



## FORM Foundations Overview

FORM is a year-long programme to develop Christian ministry and leadership, wherever God is calling you to serve - whether it's ministry in the 'marketplace' (at work or home) or through a church or Christian organisation. Throughout the year, we'll be growing the skills and knowledge specific to your calling; and more important still, we'll be growing closer to God, growing in character and in confidence in Him. As part of the wider *'Trinity Learning Hub'*, FORM taps into a wealth of varied teaching, but what makes FORM distinctive is our hands-on learning approach: week by week, we put what we learn to work - and we then reflect together as a team, and learn from our work.

FORM has two tracks: FORM Foundations (full-time, ages 18-23) and FORM Frontlines. The **FORM Foundations** year is designed specifically for 18-23 year olds who are called into leadership in any sphere, and is centred around a healthy 'rule of life'. A 'rule of life' is an ancient monastic way of describing the healthy habits that we choose in order to intentionally put Jesus at the centre of our lives.

The course is a full time programme of:

- Teaching:
  - evening seminars
  - online talks
  - Intensive weekend learning retreats
- mentoring,
- reflective learning focussed on:
  - serving in a ministry you are passionate about,
  - serving more generally in the life of the church,
  - an option of an overseas mission trip,
- 'Formation Groups' - beginning in mid-October. Formation Groups will run jointly with those on the FORM Frontlines track.

*(FORM Frontlines is a part time course for people wanting to set aside a year to be invested into. It can be combined with their full-time work in the 'marketplace'.)*

## Further Information

**Teaching** takes place across:

- *Thursday evenings* - with a meal at the Trinity Learning Hub. Some of the Thursday evening sessions will be core teaching for FORM students, whereas on other Thursday evenings, FORM students can access the wider Learning Hub seminars.
- *Intensive weekend retreats* - Three weekends in the year are set aside as intensive teaching weekends.
- *Tuesday mornings* - A mix of study time and teaching for FORM Foundation students only. On a monthly basis part of the Tuesday morning session is recorded for FORM Frontlines students.

**Mentoring** is one-to-one investment from someone who is a bit further on in the journey of faith. It's a shared time of prayer, rooted in Scripture, with time for you to reflect on your FORM experiences, ask questions, etc. Mentoring sessions take place regularly every 2-4 weeks; the exact frequency is agreed between each Mentor and Mentee.

**Serving** in your chosen ministry area occupies 20 hours, spread across the week. In order to build broader experience, a further 8-12 hours are devoted to serving more generally in the wider church family, plus involvement with key events in the church calendar (including some events through the Christmas period and Easter). Because learning through Serving is at the heart of your FORM experience, serving activities are carefully discussed and planned with your Course Leader and appropriate Ministry Leader.

An **Overseas Mission Trip** is highly recommended, both as service and as a key experience of what God is doing elsewhere in His world. We encourage those FORM students to fundraise during the year for the additional cost of this trip. The Overseas Mission Trip is planned for March/April 2023.

**Formation Groups** take place weekly through term at a time suitable for all members. This is where FORM Foundations and FORM Frontlines join together to encourage and challenge one another. With the Course Leader, you reflect on what you have learnt (through Serving and through the week's teaching), and start to plan your learning for the week ahead. Our aim is to ensure that both serving experiences and teaching move to become heart knowledge, led by the Holy Spirit.

**Rest** is vitally important, and so we take sabbath, weekends, retreats and annual leave seriously. You have 23 days off throughout the year as annual leave. So as to ensure you are getting the best support possible, these are planned and agreed with your Course Leader and the appropriate Ministry Leader. If at any point you are feeling overwhelmed, please make sure you tell your Course Leader or Ministry Leader.