



MALACHI MAN™

LEADER'S GUIDE

THREE EASY STEPS

Welcome to Malachi Man!

Thank you for deciding to run a Malachi Man Module. God will use your labour of love for His Kingdom purposes and you will be blessed. This Foundations Module package includes the following:

1. Five videos (each one is 45-55 minutes long)
2. Overview Handout
3. 10 Talksheets
4. Leaders guide
5. Feedback Form

If you purchased DVD's, items 2-5 are on the "Module Resources" disk. If you are streaming online, items 2-5 are downloadable from the website under "Module Resources" tab.

Who:

We suggest at least 5 and not more than 25 participants. Malachi Man is intended for any father, sons age 10-17 who come with their father or father figure, and young men. Seek to make a special effort to help boys, whose biological father is not available, to attend with a "father figure" such as an uncle, youth pastor, neighbour, or another adult man who will be a good influence on their life.

What:

You will have 5 sessions over a 10 week span; scheduled every other week. Each group meeting is two hours long. The video will do all the teaching and tell you when to pause for on-screen discussion questions and optional activity time.

Where:

Smaller groups can meet in a living room; larger groups in a Sunday school room or other classroom. Youth rooms with games set up are ideal.

Step 1: Print Overview and Talksheets

For each participant, you need to print a copy of the Overview Handout (1 page) and a full set of Talksheets (10 pages) and staple all 11 pages together. These documents are found on the "Module Resources" disk or downloadable from our website. The 10 Talksheets (one for each week of the Module) form an integral part of the Module. Fathers and sons should work through the Talksheets together. Single men should do the Talksheet on their own or with a friend. The requirement is to spend at least 30 minutes each week going through that week's Talksheet. Print one set of 10 Talksheets for each participant and staple them together with the Module Overview. Have these sets ready to hand out on the first session.

Step 2: Facilitate Sessions

Things you may need for each session include:

- ✓ DVD's
- ✓ Leader's Guide
- ✓ Audio/Video Equipment
- ✓ Activity equipment (optional)
- ✓ Talksheets (sets for the first week; your own every following week)
- ✓ snack (optional)

Session Itinerary:

1. Opening prayer.
2. Go around the circle, saying name and respond to an icebreaker question.
3. Start the Video. (45-55 min. running time not including pauses)
4. Approximately every 10-15 minutes the video will pause for a “huddle.” (4-6 guys discussing the on-screen questions). Resume video after questions have run their course (15min. max.)
5. Activity Time: Pause video for Activity.
6. Wrap Up: At end of the video ask the group, “What stuck out to you in this video?” Let the conversation be as short or long as you think prudent.
7. Ask for volunteer(s) to bring the next session’s snack (optional).
8. Watch the trailer for the next session. (2 minutes long)
9. Remind them to do their weekly Talksheets.
10. Pray and dismiss the group on time.

General Notes and Tips For Leading A Module

Give the following notes a read before leading your first session and keep them for reference.

1. Remind: Email all the participants, well in advance, and then a few days before each session. Since Malachi Man is not every week (its’ every-other week), it can be easy to forget which week you are on. Email and texting can be an efficient way to remind them, but calling them is better.
2. Arrive early enough to set up any audio/video equipment with ten minutes to spare.
3. Put some welcoming music on, something upbeat so the teenage boys feel more comfortable being there.
4. Icebreaker Intro: At the start of each meeting, pick a question from the list of “Icebreaker Questions below. Then go around the circle, and have each person say their name and respond to your icebreaker question. Always give people an option out. Say something like, “We’re going to go around the circle and share something about your father. Feel free to pass if you need to.” The leader should lead by example to demonstrate what you are looking for (eg. how long you want each response to be etc.).
5. Huddles. Every 10-15 minutes, you will need to “Pause” the video for a Huddle, or the Activity Time. During each Huddle, quickly arrange the guys into groups of 4-6. If you can, try to mix the “talkers” with the more quiet guys, but keep the sons with their fathers or father figure. During Huddle times, if most guys are done and starting to get restless or feeling awkward, then move on and resume the video. If huddle discussions are going good, allow them to carry on. But watch the time; for a two hour meeting, you’ll need Huddles of less than 15minutes. During these Huddle questions, be aware of how each group is doing. If there is a huddle group that seems awkward or is struggling in some way, pull up a chair and ask if you can join them. Then try to stimulate some conversation, maybe by answering a question on the screen, or asking a more basic question. Anything to get them started.
6. Push-up Accountability: If anyone neglects to prioritize at least 30min. each week going over the Talksheets, then they have to do 10 push-ups in front of the group. This is intended to be a fun but intentional form of accountability. The video will explain all of this, but administer this accountability in a light-hearted way.
7. Preview: It’s a good idea to watch one video session through before the first session in order to get an idea of the format. But this step is not necessary.
8. Feedback: There is a feedback form included in the Module Resources. We recommend handing this out to the participants on the last night. The responses will encourage and give you a perspective.
9. On the first session, remember to hand out the Module Overview and Talksheets! This set of 11 pages forms an integral part of the Module.
10. First night Announcements:
 - Participants are required to spend at least 30min going through each week’s Talksheet.

- Fathers and sons need to do the Talksheet together in a dedicated time.
- Participants will be held accountable for prioritizing the Talksheets each week. If they don't, they will be doing 10 push-ups in front of the group 😊.

Step 3: Choose Module Options

The more you put into the module, the more fruit you can expect in the end. Prayerfully consider each of the following options in light of your situation and group dynamics.

1) Icebreaker Questions:

At the start of each session, go around the group and have each guy say their name and respond to an icebreaker question. Remember, for some guys, speaking up in a larger group may be overwhelming, always say, "Feel free to pass if you need to." Here are a few icebreaker questions:

- a) Tell us something about your father. (either positive or negative)
- b) Describe one childhood memory that sticks out to you.
- c) What is one thing you learned from your father? (either positive or negative)
- d) Tell us one characteristic of a "good father" and why you think it's so important. (Tip: If you have access to a white board or chalk board, make a list of these characteristics.)
- e) What do you think is the most difficult part about being a teenager?
- f) What do you think is the most challenging part about being a good father?
- g) Tell us something about your week.
- h) What have you appreciated most about Malachi Man?

The more the group feels comfortable with each other and talks together before and after the session, the more they will tend to get out of the Module.

2) Food:

Food is a great way to encourage relationships. If possible, arrange to have a snack(s) and drink(s) at each of the five sessions. Bring the snack to the first session. Ask volunteer(s) to bring it for the following four sessions. It's an easy way to make a significant difference.

3) Prayer:

Prayer is a powerful tool. It's amazing what God does through prayer! Consider the following simple approach:

- a) Choose a day and time that works for you and is accessible for others. (e.g. Monday night 7:00pm – 8:00p.m.).
- b) Invite others. Eg. Module participants, wives, put a note in the bulletin etc. Tell people you are gathering simply to pray, no food or drinks, just pray and go home. Simple and effective.
- c) Print a list of participants' names and pray for each guy by name.

Then expect that God will do great things through your heart felt prayers. He will!

4) Fun Activity:

At around the half-way point, each video will pause with the title "Activity Time." You will have approximately 20-25 minutes to run an activity. The purpose is to engage the participants. Fun activities can be a powerful way to turn hearts towards each other. These activities will also create a fun memory; often younger boys consider this the highlight of their night. If you have boys in the group age 10-17, I would highly recommend running the activity. If you choose not to run the Activity, but do have food, then you could use this activity time as a mid-session break.

Activity Time Ideas

Here is a list of ideas for session specific activities that also illustrate the message.

Session 1

In this session we will be talking about the need to shoot for the correct targets in life. Set up some kind of shooting competition (eg. darts, basketball, air soft, paint ball, skeets, etc.) Be creative and use proper safety equipment.

Session 2

On the second session, we discuss spiritual armour. Bring some inexpensive materials for the guys to make "spiritual armour." This may include: newsprint, old cardboard boxes, rolls of duct tape, foam pipe insulation, aluminum foil etc. Then break the group up into teams and have the dress up the younger member (who is willing) in armour, complete with a sword. Make it a completion for the best suit of armour and you could have the boys "go to battle" with their foam or paper swords. Count body blows and award a prize.

Session 3

Tonight we are talking about one road in life. We are continually being tugged toward "hells' hopeless gate." Set up a "tug-o-war" competition. All you really need is a strong and long enough rope. Even if you just have a short rope, you can take turns. Try to even the teams out. If one is way over powering, move one guys to the other team to balance it out. Then have a couple runs at it. Award candy for a prize.

Session 4

Tonight involves communication. Set up an obstacle course (chairs in the middle of the room, etc.). Then place a blindfold on each of the willing sons. The fathers have to guide their sons through the course without them touching any chairs, but they can only use their voices and they must stand on the sideline.

Session 5

One of the things we are talking about tonight is the importance of fathers and sons working together to communicate about difficult topics like pornography. Set up a wheel-barrel race. Pair up (ideally fathers paired with sons), with one walking on his hands while his feet are held up by his partner. Then race other pairs.

Here is a list of simpler Activity ideas.

- Frozen tag, Blob tag, Kick the Can, Three legged race
- Game of Soccer or Basketball
- Make a pyramid and take a picture
- Snatch the Bacon (always a hit)
- Noodle Wars: Get two foam pool noodles and two blindfolds. Have two guys-maybe a father and son- go at it. Everyone else cheers. Head shots not allowed. Count the blows and award a prize to the winner.
- Relay Race (Make teams, get them to do almost anything 😊)

Feel free to create your own activities! If you don't feel suitable to lead the activity, ask one of the other men to lead it. The activity will create some extra work, but it will do wonders for fathers and sons, especially those who don't play together.

Closing:

Thank you for leading Malachi Man in your area! We want to help you succeed and serve you. Have a look at our FAQ's on our web site. You can also contact us through www.malachiman.com. May God bless your work for His Kingdom!

Sincerely;



Richard Snyder; Malachi Man Founder and Executive Director