

Suggested Format for Chapter Sessions

The following is a suggested format for your Sunday sessions. It is important to include Prayer, Meditation, and Daily Word to set the tone.

- ***Greeting & Opening Circle***
Sets the tone for session through a general group greeting which includes introductions and brief check-in's.
- ***Joy Songs***
One of the officers may lead a joy song. One up-tempo and one more reflective.
- ***Opening Prayer/Meditation/Daily Word***
Lead by Officer, this is an excellent time to bring the energy inward to prepare for the day's lesson.
- ***Beginning Activity***
The beginning activity serves to reconnect members and ties into the lesson.
- ***Lesson Content***
The lesson involves relating a truth teaching to teen life. Gear the presentation to stimulate individual thought and group discussion. If a YOU'er presents the lesson content, the sponsor should work closely with them to prepare the lesson, helping them locate resources and narrow topics to relevant points.
- ***Interactive Activity***
Provide an experiential understanding of the lesson principle.
- ***Love Offering***
The chapter love offering is a demonstration of prosperity principles. Officer says Offering Prayer and this should be done with a prayer consciousness.
- ***Closing Circle***
The closing should be a meaningful part of the day's activities. Close with a prayer or a song.
- ***Join with Congregation***
At the end of service, join with the entire Church community for the Peace Song and Prayer for Protection in the sanctuary. This is very important as it helps to form a bond with the congregation and be a part of the whole.

Y.O.U. Chapter has Three-Fold Focus

- **Spiritual**
Weekly a spiritual lesson is offered to assist the YOUers in the understanding of spiritual principles and their practical application into daily life. Time is also spent in prayer and meditation and developing a consciousness of Oneness.
- **Service**
YOUer's conduct projects to assist their church and community. A service project is a donation of time, love and energy to accomplish good through the service to others.
- **Social**
YOU'ers believe in celebrating life and appreciate the joy of togetherness. Social activities provide an opportunity to practice spiritual principles as they apply to daily life. It is a loving place to build friendships, self-esteem, and interact with others of like mind.

Meeting Planner

Four Elements for an Effective Y.O.U. Meeting

1. **Doing** - Some people learn most effectively by physically participating in activities, (acting, drawing, games, crafts, etc.)
2. **Reading** - Some people learn effectively by reading whatever they're trying to learn. (small-group reading, individual reading, dramatic reading, creating stories)
3. **Seeing** - Many people grasp truth by seeing it acted out or demonstrated. These people learn visually. (dramas, videos, advertising, artwork watching interviews, Diagrams, posters)
4. **Hearing** - An auditory learner grasps ideas by listening to them being read or discussed. Many times these people also learn by reading out loud to themselves or others (reading stories, singing, listening to music, hearing sermons)

Bare-Bones Meeting Essentials

- a way to introduce the topic
- group interaction
- instruction, spiritual element & prayer
- smooth transitions between elements of mtg.
- a conclusion

Non-Essential Meeting Extras

- games/crowdbreakers
- singing
- snacks/videos
- music, skits
- affirmation and encouragement

Always, Always, Always be prepared and start and end on time!!!

What is the Mission of the Group

- Build relationships, help to grow in spiritual nature, encourage people to express themselves

Before a Meeting Begins

- Prepare, know your vision for the group so you can stay on course, prepare yourself spiritually

During the Meeting

- Start the meeting powerfully and on time, let group know what to expect, get people talking
Through creative discussion, lead discussion and keep your comments to a minimum, encourage honest prayer requests.

Ending the Meeting

- Leave people hungry for more instead of trying to cram in too much, bring closure addressing any questions and unresolved tension, make time for fellowship after meeting.