

# INTERVARSITY

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## Two Hour Training Workshop for Suffering and Spiritual Formation

### Session One- Explore the Topic (15 min)

#### A. Film clip

*Brent Campbell clip* (National Staff Conference 2014) 10 minutes

1. Have you had something like this happen to you? Would you be willing to describe it for others?
2. What motivated the men in the truck to utter the slurs they did? Where did they learn that?
3. How does Brent name his suffering?
4. Do you agree with the response that Brent made? Why or why not?

#### B. Why do we need the training? 5 minutes

Summarize your goals, and esp the relationship between hardship and formation

### Session Two- Scripture Study (30 minutes)

Focus on Hebrews 12:7-11

Break (10 min)

### Session Three- Personal Reflection on Suffering and Hardship

Give members of your team 20 minutes to think, pray and journal on a hardship relevant to them.

### Session Four- Tools (20minutes)

Present two or three tools listed in the six hour workshop and discuss together.

### Session Five- Make a Plan (20min)

Make a Plan for implementing one or more of the spiritual practices cited for use in area team meetings, or with student leadership or chapter teams

**Prayer** (5 minutes)