

# LEADER'S GUIDE



FOR THE  
FIRE INSIDE  
OUR KIDS



# LEADER'S GUIDE



REACH OUT YOUTH SOLUTIONS  
[WWW.REACH-OUT.ORG](http://WWW.REACH-OUT.ORG)

Love the Lord your God with all your heart  
and with all your soul and with all your strength.  
These commandments that I give to you today are to be  
upon your hearts. Impress them on your children.

**MOSES**



## **Influencing Other Parents**

Leading a group of parents through *Parent Fuel* offers you the opportunity not only to focus on your own parenting but also to influence other parents.

You will connect a group of parents to the Parent Fuel resources so they can discover and take action on their parenting purpose:

*To love God with all their hearts and to lead their kids to do the same.*

How can you help other parents pursue their parenting purpose? This *Parent Fuel Leader's Guide* will help you answer that question. It will...

- Direct you to the resources you need for yourself, your group and/or your church
- Give you timeline options for your group or church
- Provide you with suggestions for leading your group
- Guide you to design your own unique plan of action for your group
- Encourage you to identify and train new group leaders in order to begin other Parent Fuel Experience groups

Before jumping into the *Parent Fuel Leader's Guide*, let's ask and answer a couple of basic questions.

### ***Can I lead?***

The fact that you are reading this *Parent Fuel Leader's Guide* assumes that you are considering leading a Parent Fuel Experience group. To relieve you of any fears you have about doing that, please know this:

## PARENT FUEL LEADER'S GUIDE

No experience is necessary to lead a Parent Fuel Experience group!

You can define your role as a leader like this:

I connect a group of parents to the Parent Fuel resources in order to help them discover their parenting purpose and plans.

If you are an inexperienced parent or a youth leader with no children yet, then consider asking a couple with older kids either to assist you in leading the group or to mentor you while you lead the group.

The group leader is a catalyst, a facilitator, a person who is not a “perfect parent” or an “expert”. The resources are designed so that if you can “plug and play” and if you can read, you can lead the group. So relax and lead!

### **Who Will Benefit?**

You may be wondering who will benefit from a Parent Fuel Experience group. *Any parent!* As you decide who will gain from becoming part of your group, target the parents of...

- Pre-schoolers
- Grade-schoolers
- Middle-schoolers
- High-schoolers
- College students

...and/or any combination of the above.

Along with that broad range of parents, consider for your group...

- Church parents
- School parents
- Neighborhood parents
- Non-believing parents

This wide target audience affords you maximum flexibility in putting together your group.

Ask God! He will lead you to the right people for your group.

Now read on to find out more about what to do to lead a Parent Fuel Experience group.

# PARENT FUEL KIT

FOR YOU, YOUR FAMILY, YOUR CHURCH AND SMALL GROUP



The **Parent Fuel Kit** by Barry St. Clair has more fuel for your parenting fire!

**Parent Fuel.** This book equips parents to fuel a fire for Christ in the hearts of your kids. It offers a fresh perspective for relating to and investing in your children.

**Parent Fuel Journal.** This companion piece to the **Parent Fuel** book gives you the tools to reflect further on your parenting and on your kids and then to implement the practical realities of the book.

**Parent Fuel Audio CDs.** Presented live before parents, these talks offer encouragement and guidance from Barry's parenting experience.

**Parent Fuel DVD Series.** This six-session highly interactive DVD series inspires and motivates. It features Barry St. Clair and a variety of parents expressing their struggles and successes in parenting their kids, along with time for small group discussion. These fifty-five minute videos enhance the message of the **Parent Fuel** book to parents in your church, small group, school or neighborhood.

**Parent Fuel Leader's Guide** is included in the kit.

ReachOut  
YOUTH SOLUTIONS

TO ORDER: [WWW.SHOPREACHOUT.COM](http://WWW.SHOPREACHOUT.COM) OR (800) 473-9456

To discover how to receive training that will bring the Parent Fuel Experience to your church or small group, go to [www.reach-out.org](http://www.reach-out.org)



## Resources

The resources shown on the previous page will give you all of the materials you will need to lead your Parent Fuel Experience group. Below you will find descriptions of those resources and suggestions on how to use each of them with your group.

### ***How to Use the DVD Series***

This six-session highly interactive DVD series inspires and motivates. It features Barry St.Clair and a variety of parents expressing their struggles and successes in parenting their kids, along with time for small group discussion. These fifty-five minute videos enhance the message of the *Parent Fuel* book to parents in your church, small group, school or neighborhood. The topics addressed in these videos include:

- Imperfections
- Focus
- Grace
- Relationships
- Discipline
- Release

One set of the DVDs is needed for each small group.

### ***Suggestions for Using the Parent Fuel DVD Series***

These suggestions will help you lead your group through the DVDs.



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- **Ask parents to read the book either before or while going through the DVDs.** The impact of the DVDs will be enhanced significantly if parents read the book either before or while the group goes through the videos.
- **Download the free *Parent Fuel Participant's Guide* at [www.reach-out.org](http://www.reach-out.org).** With this resource, the group members can take notes on the video sessions and write their personal reflections.
- **Realize that the DVDs are designed to stimulate small group discussion and provide motivation.** As you begin, communicate these intended aims to your group.
- **Maximize the DVD discussion time.** If your group is larger and/or you need more time for discussion, then divide the group into smaller units of four-, three-, two- or one-parent units to discuss a question. If your group has the option of meeting longer than the allotted fifty-five minutes, then press PAUSE when the video clock reaches twenty seconds. If the group still needs more discussion time, continue the discussion the next week on that same topic from the book.
- **Test the equipment beforehand.** To avoid technical difficulties, set up the DVD equipment and test the DVD at least a couple of days before the group gathers. Then test it again at least thirty minutes before the group begins.
- **Pray! Pray! Pray!** Knowing that God hears and answers our prayers, pray for the group before they gather, pray for the group before watching the DVDs and then pray to close each DVD session.

Download the free *Parent Fuel Participant's Guide* at [www.reach-out.org](http://www.reach-out.org)

### ***How to Use the CD Series***

Presented live before parents, these six talks offer encouragement and guidance from Barry St.Clair's parenting experience. These CDs

enhance the message of the *Parent Fuel* book by inspiring and motivating parents to take action. The topics addressed in the CDs:

- Overcome Imperfections
- Set the Pace
- Tap into God's Resources
- Invest in Our Kids' Lives
- Set "Speed Limits" that Lead to Independence
- Expand their World

One set of the CDs is needed for each set of parents.

### **Suggestions for Using the *Parent Fuel Audio CDs***

Encourage parents to obtain one copy of the CDs. They can share the CDs, listen to them at their leisure and then discuss them when they are together.

Invite them to ask God to speak to them specifically and practically as they listen.

### ***How to Use the Journal***

The Journal aids you in applying the practical realities of the *Parent Fuel* book. This companion piece gives you the tools to reflect further on your parenting and your kids.

Going through the Journal will...

- Sharpen your focus for understanding your children and your parenting style
- Give you added motivation to implement what you discovered in the book
- Provide you with a specific place to record your insights about your parenting as well as your children's growth and development
- Offer you a specific opportunity to pray for your children daily

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- Make available a place for you to keep journaling after you read the book

In the end, your kids will have a greater passion for Jesus kindled by a relationship with you.

### **Suggestions for Using the *Parent Fuel Journal***

Parents who utilize the Journal will vastly increase their application of the book to their parenting style.

Invite parents to bring their Journal to the small group and to share with the group their insights from it. Everyone in the group will gain from hearing what God is saying to parents as they record and then express their reflections.



## Timeline Options

The *Parent Fuel Kit* offers several timeline options for structuring your Parent Fuel Experience. These options give you flexibility. You will need to choose the one that most aptly fits your situation.

### 1. The Sequence Option ..... Total: 21 weeks

This option offers the Parent Fuel Experience in three sequential courses.

The advantages of this option:

- It covers the material thoroughly. Parents complete all of the resources in the *Parent Fuel Kit*. They read the book, watch the DVDs, write in the Journal and listen to the CDs.
- It gives the opportunity for small group and life-on-life mentoring over time.
- The three courses break the material into topics and allows for shorter time blocks around those topics.

### Course #1: Fuel the Fire in Us First

Week #	Material to Discuss
1	DVD Session 1 – Imperfections
2	Book Chapter 1 – Wanted: Fire Builders – Perfection Not Required for This Job
3	DVD Session 2 – Purpose
4	Book Chapter 2 – Stoke the Spark – From God to Parents to Kids
5	Book Chapter 3 – Dry Out the Firewood: Gain New Purpose for Old Pain

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6	Book Chapter 4 – Dry More Firewood: Gain More New Purpose for Old Pain
7	DVD Session 3 – Grace
8	Book Chapter 5 – Create a Draft: Open the Door and Let Grace Blow In

### Course #2: Kindle a Warm Relationship with Our Kids

Week #	Material to Discuss
1	Book Chapter 6- Stir Up the Fire by Relating to Our Kids
2	Book Chapter 7- Burn Away the Junk to Find the Heart of God
3	Book Chapter 8- Build a Fire that Blazes with Intimacy
4	Book Chapter 9- Feed the Fire with Communication
5	DVD Session 4- Relationships
6	Book Chapter 10- Pour Fuel on the Fire by Making Disciples

### Course #3: Spread a Wildfire in and Through Our Kids

Week #	Material to Discuss
1	DVD Session #5- Discipline
2	Book Chapter 11- Fan the Flame with Discipline
3	Book Chapter 12- Intensify the Heat with Destiny
4	Book Chapter 13- Don't Let Disappointment Douse the Fire
5	Book Chapter 14- Glow in the Light of God's Vision
6	DVD Session # 6- Release
7	Book Chapter 15- Spread the Fire of God's Desire

## 2. The Preparation Option ..... Total: 21 weeks

To pursue this Parent Fuel Experience option everyone in the group agrees to read the book beforehand in preparation for the group.

It puts more emphasis on implementation through more extensive use of the Journal.

The advantages of this option:

- When people come to the group, they have a grasp of the material and are well prepared.
- It covers the material thoroughly. Parents complete all of the resources in the *Parent Fuel Kit*. They read the book, watch the DVDs, write in the Journal and listen to the CDs.
- It gives the opportunity for small group and life-on-life mentoring over time.
- The three courses break the material into topics and allow for shorter time blocks around those topics.
- It gives more opportunity for implementation. Instead of taking time to read the book each week, the group members will use that time to work on the *Parent Fuel Journal*, which is designed to help them implement what they learn in the book.

### 3. The Book Option ..... Total: 15 weeks

This option offers the Parent Fuel Experience based on the chapters in the book. It focuses on discussing the information in the book without using the DVDs.

The advantages of this option:

- The book is read and discussed thoroughly.
- The CDs are listened to and the Journal is implemented.
- The time is more compressed, if time is an issue for the group.

The disadvantage of this option:

- The DVDs are not watched or discussed.

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### 4. The Book/DVD Tandem Option..... Total: 15 weeks

This option offers the opportunity to go through both the book and the DVDs in 15 weeks. To do this the group watches and discusses the DVDs, but then the group skips the discussion for that chapter in the book.

The advantages of this option:

- The book is read and the DVDs are watched and discussed.
- The CDs are listened to and the Journal is implemented.
- The time is compressed, if time is an issue for the group.

The disadvantage of this option:

- The chapters in the book that match the DVDs are not watched and discussed.

### 5. DVD with Book Supplement Option..... Total: 6 weeks

This option offers a fast track through the Parent Fuel Experience based on the DVDs. It focuses on watching and discussing the DVDs in six weeks while the group reads the book, goes through the Journal and listens to the CDs on their own time.

The advantages of this option:

- The group gets through the material quickly.
- The book and other resources are still covered.

The disadvantage of this option:

- The group goes through the material quickly and, therefore, misses the opportunity for mentoring, processing and implementing the material that will foster a change in their parenting style.

## 6. The Creative Option

In this option you configure a plan that works uniquely for you. You look at the *Parent Fuel Kit* and survey the time factor for your group, then determine how the material works best in your situation.

The advantage of this option:

- The group fits the material into their unique time constraints.

The disadvantages of this option:

- The group probably will miss out on going through some of the material.
- The group will tend to go through the material quickly and, therefore, miss the opportunity for mentoring, processing and implementing the material that will foster a change in their parenting style.

Prayerfully consider which option works best for you. The options have been listed in a descending order of optimum effectiveness. God will guide you in which option to select.





## Suggestions for Group Leaders

These suggestions will help you lead your Parent Fuel Experience group more effectively.

- 1. Read the *Parent Fuel* book.** If you read the book before the rest of the group, you will become more familiar with the content and have more confidence in leading the group.
- 2. Recruit your group members.** If you already have a class or group, then this is not an issue. However, if you do not have a group, then follow these guidelines:
  - Announce that you are beginning a Parent Fuel Experience group to the appropriate people—whether to individuals, other groups or your church congregation.
  - Explain the purpose of the group: to discover together how to love God with all of their hearts and to lead their kids to do the same.
  - Use the *Parent Fuel Kit* and the promo video to help people visualize the benefits of the group and the topics the group will explore. Go to the “Resource” button on any of the DVDs to find and play the promo video.
  - Invite people to a specific place at a specific time for the first meeting.
  - The group will be most effective with six to twelve people. If more people are interested, form a second group.
- 3. Order all of the materials you will need well in advance of the first meeting.** To have in hand the needed resources for your group, order the following at [www.reach-out.org](http://www.reach-out.org).
  - One *Parent Fuel Kit* for you to use to lead the group.

- One copy of the *Parent Fuel* book for each person.
- One copy of the *Parent Fuel Journal* for each person.
- One set of the *Parent Fuel* CDs for each couple to share.

You may wish to order some extra copies of these resources in case others join the group later.

4. **Identify One or More Apprentices.** One of the most important results of the Parent Fuel Experience is that more parents will become equipped to lead new groups later. Begin to prepare now for starting new groups later by identifying one or more apprentices within your group either now or within a couple of weeks of beginning your group. These apprentices can not only help you lead this group, but also they can lead their own group later. (You will discover more about what this means on pages 21-22.)
5. **Decide the best time and place to meet.** If you are leading an already established group, then the group time and place may have already been determined. But if not, the time and place decisions will need to be made by the group. If possible, plan to meet in a home. This creates a more relaxed and informal environment and will encourage openness and freedom of discussion.
6. **Create the best environment for the group.** Locate a room that is bright and open. Arrange the chairs so that each person is included in the circle and so that they are facing each other. Resist the temptation to meet in a room with theater-style or lecture-style seating, even though a portion of your meeting may include showing a video. To view the video either break open the circle and turn toward the screen or go to another room.

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7. **Plan each meeting to last at least one hour.** When you use the *Parent Fuel DVDs Series*, each session is structured for fifty-five minutes—to the minute. The other five minutes is for mingling and introduction of the session. When you lead a group through the book, you will need at least one hour for the discussion. Do not go longer than ninety minutes. You will find it helpful to follow this outline.

- **Prayer (5 minutes).** Begin each session with prayer. Use various forms of prayer to get people involved—groups of three, silent prayer, calling on three or four people to pray, dividing men and women or couples praying together.
- **Penetrating Questions (30 minutes).** Use the Penetrating Questions in the book. Encourage them to give their answers to the Penetrating Questions from their *Parent Fuel Journal*. Ask people to talk about any of the Fresh Ideas they have tried or want to try.
- **Taking Action (20 minutes).** Follow the Taking Action section in the book. Ask people to express specifically what they plan to do as a result of the chapter they read. Encourage them to give their answers to Taking Action from their *Parent Fuel Journal*. Each week give them an opportunity to report back on the action steps they have taken previously.
- **Prayer (5 minutes).** Use this time to pray for your children by name. Encourage people to express with vulnerability their authentic and heartfelt prayers.

Adjourn the meeting after an hour or no longer than ninety minutes. If people want to stay on, they can do so. Finishing on time will cause them to want to come back for more.

8. **Encourage participation.** If each group member reads the book and writes in his/her *Parent Fuel Journal* before the group meeting, then a lively group discussion will ensue. Since the group

is designed to build relationships and share insights, allow for free-flowing discussions—yet keep the group moving through the structure of the meeting. These hints will help keep the discussion on track.

- **Start on time.** Even if only a few people are present at the starting time, begin the meeting. If you wait on people who arrive late, you will find yourself starting the group later and later each week.
- **Serve as the facilitator.** Instead of giving the answers to the questions, consider yourself the facilitator of the group, asking more questions than giving answers.
- **Respect each person's comments.** Encourage participants to express themselves honestly, rather than saying what is expected. Transparency will result when people share their struggles. If needed, ask additional questions to help people clarify their thoughts and feelings.
- **Don't be afraid of silence.** Allow time for people to think and then give them an opportunity to express themselves.
- **Stay close to the Scripture.** The Bible serves as the authority for this study and for your group discussions. Encourage the participants to go back to the Scriptures to find the answers to their questions.
- **Challenge trite and superficial answers.** If people rattle off a cliché or a Bible verse, ask them to explain what they mean and to apply it to their own lives.
- **Ensure total participation.** If some group members hesitate to take part in the discussions, gently call them by name and ask them a direct question relating to their personal thoughts and experiences. Let them know you care about them and what they think. If some people try to answer all the questions, direct your questions to others by name. If one person dominates, then after the meeting gently ask him/her to help you by allowing everyone to have equal time to talk.

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- **Evaluate each session.** As soon as a session ends, evaluate the group experience and the emerging needs of each group member. This will give you more sensitivity to individuals during the discussions that follow. If you see that you need to meet individually with a person or couple who expresses a particular need, do so as quickly as possible. Listen to them, pray for them and, if needed, seek further help.
9. **Helping People with Deeper Needs.** Some people in your group may have deeper needs than you can meet. Encountering their own past, their relationships with their spouse and/or their relationships with their children can go beyond what you are trained to handle. As well, some people in the group may have a need to go deeper into the issues raised in the book, particularly in Chapters 1-5. In either case, do not think that you need to handle the situation yourself. After you have talked to them to discover their needs, then encourage and guide them to make an appointment with a pastor or professional counselor. Following this approach will help them the most.
10. **Pray! Pray! Pray!** Before, during and after the group, pray for each parent to passionately pursue Jesus and to lead their kids to do the same. Ask God to give them courage to invest in their own children and their children's friends. Ask for the fire of the Holy Spirit to burn brightly in each and every parent and child represented in the group.



## **New Group Leaders**

Leading the Parent Fuel Experience opens a door for you to influence other parents!

Consider your place in the Parent Fuel vision and purpose:

**The Vision:** To influence this generation of parents to become Jesus-focused

**The Purpose:** To equip parents to love God with all their hearts  
and to lead their kids to do the same

In order for that vision and purpose to spread and multiply, the Lord must put it on the hearts of parents like you to influence other parents. What part can you play?

### ***Inside Your Group***

As you lead the Parent Fuel Experience, you will invest in the parents *inside* your group and at the same time prepare apprentice leaders to become new group leaders. Within your Parent Fuel Experience group you can equip new group leaders by identifying at least one, possibly more, apprentices as you begin the group. If you have several people with leadership potential, then offer each one the opportunity to be an apprentice leader. You can equip them to lead their own groups simply by asking them to lead, or to help you lead, your group.

### ***Outside Your Group***

Also you can expand your influence by introducing the Parent Fuel Experience to potential leaders who are *outside* your group. You know parents who can benefit from the Parent Fuel Experience and

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who may have an interest in leading a group. You are acquainted with leaders in your church, school or neighborhood who have the responsibility for making decisions about small groups and curriculum. Introducing them to the Parent Fuel Experience will give them the opportunity to involve the people in their spheres of influence.

### ***Through the Parent Fuel Leader's Training***

These potential leaders from *inside* and *outside* your group can benefit from the **Parent Fuel Leader's Training**. Reach Out provides this two-and-a-half hour training to prepare them to lead the Parent Fuel Experience. When you introduce them to the *Parent Fuel* book and kit and invite them to participate in the **Parent Fuel Leader's Training**, they can then take the steps needed to lead the Parent Fuel Experience.

As a result of the **Parent Fuel Leader's Training**, your new leaders will have...

- more confidence in leading their own Parent Fuel Experience groups
- the tools to equip other parents to lead a Parent Fuel Experience group
- a strategy to multiply new leaders from their own groups

To discover more go to **Parent Fuel Leader's Training**  
at [www.reach-out.org](http://www.reach-out.org)

As you lead a group of parents through the Parent Fuel Experience and then multiply new leaders in the process, you will significantly influence this generation of parents to become Jesus-focused! Through you they will...

*Love God with all their hearts and lead their kids to do the same!*



## **Plan of Action**

**Purpose:** To equip parents to love God with all their hearts  
and to lead their kids to do the same

**Potential participants:**

**Materials needed:**

**Potential apprentice leaders:**

**Preferred timeline option:**

**Where to meet:**

**When to meet:**

**Most helpful suggestions for leading the group:**





For help, free resources or to give positive feedback on your group  
contact [www.reach-out.org](http://www.reach-out.org)