



# HEARTBEAT

student ministries

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# potential LEADERS packet

12 pages to help you understand what being a Heartbeat small group leader is all about.

# HEY!

We can't even tell you how excited we are that you're reading these words!

Heartbeat Student Ministry is Capitol City Church's ministry for Middle School (5<sup>th</sup>-8<sup>th</sup> Grade) and Sr. High (9<sup>th</sup>-12<sup>th</sup> Grade) students. And even though we're probably a tiny bit biased, we truly believe that serving as a Small Group Leader in Heartbeat is one of the best uses of your valuable time & energy! Over the years, we've seen countless men and women (like YOU) make eternal impacts in the lives of Heartbeat Students... and have a great time doing it.

These pages will give you a look into what Heartbeat is, and the incredibly significant role that volunteer Small Group Leaders have within this ministry. We hope that you will see the potential that YOU have to be used by God to make a lasting investment in a student's faith, by being a part of their journey through these pivotal years of their life.

We're thrilled that you're looking into this great opportunity – and we're sincerely praying for you. So turn the page, start reading, and invite God to show you what He can do through you in Elevate!

~Heartbeat Student Ministry Team

# WHAT IS HEARTBEAT?

(Other than a collection of ridiculously good-looking, awesome people)

Our mission is to help Middle School and Sr. High students follow Jesus. That mission drives everything we do. Every program, event, and activity is planned with that goal in mind.

## What We Do:

Heartbeat's always better with **FRIENDSHIPS**, so every weekend starts with some hang-out time for students to find their friends (and meet new ones)! This is also a prime time for Small Group Leaders to build relationships with the students in their group. When we start the Heartbeat **EXPERIENCE**, usually everyone sits with their small group. The experience usually includes a combo of videos, games, and a message. After that, students connect in

**SMALL GROUPS** (based on grade and gender) to talk about the topic of the day.

## When We Do It:

Middle School and Sr. High meet at the same times. 6:30-8:00pm on Wednesdays and 9:30-10:30am on Sunday mornings.

# WHAT DOES A SMALL GROUP LEADER DO?

(Besides bringing general awesome-ness to Capitol City!)

We realize different ministries “do” small groups differently. We’ve structured the strategy and expectations of our small groups unique to Heartbeat in a way that we think helps us achieve our mission. Everything about our small groups is designed to help you accomplish our three-part strategy. Everything you do as a Small Group Leader should fall into one of these three areas. We’ve included a graphic to give an overview of our strategy. On the next three pages we unpack these elements at more depth, and show you how to implement this strategy. As you read these pages, ask yourself questions like “Would I enjoy doing this?” and “Is this something I can see myself being good at?”





**CONNECT**  
RELATIONALLY

**ENCOURAGE &  
CHALLENGE**  
SPIRITUALLY

**ENGAGE**  
PARENTS

# Connect Relationally

The first part of our strategy is to connect relationally with students. Students learn through relationships and are more likely to open up and ask questions to an adult they trust. Learning in community, being loved and valued, and having a great time all happen when small group leaders connect relationally with the students in their group.

Below we have listed our minimum requirements for Small Group Leaders to connect relationally with their students.

## Wednesdays & Sundays:

1. Hang with students before service starts.
2. Sit together in service.
3. Connect personally during small group . For example:
  - Talk about how their week went.
  - Ask how things are going with their family.
  - Listen to students talk about their extracurricular activities.

## Outside of Church:

1. Call each student at least 1x per month.
2. Make at least one other "contact" with each student 1x per month. For example:
  - Send a postcard OR Send a text message OR Attend an extracurricular activity.
3. Small Group Engage Party: at least 1x during the school year, organize your group for a fun activity outside of Heartbeat. For example:
  - Go bowling OR Play laser tag OR Plan a Christmas party.

# ENCOURAGE AND CHALLENGE SPIRITUALLY

We teach students who God is and what He says about them. Along the way, we encourage them to own their individual spiritual growth. We are glad to be a part of a church like Capitol City that values the Biblical role of parents as the primary disciplers of their sons and daughters. We believe that we can serve families well by encouraging and challenging students spiritually to take steps closer to God. We want to help students know that Jesus loves them and through spiritual disciplines they can grow in their relationship with God.

Below we have listed our minimum requirements for Small Group Leaders to encourage and challenge their students spiritually.

## Wednesdays & Sundays:

1. Worship together.
2. Listen to the message.
3. Facilitate a discussion during your small group time that will help students learn and apply the message.
4. Pray together.
5. Look for individual opportunities to encourage and challenge a student personally.

## Outside of Church:

1. Pray for your students. (Seriously, we really want you to pray for them!)
2. Prepare to lead your group for the upcoming weekend by being in Scripture and reading the small group talk sheet ahead of time.
3. Small Group Engage Serve: plan a service project for your small group at least 1x during the year. You could serve at a soup kitchen, Freedom 4 Youth, or other projects Heartbeat can help you connect with.

# ENGAGE PARENTS

We believe that God desires for parents to be the primary spiritual influence for their sons and daughters. Because of that conviction, we want to do everything in partnership with parents. Your role as a Small Group Leader includes engaging parents of your students with what is happening in Heartbeat.

Below we have listed our minimum requirements for Small Group Leaders to engage parents of their students.

## Wednesdays & Sundays:

1. Introduce yourself to parents before and/or after the service within the first month a student joins your group.
2. Encourage students to continue conversations with their parents about stuff we talk about at Heartbeat.

## Outside of Church:

1. Talk to each students' parents at least once or twice a year to check in with them about how their kid is doing.
2. Ask a capable parent of your same gender to "sub" for your group when you're going to miss a weekend.
3. Keep your parents informed of what's happening in Heartbeat. For example:
  - Send an email home ahead of a service project you're planning.
  - Send your students' parents an e-mail letting them know about an upcoming series you think would be great for them to discuss further at home.
  - Relay announcements regarding camps and other big events.

# So who can lead? YOU!

Maybe as you read through the strategy for Small Group Leaders at Heartbeat your blood started flowing, you got all pumped up and you thought "Sign me up!" Others of you might have felt a little differently, have some more questions or wonder if you really could do this. Well this page is just to say,

## **"WE THINK YOU CAN."**

Here's why: there is not just one type of Small Group Leader. For some reason people often think we are only looking for that cool, young, trendsetting, hip leader. Yet really we want **adults who love God and like students** . Think about it; that could be anyone!

Grandparents, Single Dads, Football Players, Stay at Home Moms, Teachers, Computer Analysts, Cubs Fans, White Sox Fans, Circus Performers, Empty Nesters, Parents of Teens, Lawyers, Baristas, Sales Reps, Bikers, Gardeners, College Students, Readers, Golfers...we think you get the point.

If you love God and like students, you are on your way to being a great small group leader in Heartbeat, because . . . **YOU ARE NOT IN THIS ALONE**. It's true we are asking for a big commitment, but we believe students deserve our best. Don't you agree? And because we want the best for our students, we want the best for our leaders. The next couple pages will briefly explain how we help.

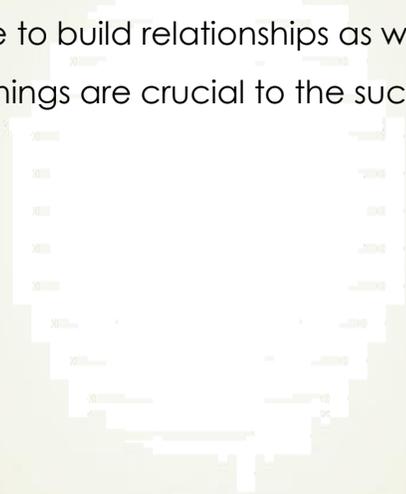
# How am I equipped to lead?

## Small Group talk sheet:

This is a tool we provide each week to help you lead your small group. By reading it in advance you will be prepared for your small group time.

## Quarterly Trainings:

Trainings focus on growing your leadership abilities and relationships. Trainings last about 2 hours. Trainings cover topics like "how to challenge students in their faith by asking good questions" or "how to lead a student through a crisis situation." You'll also have a chance to build relationships as well as share ideas with other Small Group Leaders. Trainings are crucial to the success of our small groups.



## Now what:

Thanks for really reading through this booklet. Hopefully it was helpful in painting a great picture of Heartbeat and the importance of the Small Group Leader. So here is what you need to do now:

1. **Take a Deep Breath** and actually believe that God could use you to make a difference in a student's life. Seriously, take a deep breath.
2. **Fill out an Application.** Contact a Heartbeat Youth Pastor to have an application sent to you.
3. **Visit a Heartbeat Service.** Schedule a time to visit with the Youth Pastor.
4. **Schedule an Interview.** It will only take about 30 minutes and it just might be the best 30 minutes of your week.

Thanks again for your interest in Heartbeat. We can't wait to see what God does in and through you and our students this year. Please contact us with any questions you might have.

We look forward to connecting with you soon!

### **HEARTBEAT PASTORS**

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