



KAIROS OF INDIANA STATE CHAPTER COMMITTEE

Recruitment Spiritual Exercise (See Blueprint Item 4.b.)

NEW

This is a recommended, optional Spiritual Exercise for use during Team Formation Meetings (TFM) in any of the three Programs: Kairos Inside (KI), Kairos Outside (KO) and Kairos Torch (KT). The Exercise is intended to train individual volunteers in the spiritual gift of sharing the Kairos volunteer opportunity and love of Jesus Christ.

Estimated time: 30 – 40 minutes per session; 2 sessions, recommended for TFM #2 & #4 (or #5).

ACTIVITIES

1. Remind of Spirituality: Seeking God as a Community (Are we ready to get serious?)

a. **Bible Theme**

“Then He said to His disciples, “The harvest truly is plentiful, but the laborers are few. Therefore pray the Lord of the harvest to send out laborers into His harvest.”

Matthew 9:37-38

b. **Prayer**

Let us launch the one-minute-per-day prayer; recommended 7:00am 7 days per week, but any time is welcome; all Programs, volunteers, supporters and graduate participants. Pray God will answer Jesus’ request above for laborers. Hebrews 4:16; 2 Peter 1:4

c. **Fasting Fridays (where personal health allows)**

Every first Friday of every month, skip lunch; no food between 9am – 3pm. Joel 1:14

2. Overview

- a. Exercise Facilitator selected in advance from seasoned veteran volunteer (clergy?)
- b. Exercise 1 (TFM #2): with ‘fixed’ pairs where possible
 - i. Prayer Rehearsals based on ‘Elevator Speeches’ found in Style Guide; role playing
 - ii. Partners take turns and offer each other comment and support
 - iii. The personal Challenge: Walking in Faith (prayer)
 - iv. Brief group discussion on ‘How did it go? What did you learn?’
- c. Exercise 2 (TFM #4 or #5): with same ‘fixed’ pairs where possible
 - i. Brief group discussion on the Challenge; any new ‘friends’ or potentials?
 - ii. Prayer Rehearsals based on ‘Elevator Speeches’ found in Style Guide; role playing
 - iii. Partners take turns and offer each other comment and support
 - iv. The personal Challenge: Walking in Faith (prayer)
 - v. Brief group discussion on ‘How did it go? What did you learn?’



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3. Preparations

- a. Weekend Leader (WL) selects in advance the Exercise Facilitator(s)
- b. The Facilitator (with possible assistance from WL and or AC) selects an appropriate 'speech' for the Exercise taken from KPMI Style Guide - Elevator Speeches (training)
(A few recommended options are located at end of this document)

4. Exercise 1 (30-40 minutes; suggested for Team Formation Meeting #2)

- a. Facilitator asks the Team to break into pairs and lets them know that the goal is to learn skills in sharing the Kairos volunteer opportunity and the love of Jesus Christ.
- b. The Facilitator shares the reminder of Spiritual nature of making disciples by making new friends through recruitment efforts (see section 1 above). Make a Friend, Be a Friend, Bring a Friend (closer) to Christ.
- c. The Facilitator gives an overview of the Exercise for 'today' and lets the paired partners know that there will be a Challenge and a follow-up Exercise 2 around TFM #4 or TFM #5.
- d. The Facilitator hands out copies of the selected 'Elevator Speech' and describes that this comes from an existing KPMI resource from www.mykairos.org called the Style Guide and that there are several other 'Speeches' available for review.
- e. The Facilitator asks the pairs to review the selected 'Speech' and making it 'their own', that is to try and put the speech in their own comfortable language. (Items a – e will take about 10 minutes)
- f. The pairs begin taking turns of rehearsing one at a time.
- g. The Pairs share comments and support for each other on their efforts; offering suggestions for improvement.
- h. The Facilitator gives a reminder to switch after about 5-10 minutes.
- i. The Facilitator wraps up the pair-sharing after another 5-10 minutes, and brings the attention of the group back together for brief discussion on 'how it went' and 'what they learned' about 5-10 minutes.
- j. The Facilitator offers the Challenge to try the new skills between this Exercise 1 and Exercise 2 (TFM #4 or #5).
- k. The Facilitator leads the group in a short prayer over Matthew 9:37-38. (Items j – k will take about 5 minutes)

5. Exercise 2 (30-40 minutes; suggested for TFM #4 or #5)

- a. The Facilitator asks for testimonies from the Challenge. Discussion should be allowed to take as much time as needed up to about 10 minutes.
- b. Follow steps in section 4 above, with modification to 'Challenge' as an everyday aspect of the Kairos volunteer life of service. Christ is with you!

Facilitator, Weekend Leader, and Advisory Council may feel free to modify this recommended Exercise Guideline as experience dictates and as led by God's Holy Spirit.



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Excerpts from the Style Guide for Elevator Speeches are included below. For this Exercise Guideline, only the 'Conversational approach' speeches are included; 'printed materials' versions are also available in the full Style Guide. It is important that the Exercise leads volunteers to use 'their own language' and to practice getting comfortable with a natural approach. Blending speeches below is encouraged.

Elevator Speeches - Ministry

General - Elevator speeches are to help each person have written or verbal talking points to use to describe Kairos based on the audience being addressed. It is helpful to know one or two of these and also have your own impact story ready for follow-up. The concept is that if you were with someone for only a short period of time (as in an elevator) and they asked you, 'What is Kairos?' you could quickly answer and lead to an invitation for more dialogue. This in turn helps create exposure for Kairos and can lead to new volunteers. Also when consistent written form is used, the repetitive nature across any uses helps build consistent awareness of Kairos Prison Ministry.

40 WORDS - Conversational approach

Kairos Prison Ministry International is a Christian faith-based ministry that addresses the spiritual needs of incarcerated men, women, youth, their families and those who work with them. By sharing the love and forgiveness of Jesus Christ, Kairos hopes to change hearts, transform lives and impact the world.

47 WORDS - Conversational approach or short format for use in printed materials

Kairos is a Greek word meaning "God's Special Time" or "in the fullness of time," indicating an opportunity for our participants and guests to reconsider their life choices—as hearts are changed, inmates begin to take responsibility for their actions—it's like a front-row seat to a miracle—transforming lives and impacting the world.

Elevator Speeches - Kairos Inside

21 Words – Conversational approach

Kairos Prison Ministry's purpose is to establish a Christian community inside prisons by the transforming love and forgiveness of Jesus Christ.

28 Words – Conversational approach

Kairos Prison Ministry is a front-row seat to God's miracles inside prisons. Kairos will show God's love and forgiveness and start the development of a Christian community.

56 Words – Short format or conversational approach

The Christian servants/volunteers of Kairos Prison Ministry have been called by God to share the love and forgiveness of Christ to those incarcerated. During a 3½-day Weekend program of talks, mediations, music, listening and loving, a Christian community will start to form. The servants/volunteers are blessed to be a blessing to the participants.



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Elevator Speeches - Kairos Outside

29 Words - Conversational approach

Kairos Outside provides a safe place for women whose lives have been impacted by incarceration. Kairos Outside encourages its Guests through the transforming love and forgiveness of Jesus Christ.

30 Words - Conversational approach

Kairos Outside encourages women to form small support groups for spiritual growth as they share their common journey. The small groups may provide the lifelong support that these women need.

47 Words - Conversational approach

Kairos Outside offers a comfortable, non-judging retreat for women to support each other as they journey through the incarceration of a friend or relative. In this retreat setting, women with similar challenges share their common stories and draw on each other for strength, forming a Christian community.

Elevator Speeches - Torch

36 WORDS - Conversational approach

Kairos Torch's mission is to engage youthful offenders' (25 or under) reasoning skills in seeking balance for their lives. Torch encourages these youth to realize their God-given potential through the creation of a safe environment.

43 WORDS - Conversational approach or short format for use in printed material

Kairos Torch provides a safe place to the youthful offender for spiritual exploration. Torch offers unconditional love and acceptance in a Christian setting that encourages the sharing of one's life journey through the mentoring of a mature, Christian volunteer/servant to find a full life.

59 WORDS - Conversational approach

The mission of Kairos Torch on the introductory Weekend is to encourage the participants to remove their masks so that the real person can shine forth, rather than who they pretend to be. A safe environment is created for them to begin to show themselves and learn what life can be like in a loving, caring and trusting community.