

# **Sunday DIY Trainer's Guide**

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Welcome to the Sunday DIY Trainer's Guide. The intention of this material is to provide a base level of training for all Sunday morning leaders so that they are equipped to teach the gospel of Jesus to the next generation. We have intentionally aimed the material at the beginner who is perhaps feeling a little anxious, but also tried to format it in a way which gives a leader what they feel they need.

### **Your Role as the Trainer**

Your role as a trainer is to give your leaders confidence with teaching the children and young people well. This may mean that some misconceptions need to be gently corrected or it may simply mean showing them that they are capable of doing something which they did not think they were capable of. You do not need to have all the answers, no one does!

## **Structure of the Whole Course**

There are 5 core sessions, with an optional 6<sup>th</sup>. The layout is as follows:

### **1. How to Make Sunday Morning More Exciting for You!**

*Here, we are laying down the purpose of teaching children the gospel and how it fits into Jesus' plan for the church. Our simple summary is 'God speaks; we have His words in our Bible!'*

### **2. How to Get Children and Young people Excited About the Bible!**

*In this session we are wanting the leaders to see that the Bible is one big picture and to begin to look at finding out the big message of each book. This will get the children and young people excited. Our simple summary is, 'The message of the Bible itself and how it has been communicated is what will get your children and young people excited!'*

### **3. How to Choose Illustrations and Pick Games!**

*This session is intended to show that understanding the passage clearly is the best way to then work out how to communicate it. Our simple summary is, 'Games and illustrations come once the passage has been understood!'*

### **4. How to Change Your Children's and Young People's Lives!**

*Here, we are thinking about applying the Bible to the children's and young people's lives. We also look at putting a simple talk together. The simple summary is, 'Explaining the Bible and showing what difference Jesus makes will change people's lives!'*

### **5. How to Look After Your Children and Young People!**

*In this session we deal with pastoral care, child protection and discipline within the group. The simple summary is, 'Our care for children and young people must meet legal*

*requirements but it must also go beyond this and meet Christ's requirements!*

## **6. Optional Session: Supporting Other Leaders**

*In this session we look at how leaders can support each other, both during a session and in the rest of the week. The simple summary is, 'God has given us different gifts in order to build others up, and acting in a godly way towards other leaders matters.'*

## **7. Optional Session: Integrating Children and Young People into the Wider Church Family**

*In this session we look at how we can help children and young people become active members of our church family. The simple summary is, 'God wants children and young people in His church.' The session includes practical ideas for helping children and young people become core members of their church family.*

## **8. Optional Session: How to Deal with Different Personalities in Your Group**

*In this session we look at the different types of personalities we might have at our groups and think through how to effectively communicate and interact with each type of person. The simple summary is, 'Great leaders are always ready to talk about Christ and think about the different types of people in their group when preparing a session.'*

## **Structure of Each Session**

### **Discuss**

Each session begins with a discussion question for the group. They require little or no previous experience or knowledge. It is intended as a 'warm-up' and possibly to reveal to the trainer what the group is thinking about the given subject.

### **Bible Input**

Normally this is followed by some key passages which will inform the group on the topic plus some written explanation and development of that topic.

### **Putting it into Practice**

Throughout the material there are places where the leaders need to put into practice what has been explained. This is a time to help with misunderstandings in a gentle way. We want to develop and sharpen the leaders' God-given gifts and talents.

## **Simple Summary**

This is intended to make the whole session clear. This would be a good time to stop and make sure that there are no questions or issues that need to be followed up.

## **Going Deeper**

As this is a very base level training course, many leaders will want to find out more about a topic that is new to them. This is to be encouraged and the 'Going Deeper' box gives some places where they can go.

## **Session Notes**

### **Session 1 Notes**

**Discuss:** This is designed to get your group sharing. Answers may range from 'No one else would do it!' to 'Because the gospel excites me!' Encourage each member of the group to give an answer.

**Psalm 78** – These verses should give your group some perspective on the glory of passing on the truth of God to the next generation.

**Discuss (Optional)** – In some ways there is no clear answer to this question, but extremes are to be avoided e.g. It is all the parents' job or that the parents abdicate responsibility.

**2 Timothy 3:16-4:5** – This question is designed to communicate the idea that we are to keep doing this work even when we may not appear successful.

'In season and out of season' is talking about whether people want to hear the message or not.

**Summarise** – Encourage each member to volunteer an answer before drawing it all together for them. They should come up with something such as, 'A teacher of the eternal truths of Jesus, no matter what the situation!'

## **Session 2**

**Discuss** – I would expect some participants to give answers such as, 'Play more games' or 'Use videos' etc. At this stage do not correct; the content of the session should show that it is the very storyline of the Bible that should excite the children and young people.

**Activity** – The timeline activity should show them and you where they are least clear on the story of the Bible. For some groups this may be a very hard activity and there may be a big gap between Moses

and Jesus. These areas can be picked up on and emphasised through the session, or with further reading after. For most groups it will be the exile and the return from exile that they are least clear on.

**Discuss** – This may be a hard question for those who have not led any sessions yet, but for others it should be a useful way of beginning to think through how much better the Bible storyline is from what they think it is saying. Probable answers are, ‘A book about God’ or ‘How to get to heaven’ etc.

**Investigate** – We have tried to give a range of ‘genres’ or types of book here. Luke, John and Acts are probably the easiest ones to look at. Colossians would be useful to look at if you have a lot of youth leaders in your group. Do not feel that you have to look them all up.

**Type of writing** – Here are the answers!

Letter – Philippians

History – Matthew

Prophecy – Isaiah

Law – Leviticus

Poetry – Song of Songs

The last two will probably be the hardest. Process of elimination may be the best way forward here.

**Putting it all together** – Here is where they can begin to be creative. If they are really struggling, here are some *suggested* answers:

Acts – maps, travelling

Colossians – running races, Post

1 and 2 Samuel – kings and queens

Judges – superheroes, rescuers

Your group may well come up with much better suggestions than these!

Further reading may be particularly appropriate for this session.

### **Session 3**

**Discuss** – Similar to previous sessions, this is a warm-up question and do not correct at this stage. Common answers are, ‘Look on the Internet’, ‘Look at some published material’ etc.

**Matthew 5:13-16** – I take all three pictures in this passage to be talking about the same thing: being obvious. It is very obvious when you salt food, like a lamp in dark room or a city on a hill. Israel was meant to be a light to the nations so that those around would see how great it was to live God’s way and want to follow Him too (see Genesis 12:3, Isaiah 42:6). However, they did not live this way, but Jesus’ new Kingdom should.

**Application** – Try to get them thinking about how obvious they are as Christians and how they could be more clearly Christian in their workplace.

**Theme sentence** – As they talk about this, pick up the good answers and try and draw them towards

something like, 'Jesus wants those in His Kingdom to be obvious followers of His.'

**Pictures** – There are three obvious pictures here: Salt, lamp and a city on a hill.

**Games** – See what your group comes up with; essentially they could play any game but have one leader dressed differently and playing the game differently (and loudly!).

#### **Session 4**

This session picks up on Session 3 so make sure that your team are clear on the previous session.

This is a hard session and it may be worth warning them of this beforehand.

**Application boxes** – These will differ from person to person but it is really important that your group learn to apply the passage to themselves first, otherwise the children and young people will pick up on their hypocrisy. When it comes to filling in the

box for the children do stress that they will be able to do this better than anyone publishing, any material and as they get to know the children, they will be able to do it better and better.

**Giving the talk** – Hopefully this will be a case of drawing together the work that they have already done and, even if they feel daunted, will feel much more capable of doing it.

## **Session 5**

**Pastoral care** – This is the ‘how’ of our teaching, the manner in which we teach.

**Child Protection** – It is really important that, as a trainer, you are clear on your own church’s child protection policy.

**Discipline** – This is the element of training that is most often asked for by children’s leaders. It is really important that as a team you are clear on

your discipline procedures so that the children are clear on the repercussions of bad behaviour. A group lacking discipline is a group where the gospel cannot be communicated.

## **Optional Session: Supporting Other Leaders**

**Gifts checklist** – this is designed to help leaders identify/start to think about their own individual gifts.

**Ephesians 4:11-14** – In v12 we see that God has given different gifts ‘to prepare God’s people for works of service, so that the body of Christ may be built up.’ The end goal is that God’s people are unified in their faith in Christ and mature so that they can stand firm.

**John 17:20-23** – Throughout these verses Jesus emphasises the importance of Christians being unified and states that this will result in the world knowing that Jesus was sent by God to declare His love.

**Colossians 4:2** – Particularly highlight the word ‘devote’ and encourage a commitment to praying for fellow leaders.

**1 Timothy 3:1-7** – As you go through the list you should realise the emphasis Paul puts on living a godly life (out of the 15 things listed only one is a gifting, ‘able to teach’, and the others are all to do with lifestyle).

### **Optional Session: Integrating Children and Young People into the Wider Church Family**

**Discuss** – The opening discussion begins by addressing the issue of when children and young people do not want to come along to church, and begins to start leaders thinking about how children and young people can serve the wider church family.

**Hebrews 10:23-25** – A Christian should hold onto the hope they have, spur each other on to love and good works and not give up meeting together. Christians should live this way because God is faithful and the day of Christ's return is approaching.

**Discuss** – Try to make this discussion move on to specific ideas rather than general discussion (and preferably ideas which youth and children's leaders can help with, rather than ideas that require others to make the effort!). Spend as long as you need to on this – the rest of the session is a series of suggested ideas, but feel free to ignore all of these if you are generating some great ideas of your own!

### **Optional Session: How to Deal with Different Personalities in Your Group**

**Opening discussion** – This is meant to be light-hearted; get leaders thinking about their own attitudes towards their group members.

**1 Peter 3:15-16** – This passage shows the need for Christians to be able to give an explanation, with gentleness and respect, of their faith to ‘everyone who asks’. We act in this way so that those who criticise us will be ashamed because they know of our ‘good behaviour’.

**Optional role play** – The explanation and handouts for the optional role play can be found on p47-49 of Sunday DIY, under Appendix ii. It requires the leaders to pretend to be different types of children/young people and act according to their personality in a group discussion. This could be a fun activity for some groups, but if you feel it is not appropriate for your leaders, then please do move on to the next section!

**How to respond to different personalities** – Here are some example answers you might put in the table:

<b>Personality type</b>	<b>How might they affect the group?</b>	<b>How can you engage them?</b>
<b><i>The 'dominator'</i></b>	<ul style="list-style-type: none"> <li>• Put others off.</li> <li>• Stop quieter ones contributing.</li> <li>• Take discussions in unhelpful directions</li> </ul>	<ul style="list-style-type: none"> <li>• Try not to have them directly in your line of sight (the person you are looking straight at is most likely to answer). If you are in a circle, then sit next to them.</li> <li>• Use them to help you and direct questions to others.</li> </ul>
<b><i>The 'mouse'</i></b>	<ul style="list-style-type: none"> <li>• Might not really affect the group at all.</li> </ul>	<ul style="list-style-type: none"> <li>• Look directly at them when asking questions or address 'easier' questions to them by name.</li> <li>• Give them praise when they engage with what you are doing.</li> </ul>
<b><i>The 'dreamer'</i></b>	<ul style="list-style-type: none"> <li>• Distract others, especially those sitting next to them.</li> </ul>	<ul style="list-style-type: none"> <li>• Ask them questions directly.</li> <li>• Get another leader to sit next to them and keep getting them to focus on what you are doing.</li> </ul>
<b><i>The 'pleaser'</i></b>	<ul style="list-style-type: none"> <li>• Others get annoyed with the way they want your attention all the time.</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage them to engage with other group members as well as leaders.</li> <li>• Be careful of their response to your teaching – they may be trying to please you rather than making a genuine response.</li> </ul>
<b><i>The 'clown'</i></b>	<ul style="list-style-type: none"> <li>• Distract everyone from teaching – particularly</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage their wit when appropriate.</li> </ul>

	<p>unhelpful when you are trying to make a serious point.</p> <ul style="list-style-type: none"> <li>• Make the group more fun to attend!</li> </ul>	<ul style="list-style-type: none"> <li>• Say when you are teaching something serious so they realise it is not a time to joke around.</li> </ul>
<b><i>The 'gamer'</i></b>	<ul style="list-style-type: none"> <li>• Distract others with fidgeting.</li> <li>• Always wants to move on to the next game – can ask 'When are we playing a game?' in the middle of a teaching session.</li> </ul>	<ul style="list-style-type: none"> <li>• Use games to teach and emphasise your main point (see earlier in this course!).</li> </ul>
<b><i>The 'rebel'</i></b>	<ul style="list-style-type: none"> <li>• Always looking for an opportunity to disobey leaders and distract group members.</li> </ul>	<ul style="list-style-type: none"> <li>• Get a leader to stay near them and sit with them, especially during times when teaching the Bible.</li> <li>• Do not let them get away with their rebelling. Work out a discipline policy with other leaders and back each other up when implementing it.</li> </ul>
<b><i>The 'rollercoaster'</i></b>	<ul style="list-style-type: none"> <li>• Can be a major distraction when overly emotional.</li> <li>• Other members might not want to spend time with them/ be on their team because of times when they have snapped at them in the past.</li> </ul>	<ul style="list-style-type: none"> <li>• Try to spot their mood and speak to them in an appropriate way.</li> <li>• Try to stop them reaching emotional extremes by addressing issues they have quickly and in a calm manner.</li> </ul>

## **A note from the authors**

Thank you so much for leading this course and committing your time and energy to train others. We pray that this training material will encourage and train your leaders, grow your children and young people and bless your church!