

For Men & Boys

TREKS

another great tool from  csbministries

The Power of Treks

Treks is not a program. It is a powerful guide for men that can flex into an existing church program, yet is substantial enough to become its own feature.

The purpose of Treks is to empower men in their role of discipling their own sons and to be the spiritual fathers of a whole generation.

Treks uses the power of activity for the specific purpose of building relationships and discipling boys in God's word. Treks is intentional in connecting activities to Biblical concepts and real-life application of these concepts.

Treks connects men to one another in a common mission of intentional discipleship of our next generation, making it an active branch of men's ministry in the church.

Powerful uses: Supplement for a current kid's program to encourage men to get involved... Father & son or father & children discipleship group... Boy's Sunday school... A stand alone group of equipped men discipling boys of the church and/or the community... Think men, think possibilities!

Treks Empowers Men

Treks Leader's Guides are designed to empower men in the process of group discipleship with boys - to be the spiritual fathers to their own sons and to our next generation.

Each Treks Leader's Guide is offered on a semi-annual basis, providing men with four units of activity-driven meetings centered on Biblical attributes. Each unit consists of a group of three lessons focused on a common spiritual point. Treks guides utilize men's natural process of building relationship and teaching through hands-on activity, providing a comfortable and fun atmosphere for discipleship to take place.

Boy's Trail Book option is designed to empower men in the process of discipling boys one-on-one. Trail Books provide a context for men to encourage boys to work out growth in all areas of life through a biblical perspective.

Treks Empowers Boys

Group Meetings give boys physical, mental, social and spiritual learning experiences among godly men of the church and their peers. Boys get to see godly manhood in action, learning from the example and guidance of their leaders in the context of their peers.

Boy's Trail Book option challenges boys to explore and live out a Biblical worldview in their personal lives. Through the guidance of a godly man and personal experience, boys get a chance to develop in their own lives what it means to become a godly man.

In addition to the boys' personal work in the Trail Books, each Treks lesson correlates with the Trail Books. For each boy who completes the group activity of the meeting, the mentor can sign off a section of the boy's Trail Book as accomplished.

Treks Features



The elements of Treks work together to keep you organized and help you communicate with your boys. Each element is designed to facilitate an intentional discipleship process.

Games (25 min.)

Boys love games. You may only have time for one game, but there are two suggestions; one for larger areas, and one for smaller. Introduce new games for variety, while allowing for favorites. Adapt as needed for small groups of less than ten. Games build relationships among men and boys, and allow men to encourage boys in their strengths, as well as assess the needs of boys and help them.

Trek Activity (25 min.) — Core

This is the hands-on activity of the lesson. If possible, divide the boys into smaller groups by grade. A 5:1 or 6:1 boy to leader ration is optimal. Activities involve a craft, science experiment, or another activity. Exploring together is fun and helps build friendships with boys, and will build a great object lesson into God's word.

Drive it Home (5 min.) — Core

This object lesson ties to the activity. It uses the activity to help boys grasp the Biblical theme of the meeting. Using the activity to create a bridge into a spiritual lesson creates a learning moment that allows boys to grasp abstract ideas and creates lessons which are easily remembered.

Story (10 min.)

Tell a story at the end of the meeting to grab boys' attention. Use the suggested story, or tell your own that will illustrate how the boys can apply the spiritual lesson of the evening. Encourage spiritual growth and Christian character development. Share your faith often. Boys enjoy listening to men they've come to admire and respect.

Application (5 min.) — Core

Leave boys with concrete ways to apply the spiritual theme of the evening to their own lives. There is a suggested path of discussion, but the important aspect is for the boys to grasp ways to work out God's word in their everyday lives.

Leaders' Huddle

After each meeting, briefly discuss the meeting and pray for any needs. Build leadership teamwork and communication. Always look for ways to improve your process of meeting the needs of the boys and leaders. Note any special preparations for next week.

*Features marked — Core — represent vital elements of the activity-driven discipleship process. These are the core elements that should be worked into any context that Treks is used. These features are designed to work within a group discipleship process, but may very well be used in a one-on-one process such as a father and his son/s or even his daughter/s.