

# **COLLEGE MINISTRY LIFE GROUPS**

resources & guidelines



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# **COLLEGE MINISTRY FALL CALENDAR**

# SEPTEMBER

15th CM life group meet & greet 22th life group dinner together

# OCTOBER

29th saturday night service fall fest

31st blocktober

## NOVEMBER

10th workshop night

24th thanksgiving day (no CM service)

## DECEMBER

3rd saturday night service christmas tree lighting

8th finals kits / root beer floats 15th a very CM christmas party

# JANUARY

# WHERE / WHEN WE MEET

# CM SERVICE

thursday nights at 7pm in tent 2

# SATURDAY NIGHT SERVICE

6pm in the worship center



## **COLLEGE MINISTRY STAFF**



KURT JOHNSTON student ministries pastor



MIKE BROOK college pastor / guys pastoral care



COLTON HARKER life groups pastor / guys pastoral care

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JOSH MILLER worship pastor

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### SADDLEBACK STUDENT MINISTRIES

#### MISSION + VISION

Our vision is to have a ministry that helps students become EXPOSED to, EXPERIENCE and EXPRESS Christ, His kingdom, and the five biblical purposes of His church (worship, evangelism, discipleship, fellowship and ministry).

By expressing the five purposes in their daily lives, they are glorifying the Lord. We invite students to be EXPOSED to the church by inviting them to Sunday or Thursday night service. This allows student the opportunity to begin building relationships with peers. The next step is getting student to EXPERIENCE a deeper community by joining a Life Group. And lastly, we want students to EXPRESS Jesus by getting plugged into a ministry here at Saddleback.

# PHILIPPIANS 2:1-5

IF YOU HAVE ANY ENCOURAGEMENT FROM BEING UNITED WITH CHRIST, IF ANY COMFORT FROM HIS LOVE, IF ANY FELLOWSHIP WITH THE SPIRIT, IFANYTENDERNESS AND COMPASSION, THENMAKE MY JOY COMPLETE BY BEING LIKE-MINDED, HAVING THE SAME LOVE, BEING ONE IN SPIRIT AND PURPOSE. DO NOTHING OUT OF SELFISH AMBITION OR VAIN CONCEIT, BUT IN HUMILITY CONSIDER OTHERS BETTER THAN YOU. EACH OF YOU SHOULD LOOK NOT ONLY TO YOUR OWN INTERESTS, BUT ALSO TO THE INTERESTS OF OTHERS. YOUR ATTITUDE SHOULD BE THE SAME AS THAT OF JESUS CHRIST.

### **COLLEGE MINISTRY LIFE GROUPS**

#### THE MISSION OF LIFE GROUPS

Life Groups are the primary expression of being involved in God's family here at Saddleback. We know that a person connected to a Life Group is cared for and safe when trials and troubles come their way, and are able to celebrate the victories of life with others.

Our mission in Life Groups is to help students grow. We do Life Groups because we believe that small group ministry is one of the best ways to grow and mature in our faith. We believe that scripture makes it clear that we grow the most in our love for God and others when we are in fellowship with people.

#### THE VISION FOR LIFE GROUPS

We want to see every person, from the core of our community, to the newest member, connected to a healthy God honoring Life Group. We strive to see students that come through a College Ministry Life Group, to naturally desire to seek out a new community or create community when they move on. That means that Life Groups at the college level is a sending ministry instead of a building ministry. We are tasked with the responsibility of helping foster spiritual growth in the people of our groups before they move on.

# LIFE GROUP GOALS

- We want to see 60% of our Life Groups serving together this fall!
- We want to see 99% of our community connected to a Life Group by the end of the 2017 school year.
- We want to see 300 students in Life Groups this year.

### **COLLEGE STUDENT DEVELOPMENT**

#### STRUGGLES

#### Overcommitted / Over-stressed

Many are full-time student / part-time workers and struggle financially to provide for themselves (many didn't go away to college because of the cost of a 4 year university.) On top of that, they are trying to balance their time spent investing in friends, family, and serving in their community. The high levels of stress have led to an increase in anxiety in college students.

# Fear of the Future

They feel the pressure to get into a good school, make their parents proud, figure out a career and have their life set by 25. They are afraid of what happens if they can't accomplish. There is an immense pressure to leave the nest, however most students don't have the means to do anything about that. Some are incurring debt now and are unsure of how they are going to pay those back in a few short years. 45% of college grads between 22 and 27 years old are "underemployed"—meaning they have jobs that don't require the college degrees they paid so much for.

# Starved for Intimacy, But Are Scared of It

Many of their friends went away to college so they aren't around their friends everyday like they were in high school. They are hungry for friendships that came easy, and are realizing the real work it takes to develop authentic friendship. Their issues with intimacy include: lack of boundaries, not knowing themselves, trust issues, disclosing parts of themselves to several people instead of all of themselves to a few, and fear of betrayal.

#### CHARACTER

### Pursuit of Pleasure

They pursue things that feel good and put off the things that don't. They will spend time with friends, experiment with drinking/partying, and procrastinate the things they need to get done in order to chase fun.

#### THEIR VALUES

# Authenticity

You don't have to have it all together. They value the honesty of you sharing how you don't have it all together. While they don't always share their lives fully, they see your honesty as an invitation to join you in vulnerability.

### **Impact**

They have a longing to feel like they are making a difference, especially a visible or tangible one. In a time where they are discovering their purpose, they deeply desire to live a life that feels significant. They want to feel like they are a part of something important.

#### Truth

They are hungry to explore, and know truth, and are discovering their own convictions. They are looking at everything they have believed about their values, themselves, and God and deciding what they believe and why they believe it.

# Community

They are looking to belong to a community that makes them feel wanted and feels like one that is moving in the same direction as they are. They have some value of diversity, but naturally congregate with similar thinking people.

# **COLLEGE STUDENT DEVELOPMENT** (continued)

#### INFLUENCES

# Religious Convictions

These could be ingrained from parents or other influencers but they are going through a process of figuring their beliefs out for themselves. It is the first time for many of them that church and faith is their own decision.

# Philosophical Thought

Developmentally they are beginning to think philosophically, and use reason along side their philosophical thought to make sense of the world around them.

# Relationships

They are greatly impacted by what their friends think, and believe. Also, the opinion of their parents still weighs heavily on them.

# HOW TO GUIDE THEM

### Know You

Be confident in who you are and be willing to share you (good and bad).

# Ask Questions

Force them to think about the answers, and ask questions they can't answer. It allows you to see how they view themselves and others. Facilitate discussion more than you need to teach them. Developmentally, college students are ready for the "why" question where as high school students are more led by the who, what, when, where questions.

# Be Confident in Truth

They are in a search for truth and in the process of struggling to see how faith fits in with knowable truth. It is important for you to be grounded in truth or you can get caught up in their web of searching.

#### Remember How You Felt

Remember how you stressed at finals? How you were nervous about career and finding the right person? The pressure you felt to have everything done by 25? Remember that lectures didn't fix it, but processing and having a guide helped. But keep in mind that your college experience might be different from their own. Lead from a place of empathy and understanding.

#### Love Them

This cannot be overstated! Love is very powerful in the lives of students. They know if you actually care or if you are just trying to get through the study. Be willing to meet them where they are at and show genuine care for who they are. They want to feel known and loved.

### **Know Their Story**

Much of how people respond to things has to do with their past history. Asking to hear their story (what their childhood was like, what they were like in junior high/high school, when they started going to church, what their parents are like, what they do for fun, who they are closest to in their family and why, etc) helps you get to know why they act the way they do and helps you know how to better love them.

### Push, But Don't Shove

Push them to make steps, to get out of their comfort zone, to find and follow their calling in life, but if you begin shoving they will begin to resist. Remember they are trying to figure themselves out, and for most of their lives they have been told who they were by their parents and teachers. You want to help them come to the conclusion of who they are themselves vs. you continually telling them who they are. Like a guide, point out land marks, milestones, and scenic views of themselves, but let them find the destination.

# **JOHN 13:13-17**

YOU CALL ME TEACHER AND LORD, AND YOU ARE RIGHT, FOR SO I AM. IF I THEN, YOUR LORD AND TEACHER, HAVE WASHED YOUR FEET, YOU ALSO OUGHT TO WASH ONE ANOTHER'S FEET. FOR I HAVE GIVEN YOU AN EXAMPLE, THAT YOU ALSO SHOULD DO JUST AS I HAVE DONE TO YOU. TRULY, TRULY, I SAY TO YOU, A SERVANT IS NOT GREATER THAN HIS MASTER, NOR IS A MESSENGER GREATER THAN THE ONE WHO SENT HIM. IF YOU KNOW THESE THINGS, BLESSED ARE YOU IF YOU DO THEM.

### **TELLING VS PACING**

### TELLING

#### PACING

Telling enters the relationship by communicating what the student **SHOULD** be experiencing / thinking / doing.

Telling emphasizes the **TEACHING** and advice of the adult.

Telling emphasizes the adult's expertise and KNOWLEDGE about God's will for the student's life.

Telling seeks to attain the student's **AGREEMENT** to and application of godly advice.

# Telling in Life Groups:

The primary system of learning is controlled **TEACHING** times and ministry experiences. There is a strong expectation of seeing a particular result in a student after teaching them.

Pacing's agenda is to understand what the student **IS** experiencing / thinking / doing.

Pacing emphasizes the LISTENING and caregiving abilities of the adult.

Pacing emphasizes the adult's heart for **HEARING** God's will at work in the life of a student.

Pacing has as its initial goal a student's **AUTHENTICITY** in the relationship to God and the adult.

# Pacing in Life Groups:

The primary system of learning is dynamic, INTENTIONAL yet thoughtful personal relationships. Pacing uses Life Groups to build RELATIONSHIPS that foster self-disclosure, affirmation, encouragement and challenge.

## STUDENT TESTIMONY

We had an atmosphere of lightheartedness with each other, yet seriousness when one of us opened up and became vulnerable about our past or current situation.

This created opportunities for us to understand why each of us acted a certain way, which allowed us to show each other grace.

# **TOMMY KING**

cm student



### MINISTERING TO HURTING STUDENTS

#### ATTENDING

# Attending is

- a. Giving attention and focusing on the student
- b. Careful observation of verbal and non-verbal content and cues
- c. Being present with the student in every way

# Accomplish this by

- Watching the student carefully
- Listening to content of the student's message
- Seeing how the student communicates
- Discerning messages that are below the waterline

#### COMPASSION

# Compassion is

- a. Emotional and thoughtful identification with the student
- b. Understanding the student's content and feeling what the student feels
- c. Communicating your understanding and identification to the student
- d. A way of deepening the relationship with the student

# Accomplish this by

- Discerning both content and feelings aspects of the student
- Reframing and reflecting both a ½ step deeper back to the student
- $Refraining \ from \ value \ judgments \ on \ content \ or \ feelings$
- Continuing this process until the student affirms that you correctly understand

#### CONCRETENESS

#### Concreteness is

- a. Helping the student be specific
- b. Asking questions that use "discovery words": who, what, where, when, how
- c. Focusing on the student's behaviors, feelings and thoughts the 3 critical parts of all experiences
- d. Showing the student that you're concerned with what they have to say

# Accomplish this by

- Asking questions that seek more specific information
- Reframing the student's statements with more descriptive words to help clarify content
- Refraining from "why" questions or issues of "meaning"

# 1 THESSALONIANS 2:7-8, 11-12

BUT WE WERE GENTLE AMONG YOU, LIKE A MOTHER CARING FOR HER LITTLE CHILDREN. WE LOVED YOU SO MUCH THAT WE WERE DELIGHTED TO SHARE WITH YOU NOT ONLY THE GOSPEL OF GOD BUT OUR LIVES AS WELL, BECAUSE YOU HAD BECOME SO DEAR TO US...FOR YOU KNOW THAT WE DEALT WITH EACH OF YOU AS A FATHER DEALS WITH HIS OWN CHILDREN, ENCOURAGING, COMFORTING AND URGING YOU TO LIVE LIVES WORTHY OF GOD, WHO CALLS YOU INTO HIS KINGDOM AND GLORY.

<sup>&</sup>quot;I wonder if you're feeling FEELING WORD because CONTENT."

### LIFE GROUP LEADER EXPECTATIONS

#### COMMUNICATION

We are a team. In order for a team to succeed, there must be communication.

- From us to you (keeping you up to date on serving opportunities, events, your group, etc.)
- From you to us (keeping us updated with your group, this will be done through a program called "Church Teams").

#### ATTEND LEADER TRAINING

This is the "Boot Camp" of Life Group leadership. This is a requirement for leadership. Leader training will happen twice a year.

#### MEET OUTSIDE OF GROUP TIME

We have found that the groups that hang out together outside of group are generally the healthiest groups. If you find yourself in a busy season and don't have the time to spend with your students outside of Thursday nights, plan to meet up before CM or hang out after group is over. Having this individual time with your students allows conversations to go deeper and develop stronger relationships.

#### LEADERS ARE LEARNERS

We are all on a journey of growth and development. The minute we stop learning, we stop leading. It is important to have a heart of humility so we can continue to grow together.

#### BEHAVIOR - LIFESTYLE AGREEMENT

As a leader, we live a life as examples. Thus, we expect our Life Group leaders to live a life free from drunkenness, sex outside of marriage,

illicit drugs, gossip, other addictions, etc. If these issues are a challenge for you, Saddleback has many resources and we want to help you find freedom, not condemnation! Please remember that perception is important and what you post on social media can build up or destroy your reputation.

### FEED YOURSELF SPIRITUALLY

As a leader, you will be pouring yourself out and giving time, energy and spiritual guidance. This can be draining. In order to survive and thrive in ministry, learning to receive refreshment from God will be very important.



## STUDENT TESTIMONY

Life group is something that I look forward to every Thursday. I can always count on my leaders and my girls to listen to me, encourage me, and most importantly point me towards Jesus in everything that I do!

### **MADDY GALVEZ**

cm student



### YOUR FIRST NIGHT

#### IDEAS ON HOW TO START YOUR GROUP

- Officially start the group by opening in prayer.
- *Get to know everyone:* 
  - Where do you go to school / major
  - Hobbies / interests
  - Favorite dance party jam
  - Favorite restaurant
- Talk about what you want to study through the semester. Also, an insightful question to ask is what people expect to get out of the group and what they expect to give. Make sure you answer that question too! (And take notes).
- Share your testimony. Then ask if someone else would be willing to share their testimony the following week.
- Have the group come up with some core values for the group (write them down). For example: "our Life Group values confidentiality, authenticity, prayer, etc."
- As the leader, what is your vision and goals for the Life Group? Share them with the group. Example:
  - Have others in the group lead throughout the semester
  - $-\ Serve\ together$
  - Plan a time for the group to hang out together outside of group
- Have students sign Life Group Covenant and talk about the importance of what they are signing.
- Close the group with prayer.

# **ACTS 2:46**

THEY WORSHIPED TOGETHER REGULARLY AT THE
TEMPLE EACH DAY, MET IN LIFE GROUPS IN HOMES FOR
COMMUNION, AND SHARED THEIR MEALS WITH
GREAT JOY AND THANKFULNESS.

### LIFE GROUP QUICK TIPS

Whether you are a new leader who is learning the ropes or a returning leader who wants tips on how to keep growing, we have put together ten tips to help you!

- 1. Pray for your group members by name. Praying for your group does several things: reminds us, as leaders, that our group belongs to our students, grows your heart for your group and, finally, enables us to allow God to guide the direction of your group.

  Maybe tell/text your group or students that you are praying for them throughout the week.
- 2. Remember you are not alone. God knows everything about you and He knew you would be leading this group. It is common for all great leaders to not feel totally prepared, but remember that God promises that he will never leave us or abandon us. (Hebrews 13:5). So, whether you are leading for the first time, or are a regular to Life Groups, you will be blessed as you serve.
- 3. Don't try to do it alone. Keyword is "try." Whenever we "try" to lead a group on our own, we do a good job of failing. Pray right now for God to help you build a healthy team. If you can enlist a co-leader to help you take care of the group, you will find your experience much richer. Delegate other responsibilities to your Life Group members. Not only can you get more done this way, you have empowered more people to serve. This is a big part in building a healthy group. All you have to do is ask.
- 4. **Balance God's Purposes in your Group.** God has given us 5 purposes: to Worship Him, grow in Discipleship, serve in Ministry, build community by Fellowship and share His love through Evangelism. Be intentional about keeping a balance of the five purposes instead of just leaning towards that ones that you relate to more.

- 5. Be real and be yourself. God created you to be you. When we hide behind a mask, we DO NOT create an atmosphere where real authenticity and growth can occur. Remember, others in the group are probably as nervous as you are. So relax! Don't try to do things exactly like another Life Group leader; do them in a way that reflects your leadership and personality. Also, don't be afraid to admit when you don't have an answer and apologize when you make a mistake. You'll be surprised at the response. Your group will love you for it and respect you more.
- 6. Prepare for your meeting ahead of time. We will send out a leader guide before every CM to help you prepare for Thursday nights' lesson. As you begin to know your group, you will be able to draw attention to the right questions and verses. It is amazing how 20 minutes of preparation can greatly improve a 1-2 hour Life Group meeting!
- 7. **Don't be afraid of silence.** This can take time to learn. But, when you ask a question, don't jump into answering it yourself after 3 seconds of silence! Someone will eventually respond. Often times, the silence means people are thinking. And when someone responds, thank him or her and ask "what about anyone else?" or "what do the rest of you think?" If you are comfortable in silence, your group will learn to be comfortable with it too.
- 8. Raise up Leaders! Don't manage your group, lead! A manager maintains but a leader grows people. You may be perfectly capable of leading each week, but you will help others grow in their faith and gifts if you give them opportunities to lead the group. Take one of the group members under your wing and teach them what you have learned and show them how to pass that on to another person. When you do so, you grow your influence as a leader and are raising leaders to impact the lives of other students.

### LIFE GROUP QUICK TIPS (continued)

- 9. Connect with your group in-between your group meetings!

  We have found that the best group experiences have resulted because the leader called his or her members or hung out with them outside of Life Group! That means it is your responsibility (as the leader) to foster that community by connecting to everyone during the week and saying "hi" to let them know you are praying for them, and look forward to seeing them at group next week.

  This can be done by text, call, letter, group chat, etc. It can be awkward at first, but you will not regret the response you will get and the community you are growing.
- 10. One final challenge: HAVE FUN!!! Go out to eat together, plan a game night with another group, do a day road trip together, attend a concert/church service, play video games, have a bbq, etc. Feel free to use Life Group time to go to the movies or a fun dinner. Enjoy the opportunities to do life together!

#### PASTORAL CARE

#### 4 SITUATIONS YOU MUST RESPOND TO

- 1. Imminent risk of self-harm
- 2. Imminent risk of being harmed by another
- 3. Imminent risk of harm to others
- 4. Obvious signs of neglect

Sometimes the best thing we can do for our students is to sit is allow a space for them to be honest and open, while we just listen. Most students want to open up to someone but are hesitant. We want to create and environment where students are comfortable breaking down the walls they have built up. Know that some students may be dealing with some heavy issues, like self-harm or suicidal thoughts. Remember we are not therapist, and it isn't our responsibility. We aren't here to fix our students problems. If a student comes to you with thoughts of suicide and has a plan or action step on how or when, or is talking about it repetitively, you must act on it.

Here are the cell phone numbers of CM Staff. If an emergency situation arises when caring for a student, please feel free to call us:

MIKE BROOK COLTON HARKER LAURA HINMAN ALISSA McCAWLEY

# **HEBREWS 10:23-25**

LET US HOLD UNSWERVINGLY TO THE HOPE WE PROFESS, FOR HE WHO PROMISED IS FAITHFUL. AND LET US CONSIDER HOW WE MAY SPUR ONE ANOTHER ON TOWARD LOVE AND GOOD DEEDS, NOT GIVING UP MEETING TOGETHER, AS SOME ARE IN THE HABIT OF DOING, BUT ENCOURAGING ONE ANOTHER—AND ALL THE MORE AS YOU SEE THE DAY APPROACHING.



### **SERVING OPPORTUNITIES**

We want our students to serving within our ministry and also among the church. The follow are ways students can get connect with one of the hundreds of ministries Saddleback has to offer.

#### MINISTRIES WITHIN CM

## What's Up!

What's Up! is our greeting ministry here at College Ministry. Students involved in What's Up! help greet our students and sit with new students to help them feel welcomed into our ministry.

Contact Laura Hinman at LauraH@saddleback.com.

## Set Up / Tear Down Crew

This ministry consists of getting Tent 2 set up before CM and tearing everything down post service. Students serving in this ministry help to create an environment that is attractive and welcoming.

Contact Laura Hinman at LauraH@saddleback.com.

### **Production Team**

Being a part of the Production Team means helping to run the audio, lights and slides during the service. Serving in this ministry allows students to learn Front of House operations and play a crucial role in producing the service.

Contact Connor Jenkins at Connor J@saddleback.com.

# Worship Band

Students who have a heart and a talent to lead College Ministry in worship through music can audition to join the CM Band.

Contact Josh Miller at JoshM@saddleback.com.

#### MINISTRIES IN THE CHURCH

### Saddleback Kids

Saddleback Kids is Saddleback's Children's Ministry that serves ages newborn to 6th grade. Students can volunteer on the weekends, at events, or be a small group volunteer.



Contact Vikki McCarrel at VikkiM@saddleback.com.

### **JHM**

JHM is Saddleback's Junior High Ministry with students in 7th–8th grades. College students can volunteer as a weekend leader or life group leader.



Contact Megan Bagnall at MeganB@saddleback.com.

#### **HSM**

HSM is Saddleback's High School Ministry with students 9th–12th grades. College students can volunteer as a weekend leader or life group leader.



Contact Jono Mullins at JonoM@saddleback.com.

### **ONE-ON-ONES**

Finding fun places to take students to can be hard... so we tried to make it easy for you to take your students on unique one-on-ones!

COFFEE & TEA

Patch Coffee

29100 Portola Parkway / Lake Forest

Hidden House

20025 Lake Forest Dr. / Lake Forest

Bellaria Coffee Bar

26741 Portola Parkway / Lake Forest

Harmony Tea Bar

25380 Marguerite Parkway / Mission Viejo

JUICE

Jamba Juice

23628 El Toro Road / Lake Forest

Cuppa Juice

23572 El Toro Road / Lake Forest

**Pressed Juicery** 

808 Spectrum Center Drive / Irvine

FOOD

Board & Brew

22411 Antonio Pkwy #180 / RSM

Bowl of Heaven

27472 Portola Parkway / Foothill Ranch

DESSERT

Krispy Kreme

25802 El Paseo Avenue / Mission Viejo

Tapioca Express

5408 Walnut Avenue / Irvine

Thrifty's Ice Cream (inside Rite Aid)

RSM Lake Walk / 31541 Santa Margarita / RSM



### **CM LIFE GROUP STUDY RESOURCES**

#### CRAZY LOVE

Francis Chan

Pastor Francis Chan describes it in "Crazy Love: Overwhelmed by a Relentless God," you will never be the same. 10 Weeks.

• Book, DVD, Study Workbook (Optional)

#### IN DEPTH STUDY

Mike Bickle

Topic based studies. Lessons from King David, Life Management, Our Authority in Christ, Purity, Relationships & Resolving Conflicts, Sermon on the Mount. 5 to 10 weeks.

• Bible, PDF Notes, Video Online

#### JESUS IS...

Judah Smith

The "Jesus Is" DVD-Based Study will help participants discover how to have a deeper, lasting relationship with Jesus, and to commune with and grow in Him. 8 Weeks.

• Book, Guide, Leader's Guide

### LIFE TOGETHER

Dietrich Bonhoeffer

It gives practical advice on how life together in Christ can be sustained in families and groups. The role of personal prayer, worship in common, everyday work, and Christian service. 5 Weeks.

• Book, Online Study http://tinyurl.com/k9gz5jh

# SIMPLY JESUS

NT Wright

This book will be the go-to book for all people looking for a basic but thorough understanding of who Jesus was and what that means for us today. 8 Weeks.

• Book, Online Study http://tinyurl.com/myymmt7

### JUST WALK ACROSS THE ROOM Bill Hybels

Becoming a Contagious Christian, "Just Walk Across the Room" signals the next era in personal evangelism. 4 Weeks.

• Book, Study

### FOUNDATIONS

Tom Holladay

Taught by Tom Holladay and Kay Warren, "Foundations" is a comprehensive study that teaches the essential truths of the Christian faith in a simple, systematic, and life changing way. 11 Weeks.

· Study book, DVDs

## TRUE BEAUTY SERIES

Lisa Chan

"Be Still," "Deny Yourself," and "Not of This World" are 3 parts of one series. The True Beauty films invite you into an authentic conversation about God's Word. Together with Lisa, you will explore the spiritual practices and truths of living life in Christ.

• Bible, DVD Study



