



Rehoboth

United Methodist Church

Children & Youth Ministry Training

Information Provided by:
Download Youth Ministry
National Day of Volunteer Training
Saturday, September 21st, 2019

The Heart of Children/Youth Leaders



The most important thing is your connection with Jesus. Tips and techniques are not useful without your walk with Jesus mattering. You must stay close to Jesus. John 15:4 *“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”* We cannot do Children or Youth Ministry alone. We need to be connected to Christ and connect to others who do these Ministries. It is very demanding and spiritually tolling role.



Your Personal Story

You have to look back to do Children and Youth Ministry correctly. As we age we forget our childhood and teenage years. We need to feel and remember what it was like to be young. Questions to ponder: What were you like as a child or teenager?

You also need to know yourself and live confidently to be yourself. Boldly believing in Psalm 139:14 *“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”*



The Adolescent Brain

There are many parts of the brain that are under developed in young people. However, we should not view teenagers as a problem to be solved, but as a wonder to behold. One of the areas that is not developed during the teenage years is called the Prefrontal Cortex. This area of the brain helps us control impulse and analyze risks. While it is important to help young people become better at managing risk, we should value the passions that come from them due to the fact that this part is not fully developed.

Between the ages of 11 to about 15 or 16 the brain is changing most rapidly in comparison to any other time in life. What happens to our brains during these years have significant impacts on our futures.

What Kids Need From A Caring Adult



- 1) Every kid needs a safe place. Leaders need to know their names and say something that helps know we care.
- 2) They need to know they matter. How can we help each kid feel important/be empowered?
- 3) They need to belong somewhere.

To do those three things well we need to do four things:

- 1) Be a student of your student.
- 2) Be present and available.
- 3) Engage with them.
- 4) Connect them to the larger church.

Remember your agenda: draw kids into the arms and body of Christ.

Remember that adult leaders in children/youth ministry also gain from these relationships. How are you experiencing children/teenagers pour into your life?

Practical Help For Hurting Kids



- 1) Always be ready to receive news or hurt from someone.
- 2) Keep updated with mental health and mandated reporter laws.
- 3) Be calm - You can freakout inside but don't outside. That can shut a student down, and the first thing they need is a place to share.
- 4) Lean into Jesus for help.
- 5) Respond with love and point to Love.
- 6) Rally - Help the student gather a support group. Depending on what it is this may include the church, friends, parents, or specialist.
- 7) Continue to be deliberately present in their life.

Making Disciples That Make Disciples



To make disciples we meet people where they are at and challenge them to the next level. This is the Great Commission in Matthew 28:19-20. We need to be open to people and their lives. OPEN is a great Disciple Making acronym:

- Offer investigation. Let people explore questions, doubts, and ideas as you encounter and share life with them.
- Personal Invitation. Jesus was intentional with individual people. Be personal with one another.
- Empower them. Encourage those around you to go deeper one step at a time.
- Next Person. Help the disciple you are making make another disciple.

How can you plant seeds into students hearts?



Helping Parents Win

The faith of parents is the most important example for the lasting faith of young people. Helping parents is not simply keeping them updated with events, but it is connecting them to the faith community. Parents need to be surrounded by other adults who either have or had kids and teens. Helping parents and young people in faith is built by helping families grow together. This happens when different families serve together, support each other, and give positive news to one another. Youth leaders need to be committed to praying for both their students and their entire families.