the group is very large suggest they high five 10 people.

Prayer time Ideas

Most young people pray at one time or another. Use this time in youth group to give people an opportunity to do it as a community. It will also give people the opportunity to become more comfortable with this important spiritual practice. *NOTE: never force anyone to pray aloud and always give people the option to sit silently during prayer time. Also do not allow group members to distract others or treat this time with disdain.*

Week 1. Divide into smaller groups (maximum 5 people with one adult or older Christian person). If the group is small divide into guys and girls or younger grades and older grades. Ask the group to share some matters for prayer and then pray.

Week 2. [Need a whiteboard and pens.] Divide the whiteboard into two halves. On one side write down 'Thanks' and on the other side write 'Help'. Ask volunteers to share things we can give thanks for and write them under the heading 'Thanks'. Then ask volunteers to share things we need to ask God's help for and write them under the heading 'Help'. Once all prayer points are listed have an open time of prayer when volunteers can pray for the items listed. [If prayer is new for your group you can also give people the option to pray quietly by choosing one item on the board and praying for it.] Whoever is leading the prayer time should pray last.

Week 3. Ask volunteers to share prayer points aloud in the large group setting then either break into smaller groups to pray or have a large open prayer time when volunteers can pray for the items shared.

Other Creative Ideas:

1. Mixers

If you have 5 or more youth and a leader or two you could run a mixer. A successful mixer will enable group members to meet, talk and get to know each other. For each mixer will need the group to stand and move to a space where they can move around.

Week 1. Find your twin

Ask a question that will match each person with someone who qualifies as 'their twin' (for example, 'find someone who has the same colored hair'). They find their 'twin', introduce themselves and answer a sharing question provided. It is easier if you are able to put the question on power point for everyone to see. After a minute or so ask them to meet another person with the next find your twin match. [Option: You can ask volunteers to share their answers at the end of each match before they move on to the next person].

'Find your twin' sample match questions:

- Find someone with similar colored hair.
- Find someone with similar height.
- Find someone who has the same shoe size.
- Find someone who has the same color eyes.
- Find someone who has a birthday in the same month (or within 2 months of you).

Sharing questions (to be asked once pairs have been formed):

- If you could visit anywhere for one year where would it be?
- What would you like to have done by age 50?
- Which is better the beach or the bush? Why?
- What is your favorite cartoon (or TV show)?
- What is your favorite/least favorite subject at school?

Week 2. Music Mixer (Idea by Scott Tubman)

Place four signs in four corners of the room that read:

"I love this song"

"I hate this song"

"I think this song is okay"

"I don't know this song"

Play a part of a song and ask the group members to go to the corner that describes how they feel about the song. When everyone has chosen a location give them a question to ask to the people in their corner. It is easier if you are able to put each question on power point for everyone to see. Try to choose a variety of songs and have at least 4-5 rounds.

Week 3. Handshake mixer

Play music. Ask the group to stand and move around continually, randomly shaking hands with other group members. When the music stops they are to introduce themselves to whomever they are shaking hands with and answer a sharing question. It is easier if you are able to put the sharing question on power point for everyone to see. When music starts again they are to move around again shaking hands. [This is a similar concept to the game musical chairs.]

2. Singing

If you have someone who can lead singing have a time of praise and worship some time in the program. This could be done towards the beginning of the meeting time after the welcome or a mixer. It would also work well to extend the time for the Compline service and insert some songs into appropriate places in the Compline liturgy.

3. Memory Verse Games

Memory verse games are a great way to have fun memorizing Bible passages. Try to spend at least three weeks on the same verse so that people have time to learn it.

Week 1. Skits

Divide into two or more groups and have each group prepare a skit about the memory verse. To give variation you can have cards with words on them (for example, names of animals) and each group chooses a card and the word on the card has to be incorporated into the skit. Make sure they say the whole verse during the skit (including the verse reference).

Week 2. Relay race

See if anyone knows the verse, have him/her stand up and say it. Divide the group into two teams. Give each team a whiteboard marker (or chalk). Have a relay race where each person has to run to the board and write one word of the memory verse (in order). Once written, they run back to their team and give the pen to the next person who writes the second word on the board etc. The first team to write the whole memory verse with reference wins. For a larger group you can divide into three or four teams.

Week 3. Cards

Write each word of the memory verse, including the reference, on separate cards and tape them in various locations around the meeting room. Have a relay race to collect the cards in order. The first person runs to collect the first word of the memory verse, returns to the group and taps the next person who runs to collect the second word etc. If the group is small (4-5 or less) then make it a race against the clock. If the group is larger and can be broken into one or more relay groups then write the verse on colored cards. (For example, have a team for blue cards, a team for green cards etc)

4. Sharing

Sharing times are opportunities for the youth to share about what is happening in their Christian life. Be prepared that sharing times can fall flat if no-one shares. It is important that the leaders don't rescue this time but allow the group to choose not to share. When leading a sharing time you need to give a clear introduction to what you are doing and give youth a good amount of time to consider whether they would like to share. One way that can help young people to feel comfortable to share is if you ask them to share something in pairs with the person next to them before giving the opportunity for them to share in the large group. This is recommended for a group with older youth.

There are several topics that groups can share about. These can include: testimony, what you have read in the Bible lately, how God has answered prayers, how they have been a witness at school, home or work by how they have acted or what they have said, how being a Christian has changed them in some way (ie. They used use bad language but have been able to stop).

5. Skits

Skits can be a fun interactive exercise that can be used to act out various elements in the program. For example they can act out the memory verse, the topic of the youth talk, advertise coming events (like a camp or social). If you have 5 or less youth they can act out a skit for leaders. If you have 6 or more youth they can break into two small groups with a minimum of 3 people. Give them only a short time to prepare (2-4 minutes).

6. New ideas?

Look through the New Testament and read what the early church did when they met together. A good place to start is Acts 2:42-47. Think of creative ways you can do the same things in a youth appropriate way.