

# Welcome to Soul Exercises!

Soul Exercises is a Bible engagement system that equips churches to engage students in God's Word and spiritual disciplines. Our goal is to help *you* help *your students* learn how to read the Bible in a way that transforms their beliefs and behaviors.

## **Students are not reading the Bible for three reasons.\***

1. They don't think they have enough time.
2. They don't know how it applies to their lives.
3. They don't know where to start.

Soul Exercises is created specifically to eliminate these three barriers. Over time, you will see students grow in Bible literacy and application through personal commitment, consistent engagement, and group accountability. Soul Exercises is a flexible system that allows your students - no matter where they are spiritually - to develop long-lasting and transformational Bible reading habits.

We are so happy you're interested in Soul Exercises. We believe great things are ahead for your students and your ministry!

- The Soul Exercises Team

# How Does Soul Exercises Work?

Soul Exercises is created to engage all students in the Bible, whether they have been in church for five minutes or five years.

## How To Use Soul Exercises

### 1. Choose Your Guide

As the youth director or ministry leader, choose which guide you want to go through as a group. You can check out the different guides and descriptions on our website.

### 2. Choose Your Plan

In the beginning of each guide, you will find four different Training Plans, ranging from weekly readings to daily readings, prayer exercises, and additional spiritual disciplines. Read through the plans and choose which plan best suits *you*.

### 3. Follow Your Plan

For the next six weeks, continue to use Soul Exercises regularly, meeting with your small group to discuss what you're learning. If you miss a day or two, don't worry! Part of the beauty of Soul Exercises is that there's always a new week to start fresh.

## How To Use In Your Ministry

### 1. As Your Main Large/Small Group Content

Soul Exercises can be used as your main system for your entire student ministry. Sermon outlines are available, and weekly readings can be used as small group discussion content.

### 2. As A Student Leader Tool

Soul Exercises can be used as a discipleship tool for smaller, more focused groups of students. Weekly readings can be the focus during discussion-based meeting times.

### 3. As A Family Discipleship Tool

Soul Exercises can be used as a family discipleship tool for parents and children. Families can simply read passages and discussion questions together on a daily basis.

# Frequently Asked Questions

## **What Do I Need To Start Soul Exercises?**

Soul Exercises content is currently accessible in print format. Every student and leader in your ministry will need their own Soul Exercises Volume in order to read and engage throughout the week.

## **How Do I Order Soul Exercises Content?**

You can order Soul Exercises Volumes (1 Volume = 1 year of content) anytime on our Online Store. Orders are packaged and shipped within two days of your order, so you won't have to wait long to get them!

## **How Do I Lead Small Groups Through Soul Exercises?**

When students and leaders consistently stick to their training plans, group discussions should center around the content from the previous week. There is no need for additional leader content when everyone in the group is reading and processing the same topic and Scripture prior to group discussion.

## **Is Soul Exercises Only Meant For Small Groups?**

Soul Exercises is a versatile tool that can be used in large and small groups. Each guide is six weeks long, and each week centers on one component of the larger theme. This means the large group teaching can be centered on the weekly theme, which sets up students well for small group and re-emphasizes what they read all week. Ministries can also use Soul Exercises in a smaller, discipleship-focused environment, without a large group teaching (i.e. Sunday School).

## **Can Soul Exercises Be Paired With Other Curriculum?**

Soul Exercises is designed to stand on its own as a complete discipleship resource for your youth ministry. However, there are many groups who have signed up and paid for other materials or curriculums and desire to start Soul Exercises. If you're one of those groups, we say go for it! We have helped many churches adapt Soul Exercises to work with their current situation. In fact, no Soul Exercises journey is quite the same.

If you have more questions, feel free to reach out to us at [info@soulexercises.com](mailto:info@soulexercises.com)!

# Soul Exercises Resources

## Scope and Sequence

Soul Exercises is a four-year system that brings students through every major theme, character, and story in the Bible. Each Soul Exercises guide is six weeks long and is either topical (i.e. Identity, Money and Materialism,” etc.) or exegetical (i.e. The Book of Acts, John, etc.). Users have the option of choosing their own scope and sequence if they desire to do so.

## Guide Resources

Each Soul Exercises guide is accompanied with resources for your ministry. Slides, introduction videos, sermon outlines, and monthly training content for each guide are all available to churches using Soul Exercises.

## Sermon Outlines

If you desire to use Soul Exercises as your main system for large and small group teaching and discipleship, sermon outlines are available for each week of Soul Exercises. Each sermon outline includes a main text with a verse-by-verse analysis, three main takeaways, a main idea, an illustration idea, and an application idea.

## Bible Training Sessions

Soul Exercises also offers a three-part, video-based training series on how to read and apply the Bible. These sessions can be used with adult leaders or with students as well prior to beginning Soul Exercises. These sessions are available in our Soul Exercises Tool Kit, or for individual purchase upon request.

*Soul Exercises is a ministry of Never The Same. To learn more about additional ministries of Never The Same, visit [neverthesame.org](http://neverthesame.org)*