

Men's & Women's Ministry
2023 Table Leader Training
SMCC

Matthew 28:18-20 *Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. **19** Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, **20** and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*

Full _____ is...

1. _____: I delight in submitting to what God says and not what 'I' say.
2. _____: I delight in defining myself by what Jesus has done for me, not in what I do.
3. _____: I delight in doing for others what Jesus has done for me.

Ephesians 4:11-15 *So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, **12** to equip his people for works of service, so that the body of Christ may be built up **13** until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. **14** Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. **15** Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.*

We want to equip people in the areas of...

1. _____: Biblical and theological maturity.
2. _____: Emotional and relational maturity.
3. _____: Role maturity.

BIG IDEA: Men's and Women's Ministries are designed for the _____.

Man Camp & Flourish

The Anatomy of Character

The Summer Series Topics

Work, Sex, Friendship, Finances, Body, Fatherhood/Motherhood, and Neighbor



Table Leader Support Plan
2023 Table Leader Training

1. Table Leader Training
2. "LEADER" discount code - \$20 off registration
3. Advance Copies of the Man Camp and Flourish Booklets
4. Leader Sheets for the Summer Series
 - a. Accessed on the Group Leader Resources Page
 - b. These will provide the session notes, discussion questions, and a Slido QR Code
5. Ongoing Check-ins
 - a. Two Week Email Check-in by Campus Leadership - 2nd week of June.
 - b. Mid-Summer Zoom Call by Central Ministries - Sunday, July 9th, evening Zoom call.
 - c. End of Summer Check-in by Campus Leadership - End of July.

Practice Exercises - Handling Hiccups
2023 Table Leader Training

Scene One - The Dominator

Narrator: It's the first session of the summer series, and Tim has discovered that he has a dominator at his table. Every time Jimmy starts talking, he doesn't stop, dominating the conversation so that others don't get a chance to speak.

Table Leader: Alright, so let's jump into the discussion. The first question is, what kind of fruit would you like to see more of in your life, Personal, Professional, or with People?

The Dominator: I think for me it's probably professional. My work has been a bit of a struggle lately. I mean, things aren't going terrible. But my relationship with my co-workers isn't great. We're fine and we're friends, but we're not really that close. And my boss is okay. I guess the work doesn't always feel that meaningful....

Table Leader: It.. (gets cut off)

The Dominator: But I don't mind. At least I have a job, and that's good. It's better to have something rather than nothing, even if it's not perfect. My first job was horrible, out of college. I mean, that wasn't my first job. My first job was scooping ice cream at the county fair. It was a lot of fun, and you got always got free ice cream. But my first job out of college. I went to college out of state, and jumped around in my major a few times. I kind of enjoyed college. I just wish it wasn't so expensive.

Table Leader: Let's get.. (gets cut off)

The Dominator: That's right, my first job was...

Narrator: time's up!

Think - Discuss - Share

Think: think for a minute how you would respond to this situation as a table leader, write down your answer.

Discuss: discuss your answers around your table.

Share: let's get the best answers out for everyone to hear.

Scene Two - The Derailer

Narrator: It's the second session of the summer series. The dominator has been kept in check, but now there's a new issue arising. Everytime someone begins to open up and get vulnerable, Jesse derails the conversation.

Table Leader: Alright group, let's take a few minutes and discuss this together. Let's share about a negative emotion you experienced over the past month.

First Sharer: I can go first... This past month, I've been experiencing some sadness.

Table Leader: Thanks for sharing. Can you say more about why that is?

First Sharer: Yeah, well, it mainly has to do with my dad. This is the time of year when he died, and so, even though it was years ago now, it always gets me down this time of year. It's like...

The Derailer: Tell me about it. Things with my dad were never great either. And they still aren't. I haven't talked to him in months, because if I don't call, he doesn't call. This one time, when we were out fishing in Denver...

Narrator: Time's up!

Think - Discuss - Share

Think: think for a minute how you would respond to this situation as a table leader, write down your answer.

Discuss: discuss your answers around your table.

Share: let's get the best answers out for everyone to hear.

Scene Three - The Reluctant Contributor

Narrator: It's the third session of the summer series. The dominator has been kept in check, the derail is back on track. But now it's beginning to be clear that there is a reluctant contributor. Tony never shares anything...

Table Leader: Alright group, let's take a few minutes and discuss this together. Is vulnerability something that's easy for you or is it more difficult? Whichever it is, where did you learn that?

First Sharer: It's pretty difficult for me. It's probably because of the way I grew up, I was taught to be tough and that meant stuffing your emotions. So, yeah, vulnerability is hard for me.

Second Sharer: It's easier for me. I feel like my parents modeled it really well, and always made it safe for me to feel whatever was I feeling and be open about it. So, thankfully, it comes pretty naturally.

Table Leader: That's great. Thank you both for sharing. What about you Tony?

The Reluctant Contributor: Yeah...uhhh, I don't know, really. I'm not sure.

Table Leader: Well, it's a pretty simple question. Is vulnerability harder or easier for you?

The Reluctant Contributor: Yeah, no, I get the question. It's just kind of hard for me to say.

Table Leader: Okay, well... whose next?

Narrator: Time's up!

Think - Discuss - Share

Think: think for a minute how you would respond to this situation as a table leader, write down your answer.

Discuss: discuss your answers around your table.

Share: let's get the best answers out for everyone to hear.

Practice Exercises - Attuning to Vulnerability

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After each exercise, quickly debrief at your table. Provide positive feedback and suggestions as well.

EXERCISE #1: Fictional Practice - Have a someone from the group share their anger over the choices their teenager is making. As the leader, attune to their emotion and empathize with them.

EXERCISE #2: Fictional Practice - Have a someone from the group share their sadness over the loss of a loved one. As the leader, attune to their emotion and empathize with them.

EXERCISE #3: Fictional Practice - Have a someone from the group share their fear over their financial situation. As the leader, attune to their emotion and empathize with them.

EXERCISE #4: Fictional Practice - Have a someone from the group share their resentment towards their father or mother. As the leader, attune to their emotion and empathize with them.

EXERCISE #5: Fictional Practice - Have a someone from the group share their sadness over feeling disconnected from their children. As the leader, attune to their emotion and empathize with them.

EXERCISE #6: Fictional Practice - Have a someone from the group share their fear over facing the consequences for mistakes they've made. As the leader, attune to their emotion and empathize with them.

Attunement Prompts:

1. "I want to understand what you are feeling better. Could you tell me a little more about that?"
2. "I really am at a loss of words because it is such a difficult place for you to be."
3. " I don't know what to say but I want you to know you are not alone."
4. "That seems important, tell me more about that."
5. "That is interesting that you feel that, let's explore that more."
6. "You took a deep breath, to help yourself not be so overwhelmed, I imagine."