

## Workout Teaching Programme

Date	Title	Content	Leaders Teach/Support
8 <sup>th</sup> May 2011	What is workout and why do it?	Introduction to the course. Know Jesus, Grow in love for Jesus and Follow Jesus. Cross essential. Bible central.	<b>NJ / CS / EM / JG</b>
22 <sup>nd</sup> May 2011	The Bible	How did we get it? Can we trust it? Different genres. Authors. Inspired by Holy Spirit.	<b>CS / NJ</b>
29 <sup>th</sup> May 2011	Bible Overview OT	Understand how the Bible fits together.	<b>JG / NJ</b>
12 <sup>th</sup> June 2011	Bible Overview NT	Bible is about Jesus.	<b>NJ / CS</b>
26 <sup>th</sup> June 2011	How to understand the Bible.	Understand the bible has a context.	<b>NJ / EM</b>
10 <sup>th</sup> July 2011	What is Church?	Biblical pictures and requirements of the church.	<b>CS / TJ</b>
24 <sup>th</sup> July 2011	What matters?	What issues are gospel and what are down to preference?	<b>JG /NJ</b>
August 2011	(No Workout in Holidays)		
11 <sup>th</sup> September 2011	What is preaching?	God's message is to be preached. Typical structure of a preach.	
25 <sup>th</sup> September 2011	How to listen to preaching?	Practical ideas on listening. Note taking, mind maps, doodles, recap, etc	
9 <sup>th</sup> October 2011	What is worship?	Worship is our response to God in service, prayer, singing and love for each other.	
23 <sup>rd</sup> October 2011	What is mission? Who are our mission partners?	Session led by someone in the mission committee.	
30 <sup>th</sup> October 2011	What is communion?	Meaning of bread and wine. Unity. Warnings.	
13 <sup>th</sup> November 2011	What is baptism?	What does the bible say about baptism? How others do it!	
27 <sup>th</sup> November 2011	What is Church Membership? Why do people give?	Local church. Fellowship. Service. Evangelism. Discipline. Giving.	
11 <sup>th</sup> December 2011	What is service?	What are gifts and how should we use them? Glorifying God not ourselves.	
8 <sup>th</sup> January 2011	Prepare a bible talk session	Preparation for running a Junior church session.	
22 <sup>nd</sup> January 2011	Workout group leading Junior Church	Practical lesson	
29 <sup>th</sup> January 2011	What next?	Feed back from Junior church session. Summary of course and encouragement to keep going!	