



MARTIAL ARTS FOR MISSIONS

MISSION PREP CLASS

Being a part of a Ministry Team

TRAINING OBJECTIVE

- ◎ The objective of this training is to prepare mission team members for the personal ministry participation of the mission trip.
- ◎ You are not just going as a martial artist on a humanitarian effort. You are going as a minister of the Gospel of Jesus Christ under the guidance of the Holy Spirit in the authority of Scripture.
- ◎ To present the Scriptural, Spiritual and life application of our martial art concepts and principles.

Training Principles

- ◎ Be Polite
- ◎ Be Patient
- ◎ Be Alert
- ◎ Be Brave
- ◎ Do Your Best
- ◎ Respect Yourself and Others

S.A.L.T. – *“You are the SALT of the earth, but if the salt has lost its taste, how shall its saltiness be restored?”*

Matthew 5:13

Training Principles

◎ **Be Polite:**

- > Scriptural Reference – “He who loves purity of heart, and whose speech is gracious, will have the king as his friend.” Proverbs 22:11 (ESV)
- > Attribute of Character– Self Controlled
- > Life Application – Be considerate of how you speak to and around others, fellow students and instructors. Be an ambassador of Christ at all times.
- > Training Analogy – Use good manners like “Yes Sir.” Be considerate of others during training. If your doing forms and another crosses your path be willing to yield to them the right of way.

Training Principles

◎ **Be Patient:**

- > Scriptural Reference – “Better is the end of a thing than its beginning, and the patient in spirit is better than the proud in spirit.” Ecclesiastes 7:8 (ESV)
- > Attribute of Character– Selflessness
- > Life Application – Be willing to assist others with learning rather than just being concerned with your own abilities. Put others above and before yourself.
- > Training Analogy – When asked to help teach a lower rank do it with a good attitude and understanding.

Training Principles

◎ **Be Alert:**

- > Scriptural Reference – “Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” 1 Peter 5:8 (NIV)
- > Attribute of Character– Prudence
- > Life Application – Be prepared at all times. Keep your guard up. Compromise leads to slothfulness and slothfulness to destruction. Guard your eyes, ears, mouth, hands, heart and conscience before Christ.
- > Training Analogy – Be diligent to train both in class and outside of class. Self-Discipline.

Training Principles

◎ **Be Brave:**

- > Scriptural Reference – “But you, take courage! Do not let your hands be weak, for your work shall be rewarded.” 2 Chronicles 15:7 (ESV)
- > Attribute of Character– Courage
- > Life Application – Do not fear men. Do not be a man pleaser but a God pleaser. Have the courage to stand for and speak up for what is right even if you are the only one and in the face of adversity or persecution.
- > Training Analogy – Do not say, “I cannot do this? I cannot learn. Face every challenge and obstacle as an opportunity to grow stronger. Dare to stand against the voice of discouragement, disappointment and frustration.

Training Principles

◎ **Do Your Best:**

- > Scriptural Reference – “Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.” 2 Timothy 2:15 (ESV)
- > Attribute of Character– Integrity
- > Life Application – Do all as unto the Lord. Do everything with excellence with no compromise or withholding nothing from God.
- > Training Analogy – When training only you know if you are giving your all. If you do not you are only hurting yourself and it will show in your technique.

Training Principles

◎ **Respect Yourself and Others:**

- > Scriptural Reference – “And as you wish that others would do to you, do so to them.” Luke 6:31 (ESV)
- > Attribute of Character– Honor
- > Life Application – Treat others with dignity, respect, kindness and honor at all times. Be an example of the Fruit of the Holy Spirit in the love of Christ.
- > Training Analogy – Do not speak down to others. Do not degrade or belittle others. Do not be prideful of your skills. Do not be boastful or derogative of those who may not know what you know or disagree with you.

Questions often asked:

- **What does the Han Symbol represent?** Some have said it was a mystical Korean symbol. It is Grand Master Han's Signature.
- **Why do we do breathing?** It calms our nerves, prepares our heart rate and relaxes our muscles with oxygen. Also, the word for breath in Hebrew as used in Genesis 2:7 is "*ruach*" and refers to the breath that God breathed into man. It is also used in Acts 2:4 as reference to the Holy Spirit that filled the disciples. We are reminded of the breath we breathe and give glory to God.
- **Do we do meditation?** When we speak of meditation it is not as in pagan religions or practices. Our meditation is prayerfully upon the Lord and His Word. The word "meditate" as used by David in Psalms 119:15, 48 in Hebrew is "*siyach*" and means to study, consider and to speak of God's ways and works continually. In Joshua 1:8 it is "*hagah*" meaning to speak with a roar.
- **Do we believe in the Hindu, Pantheistic or Naturalism concept of yin and yang as light and dark or good and evil being complimentary forces?** As Christians we believe in the sovereign authority of God alone. God set all things in motion and by His word all the worlds were framed and all things continue to exist. We believe that there is a cause and effect. That the things of God are propositional. God established before the foundations of the earth that the "wages of sin is death." God said, "I place before you blessing and cursing, life and death, choose life." Throughout Scripture God tells us, "If you will do what is right you will live with blessings. You do what is wrong and you will receive destruction."

CHURCH DIVERSITY

- ◎ Unlike attending the local church of your choice, you will be experiencing a diverse era of church styles and types. The way church services function and the way people worship and respond may be very different than you are accustomed. You may even experience or be asked to be a part of practices you may not fully understand or agree with.

DOCTRINAL DIVERSITY

- ◉ If any of the following are something that goes against your Christian Doctrinal belief and will inhibit your ability to participate as part of the mission teams ministerial activities please be honest and let us know up front. Some things you may encounter:

WHAT YOU MAY EXPERIENCE

- ◉ Contemporary Worship
- ◉ Clapping and Dance in Worship
- ◉ Praying for Other People
- ◉ Praying in a Group
- ◉ Laying on of Hands
- ◉ Prophecy
- ◉ Yielding to the Weight of the Presence of the Holy Spirit
- ◉ Speaking in Tongues
- ◉ Casting out Demons
- ◉ You do not have to agree with or practice these but be prepared to objectively encounter them respectfully and politely.

RELIGIOUS DIVERSITY

- ◎ As you participate in foreign missions you will most likely encounter people of other religions such as Islam, Voodoo, Hinduism and many others.
- ◎ Simply treat them with respect and dignity as you would anyone else. Show them the love of Christ uncompromisingly but do not get into arguments, debates or confrontation. Walk away with a smile or defer them to a Ministry Leader or Pastoral Staff.

Prayer Ministry Training

- ◎ When it comes to praying for other people there is no substitute for experience. This teaching is meant to offer sound methods to help you get started on a solid foundation. We understand there are many ways of praying and ministering to people but if you follow these methods your experience will be positive and beneficial to all.

Ministry Team Objective

There are two main objectives.

- ◎ **Love those you minister to!**

1 Cor 13:1-2 Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. 2 And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing.

- ◎ **Become a channel for the Holy Spirit to minister to the person!**

John 7:38-39

He who believes in Me, as the Scripture has said, **out of his heart will flow rivers of living water.**" 39 But this He spoke concerning the Spirit, whom those believing in Him would receive; for the Holy Spirit was not yet given, because Jesus was not yet glorified.

Being a Ministry Team Member

In accordance with the objectives, a team member will try to accomplish the following.

- ◎ Facilitate the moving of the Holy Spirit under the direction of the Pastor or other appointed leadership.
- ◎ Help to avoid confusion, offense or harm.
- ◎ Release God's love, healing, encouragement and deliverance to those who indicate a desire for prayer.
- ◎ Edify, exhort and comfort.

Ministry Team Purpose

- ◎ It is not the purpose of the ministry team to rebuke, correct or give direction to those you are praying for!
- ◎ It is not the purpose of the ministry team to provide counseling or any other in-depth ministry!
- ◎ What you can do is pray hope, life, healing, strength, peace, encouragement and salvation.

Ministry Team Qualifications

There are some things we will later discuss but the preliminary qualifications are as follows.

- ◎ A ministry team member must be born again! (John 3:3 Rom 6:23)
- ◎ A ministry Team member must regularly attend and support a local congregation!

Heb 10:24-25

And let us consider one another in order to stir up love and good works, **not forsaking the assembling** of ourselves together, as is the manner of some, but **exhorting one another**, and so much the more as you see the Day approaching.

Desirable Qualities of a Ministry Team Member

We all know that none of us are perfect but with the help of the Lord we should all endeavor to grow in qualities that demonstrate the character of Jesus.

Matt 5:48 Therefore you shall be perfect, just as your Father in heaven is perfect.

Some of the qualities we are referring to are:

- ◎ Humility. (Proverbs 3:34, James 4:6, 1 Peter 5:5)
- ◎ Obedience. (John 14:23, 15:10)
- ◎ Freedom from desire of recognition.

Additional Qualities

- ◎ Faithfulness. (1 Timothy 1:12-14)
- ◎ Endurance. (willingness to stay until all ministry is complete)
- ◎ Willingness to receive correction from leadership.
- ◎ Willingness to receive ministry from others yourself.

Lifestyle Characteristics that help improve Ministry

- ◎ Spend time daily with the Lord in praise and worship.
- ◎ Spend time reading and studying the scriptures.
- ◎ Walking in forgiveness as a lifestyle.
(Matt. 6:14, 18:21-22, 2Cor2:10)
- ◎ Walking in repentance as a lifestyle.
(Matt. 3:3, Luke 13:3, Rev. 3:19)

More Characteristics that help you minister

- ◎ Be re-filled with the Holy Spirit continually.
(Acts.4:31 , Eph5:18)
- ◎ Growing in the fruit of the Spirit.
(Gal.5:22)
- ◎ Be free from panic, fear and worry.
(2Tim 1:7, Phil 4:6-7)
- ◎ Be a person of prayer. (Eph. 6:18)

Your daily walk and character as an individual is more important than what you do in ministry!

Ministry Team Participation

- ◎ As part of the mission team you may be asked by the Pastoral Staff to assist in many areas such as:
- ◎ Ushering and Catching People
- ◎ Praying for People at the Altar
- ◎ Preaching or speaking to a group or congregation; share your testimony or from personal relationship experience with God. Pick one or two spiritual points from Scripture and a few personal experiences.

Ministry Team Protocol

Catchers:

- ◎ **Catching is an important part of prayer ministry at the altar. It allows people to freely receive and rest in the anointing without the fear of getting hurt.**
- ◎ **It also helps to keep the ministry time “decent and in order”. (1Cor. 14:40)**

Catching

- ◎ **Keep your elbows close to your sides and place your hands near the small of the person's back, gently touch the person's back or shoulder. Have one foot slightly ahead of the other so you are balanced. As the person falls back move back with them allowing your hands to slide up their back. This allows you to cushion their fall without taking all the weight on you**

Catching

- ◎ **Keep alert and be careful, be sure there is ample space on the floor for the person! Be aware of what is happening around you!**
- ◎ **Request assistance if the person's size or weight is more than you can handle!**
- ◎ **Watch and be aware as people begin to sway under the anointing, even those who may not yet been prayed for.**

Catching

- ◎ **Periodically gently touch the person you are catching in the middle of the back so they know you are still there to help them.**
- ◎ **Pay attention so you are right there when you are needed to assist in ministry.**
- ◎ **When available, try to keep the person's exposed areas covered such as legs above the knees and midriffs**

Things to Avoid While Catching

- ◎ **Pushing or pulling anyone over.**
- ◎ **Holding anyone up by grabbing the shoulders or upper back.**
- ◎ **Rubbing or touching in ways that might be annoying or misconstrued.**

Same Gender Prayer

- ◎ When it possible Women will minister to Women and Men to Men. In any event, do not minister alone to someone of the opposite sex.
- ◎ It is best to have at least one person of the same sex as the one you are ministering to praying with you as a team!

Laying-on of hands

- ◎ **The appropriate places to lay hands on someone for general prayer are the forehead and hands. Apply as a soft touch and be careful not to offend anyone.**
- ◎ **When praying for healing you may lay your hand on the affected area if it is not a sensitive one.**
- ◎ **Always be respectful of the people you are ministering to and careful not to accidentally or otherwise touch them in an inappropriate place.**

Hygiene

Ministry at the altar requires people to be willing to come closer and be touched more than in than usual. The proper hygiene of the ministry team helps make their experience a little more inviting!

- ◎ **Be clean and neat**
- ◎ **Use deodorant**
- ◎ **Have plenty of breath mints available**

Reverence

- ◎ **Always talk quietly in the ministry area. When you are done praying, be aware that non-prayer fellowship and conversation may distract those who may still be receiving ministry.**
- ◎ **Music being played during ministry time should be quiet and worshipful.**
- ◎ **When you are not personally engaged in ministering you can stand back and pray for those in the team who are ministering.**

Ministry Team Prayer Needs

- ◎ **Pray daily for yourself and the prayer team as the Holy Spirit prompts you. Some things you can pray for include those on the list provided to you!**

- ◎ James 5:16-17

The effective, fervent prayer of a righteous man avails much.