Keep Growing!

by Jeff Ginn, Executive Director

Howard Hendricks, long-time professor at Dallas Theological Seminary, often tells about an incident from the childhood of his daughter, Bev. As a family, they enjoyed the tradition of periodically marking their children’s respective heights on the door jamb. Once, when he returned from a ministry trip, she dragged him to the door post for their ritual. She wanted to see how much she had grown during his absence. They marked the spot and celebrated her incremental progress. She then asked her father a question that stopped him in his tracks, “Daddy, why do big people stop growing?”

That’s a very good question, isn’t it? One thing that is clear from Scripture is that God wants us to continue growing, no matter our age. The same thing is true of our churches. God wants them to mature in their faith and multiply their number of disciples.

This issue of the Proclaimer focuses on churches that are doing just that—growing. My prayer, expressed in Ephesians 4:15, is that “we will in all things grow up into Him who is the Head, that is, Christ” (NIV). May these articles help us toward that end for the glory of God.

In Christ’s love,

Jeff Ginn
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Studentz Mission Plant Trip 2010
On mission in the Dakotas

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The SBCV is a fellowship of Southern Baptist Convention churches cooperating to assist local congregations in their task of fulfilling the Great Commission as commanded by our Lord Jesus Christ.

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Already Proven in Virginia
GPS – GOD’S PLAN FOR SHARING

by Jack Noble, Church Health Strategist, Central-West Region

GPS (God’s Plan for Sharing) accelerates into high gear during the month of March. The North American Mission Board and state conventions have partnered together to help churches reach North America for Christ by 2020. The airwaves will be saturated with Find It Here commercials in English and Spanish (view the commercials at www.findithere.com). Churches and church members will pepper their lawns with Find It Here banners and yard signs, directing the lost to Bible-believing churches and Gospel presentations.

While there are high expectations for the GPS Find It Here media campaign, the local church is still the most important ingredient in the plan. Church members will organize to prayer-walk and distribute Gospel tracks and Easter invitations door to door in their neighborhoods. Bedrock Community Church in Bedford has seen first-hand how door-to-door invitations make a difference. Executive Pastor Chris Dowd points out that, for Bedrock, “One-on-one invitations and personal touches have been more effective than mass media outreach tools.” A few years ago, Bedrock took on the task of knocking on 1,381 home and 1,000 apartment doors, which encompassed the entire 6,286 population of the City of Bedford.

When asked how their door-to-door canvassing could have been enhanced, Pastor Chris shared that prayer-walking would have been a great addition. While a media campaign like GPS may have helped their efforts, Pastor Chris remains convinced personal contacts are the key to reaching a community.

As a result of Bedrock’s neighborhood outreach project and distribution, everyone in town heard about the church’s launch service, and over 200 attended. One family accepted the invitation and is now serving on the worship team and leading in Bedrock’s Children’s Ministry.

By participating in GPS, your church can have a similar impact on your community. Check out the links in the resource box.

RESOURCES

Websites:
- www.gps2020.com
- www.bedrockchurch.com
- www.findithere.com

SBCV Contact:
Call 888-234-7716 for details from your region’s missionary.

Prayer:
Pray for the local church to have a strong impact in its community.
The SBCV Is a Maturing Missional Network

by Jeff Ginn, Executive Director

THE GOAL
The second goal of the Vision 20/20 Report is that the SBCV function as a maturing missional network in which at least 500 congregations progress to the next level of congregational health.

THE CHALLENGE
Churches may be plotted along a spectrum of congregational health. This ranges from churches that are near dissolution to those that are impacting the world in transformational ways. The SBCV will partner with interested local congregations to facilitate an evaluation, prescription, and implementation of a course of action that will, by God’s grace, enable them to reach the next level on the spectrum of congregational health.

THE NEXT STEPS
What would be the next steps in seeing your church go to the next level in congregational health? Here are some suggestions:

Take honest stock of where you are. It is usually no fun to get a thorough physical exam but, in the long run, it can be a life-saving measure. Similarly, taking an honest look at the health of your congregation is a first step toward addressing vital needs.

Chart a course of action. Once you have diagnosed your current spiritual condition, you will be in a better position to chart a course of action that will improve your fellowship’s health. The SBCV has a gifted team of church health strategists who stand ready to help you discern the next steps to take.

Implementation. Prescriptions do little good for those who fail to implement them. James’ admonition is helpful here: “Do not merely listen to the word, and so deceive yourselves. Do what it says” (1:22, NIV).

Reproduce. The end of church health is reproduction. Healthy disciples will reproduce themselves. Ditto for healthy churches.

Merv Griffin was a well-known talk show host. One time, a bodybuilder appeared on his show. The guest flexed his muscles and the crowd went wild. Griffin asked, “What do you do with all those muscles?” The body builder could think of no response; his only answer was to flex his muscles again. Muscles are not primarily for show; God gave them to us for productive purposes. Church health is like that. The heath and vibrancy of our churches are not for display; they enable us to bear fruit that brings our God glory!
A Kingdom-focused Church
by Don Cockes, Church Health Strategist, Southeast Region

A kingdom church is one that is mobilized: sending missionaries, those called to ministry, and mission teams around the world. First Baptist Church of Norfolk (FBC) is becoming just such a church.

Even before he became the minister of missions mobilization at FBC a year and a half ago, Curt Breland had a heart for missions. An FBC member for more than a decade, he was actively involved as a volunteer, coordinating mission trips, inspiring others to go, and joining mission teams himself. He didn’t need a pastor’s title to be on mission. As a faithful volunteer, Curt witnessed first-hand how the church’s missions transformation took place: “Twelve years ago, our church sent out one mission team a year. One mission team a year grew to about twenty-two mission teams going out this year. It has been an amazing transformation.” FBC now sends groups of all ages—senior saints to middle school students—to impact the nation and the world with the message of the Cross. FBC’s vision is to have church members serving on all six continents and have mission trip teams departing every month.

The church has even received newspaper publicity for its Big Serve ministry. Big Serve, which takes place multiple times each year, dedicates one day to “being the Church” outside the walls of the church building. Big Serve is a bold local missions project where Bible study groups, families, and other teams set out to reach the Hampton Roads area with the Gospel. During a Big Serve Sunday, the church family does not gather for corporate worship in the morning; instead, church members deploy to serve the community. They then gather to celebrate and worship in the evening. As Curt explains, “the DNA of [FBC] has been changed.”

How did this heart for the world develop? The church had a passion for missions, and the senior pastor, Eric Thomas, took it to a new level by casting a world-sized vision. In fact, the pastor is vital to making a difference in any church’s perspective. Individuals in the church stepped up with a passion to reach beyond the church walls. Furthermore, leaders began to influence people to join them in outreach.

Benefits to a world-sized vision are tangible in a church:
- Church members are better equipped to share the Gospel locally.
- The passion is contagious.
- Giving increases.
- Church members pray more for missionaries.
- Doors to spiritual conversations open.
- Growth becomes exponential.

For FBC Norfolk, its theme has become “Live the Mission!” Curt is convinced that “Not one church is unable to do missions. One person can make a difference.” Who will be that one in your congregation?

RESOURCE

Website:
www.sbcv.org/maturing
www.firstnorfolk.org

SBCV Contact:
Call 888-234-7716 for details from your region’s missionary.

Steps to becoming a Kingdom-focused church:
1. The senior pastor must be committed to and must cast a vision for missions.
2. At least one individual must have a passion to reach beyond the church walls.
3. A leader must step up to influence others to join him/her in the vision.
The doctor’s heart was heavy. As he gave the diagnosis, the family began to weep. It was terminal; however, they were not shocked. For the past several years, they had known something was not quite right. In hindsight, all the signs indicated death.

Something similar happened at Ridgeview Baptist Church in Wise. After only 17 years of the church’s existence, members were leaving, and the church had split several times. The diagnosis was terminal, and Ridgeview disbanded. The closing of a church is never good news, but sometimes it is the healthiest course of action.

In Revelation 21:4, John writes, “Death will exist no longer; grief, crying, and pain will exist no longer, because the previous things have passed away” (HCSB). For Ridgeview, this is exactly what happened—the previous things passed away.

Several months later, a PROBE was taken of the area, which discovered a great need in Wise for a church that would reach out to the community, especially to the students of the university of Virginia, Wise (uVA Wise). God provided Pastor Rob Haynes with just such a vision—to birth Gracepoint Church from the remnant of Ridgeview.

With a new name and, for the most part, new people, everything else has changed. Pastor Rob shares, “On any given Sunday, there are usually between 25 to 50 college students in attendance.” Gracepoint’s new college ministry is reaching young adults and meeting their needs. Members are involved in various mission projects and have used the building to host several Christian concerts for the community.

Gracepoint’s ministry is growing and making a difference. Leaders are being developed with hearts for missions and ministry. The doctor may say “terminal,” but God can bring things back to life!
MATURING CHURCHES

FIELD MISSIONARIES

CHURCH HEALTH STRATEGISTS (CHS’S):

Southwest Region – Gary Horton
Central-West Region – Jack Noble
(Neighbor – Shawn Ames)
North Region – Darrell Webb
Central-East Region – Steve Bradshaw
(Associate – Don Crain)
Southeast Region – Don Cockes
(Associates – John Burr and David Bounds)

STATEWIDE STRATEGISTS:

Student Ministry Strategist: Steve Maltempi
Women’s Ministry Strategist: Sue Sawyer

MISSION STATEMENT

The Maturing Churches Team exists to assist the local churches of the SBCV in enhancing relationships between pastors, staff, and lay leaders and to assist them in becoming healthier and growing congregations as they carry out the Great Commission of our Lord and Savior Jesus Christ. This mission is carried out by a very able decentralized team of missionaries called church health strategists (CHS’s), associate church health strategists (ACHS’s), specialized strategists, and support staff.
Analysis

When a person visits the doctor for a checkup, the doctor examines his/her vital signs and checks things such as weight, temperature, blood pressure, and heart rate. To discover a need below the surface, however, may require more testing, like an x-ray or a CT scan.

Could your church use a check-up? For some churches, a thorough checkup would require more than just looking at the Annual Church Profile’s (ACP) statistics and trends. Some churches would benefit from attending a Church Health Workshop or having a church health strategist (CHS) conduct a Church Health Analysis.

While a Church Health Workshop will give you the tools necessary to check your church’s vital signs, a Church Health Analysis is customized to your specific church. Through congregational surveys, your church can discover its current health. Your CHS can then help you plot your health condition.

Each CHS has been trained as a certified Church Consultant with the Church Central Leadership Community. This training gave the CHS missionaries the foundation that led them to the creation of the SBCV Church Health Cycle. While many types of consultations lead to a diagnosis, the Church Health Cycle does more. It will help your church cast a vision for future desired outcomes and will offer prescriptions of resources, training, and events that will aid you in becoming a next-level church.

Objectives

Church health strategists work alongside the local church to provide opportunities for:

1. Pastoral and Staff Growth
2. Church Growth
3. Lay Leader Training
4. Outreach and Evangelism
5. Church Health Analysis

Many of these objectives are realized through statewide events such as: Pastors, Staff, and Wives Connection Fellowships; Pastors and Staff Power Breakfasts and Luncheons; Ministers of Education Conference; Pastors, Staff, and Wives Retreat; Studentz Camp; Children’s and Youth Bible Drill and Speakers’ Tournament; E412; VBS Clinics; Youth Evangelism Conference; and the God’s Plan for Sharing initiative.

Beyond state events, CHS’s are capable of helping your church network to host a regional event that could benefit multiple churches in your area. They are equipped to provide customized trainings at your church on deacon ministry, Sunday School, small groups, strategic planning, stewardship, pastor search committees, and even conflict resolution. They also make house calls and hospital visits to ministers, staff, and their families when necessary.
Which apple does your church resemble?

…in relation to your church’s health and well-being.

RE-START CHURCH
Symptoms: survival mode, few attendees, lack of financial resources, community still needing to be reached, unable to call a pastor, on the verge of closure, etc.

Prescription: move to a church plant status, revise the constitution and bylaws, put transitional leadership in place, take financial and facility assessments, etc.

Example: Gracepoint Church, Wise (see article, pg 8)

REPRODUCING CHURCH
Symptoms: vision for church planting and/or multi-sites, great desire to reach the lost, ministry expansion, organizational structure expansion, etc.

Prescription: plant an autonomous church, implement more worship venues, target affinity groups, discover church planters, prayer-walk, start new small groups or a multi-site campus, forge mission partnerships, train next-generation leaders, etc.

Example: Swift Creek Baptist, Midlothian (see article, pg 13)

REVITALIZING CHURCH
Symptoms: decline in worship attendance, small groups, baptisms, giving, etc.

Prescription: create a pastor–church covenant, send church leaders to SBCV Basic Training, cast a vision, plan strategically, connect pastor with a mentor, have conflict resolution, take space and facility assessments, help church members understand the biblical purpose of the Church, simplify the church’s organizational structure, develop servant leaders, etc.

Example: Liberty Baptist, Appomattox (see article, pg 16)

TRANSFORMING CHURCH
Symptoms: holy-living Christians engaged in ministry, positive community impact, need for expansion of internal organizational structure, need for expanded facilities, etc.

Prescription: offer spiritual gifts inventory for church members, use Body Life Journey discipleship study, utilize certain evangelism and outreach strategies and resources, have a comprehensive discipleship strategy, become an Acts 1:8 church, utilize certain prayer strategies and resources, make church renovations, get involved in church planting activities, go on mission trips, etc.

Example: Westwood Baptist, Waynesboro (see article, pg 14)

KINGDOM CHURCH
Symptoms: church plants and/or multi-site campus(es) in place, engaged in going on mission trips, exciting worship, healthy discipleship, outreach and evangelism, etc.

Prescription: plant additional churches, assist and network with other churches, develop ministry multipliers, send out career ministers and missionaries, broaden the church’s vision, expand the church’s reach, engage in a state-to-state partnership and/or an international missions partnership, etc.

Example: First Baptist Church, Norfolk (see article, pg 7)
Transformed Leaders, Transformational Churches Introduced

Ed Stetzer and Thom Rainer have just introduced LifeWay’s new initiative, *Transformed Leaders, Transformational Churches*, based on Romans 12. The criteria of LifeWay’s research consisted of worship attendance growth, percentage involved in small groups, ratio of conversions to attendance, percentage of conversions who become active in the church, percentage of church members with regular church responsibilities, percentage of church members serving in the community, and whether reports of changed lives are consistently heard. Stetzer promised, “You can count on additional research to be conducted throughout the campaign.” This summer, Stetzer and Rainer will also release a book bearing the same title. SBCV CHS’s will be certified Transformational Church Consultants, and local congregations will be afforded a cost-effective diagnostic instrument to determine church health through congregational surveys. Many other resources and events will be provided to aid churches in becoming “transformational.” One of LifeWay’s pilot events for *Transformed Leaders, Transformational Churches* will be SBCV’s equipping conference, E412, to be held April 30 and May 1 at Swift Creek Baptist Church in Midlothian. Registration is available online at www.sbcv.org/events.

Maturing Church Defined

A maturing church is one in the process of advancing to the next level of health by growing upward and moving outward. Picture the cross of Christ and ask yourself, “Is my church growing upward in relationship to Him, the Head?” Then consider His hands extended and ask yourself, “Is my church moving outward in relationship to others?” With maturing churches, Christ is the Head and the congregation is the body—the hands that extend, the feet that move.

*Would your church like to be a next-level church? Contact your regional CHS for details.*
Healthy Churches Plant Churches
AND PLANT CHURCHES AGAIN

Just as it is important for expectant mothers to be healthy during pregnancy, churches giving birth to new church plants also need to be healthy. A symptom of health is a rapidly growing church that is bursting at the seams. Another indicator is a congregation that senses a burden for a strategic pocket of lostness within the reach of the church. Swift Creek Baptist Church in Midlothian is that kind of healthy church.

In 2002, Swift Creek gave birth to Parkway Baptist Church in Moseley. A core group of members left the sponsor church to assist Church Planter Brian Autry in starting a church further west on the Rt. 360 corridor. Today, Parkway is healthy and thriving, sponsoring church plants of its own and averaging over 700 in attendance.

Swift Creek’s heart for church planting did not end with Parkway. Several years later, the church extended the reach of the Gospel even further west by sending Church Planter Mark Wells to plant Grace Harvest Baptist Church in Amelia County. When Grace Harvest dedicated its new building on Sunday, January 10, 2010, Swift Creek’s senior pastor, Ronnie Brown, preached the evening message and brought a charge to the new pastor and congregation. It was more than the dedication of a building; somehow it felt like a parent-child dedication, where the parent church committed the health and growth of the baby church to the Lord Jesus and His purposes.

How has Swift Creek given birth twice in seven years? It has required the able leadership of the pastor and the support of a healthy church family.

The congregation:
- Sees the need for church planting
- Prays for the people that will be impacted in the targeted areas
- Prays that the Lord would send laborers into the field
- Mentors the planter
- Sends a team to assist the work
- Financially supports the mission
- Continues to have close relationships with the plants as they grow toward maturity

Pastor Ronnie has also been the motivating force behind Swift Creek’s church planting efforts. Pastor Mark testifies, “[He] captured the vision, cast it to the congregation, [and] took the step of faith—not once, but twice…. He had confidence in me, mentored [me], and helped me every step of the way.”

Is your church healthy and ready to give birth?

RESOURCE
- Website: www.swiftcreekbaptist.org
- SBCV Contact: Call 888-234-7716 for details from the missionary in your region.
- Consider: How healthy is your church?
When Middle Age Comes to Life

by Jack Noble, Church Health Strategist, Central-West Region

When a man reaches the age of 50, he often wonders, “What does the next year hold? More aches? More pains? More middle-age spread?” He seldom thinks that his 51st year will be more fun, more productive, or more on-mission than any previous year. This, however, is the case for Westwood Baptist Church in Waynesboro.

On September 27, 2009, Westwood Baptist met to celebrate what the Lord had done in the church’s 50 years of ministry. Westwood was an intentional church plant from Wayne Hills Baptist Church, Waynesboro Baptist Church, and Shenandoah Heights Baptist Church. The plant was tasked with ministering to and winning the west end of Waynesboro to Christ. The congregation adopted the name, Westwood, from the elementary school where it met.

In many ways, Westwood Baptist Church, pastored by David Huffer, is a traditional Southern Baptist church. Over the years, they have consistently baptized five or six people each year, touched their community, given to missions, and proclaimed the Word. Over the last few years, however, the church has experienced the kind of new life and energy often associated with a much younger church.

Five years ago, baptisms jumped from the previous average of five to ten in just one year. In 2007, they baptized 15, then 13 in 2008 and 18 in 2009. In addition to the new life experienced through baptisms, the church has partnered with other SBC of Virginia churches to be on mission around the world. Their heart for international missions has a new unction and zeal. Partnering with other churches, a team is headed to Africa again in 2010.

As with all churches, Westwood still has a number of challenges ahead, but the 50th anniversary celebration reminded all that its 51st year is on track to be the best year yet! Middle age is just the beginning!
The alluring aroma of freshly ground coffee greets your nose as the sound of the brewer gurgles into action. It’s Tuesday night in downtown Richmond, where another round of Elder training is about to begin...

If you were to trace the path that led us to this point, you’d find a long line of leaders that have poured into each of us in untold ways. This unbroken chain of leadership is crucial to the health of the Church, and that’s why before Remnant Church existed—when it was merely an idea in the hearts of its future leaders—we developed a systematic method of equipping biblically qualified men to plant churches in Richmond and across the world.

We take seriously the task of equipping elders for Gospel ministry for, as the elder goes, so goes the church (cf. 1 Tim. 4:16). To increase our capacity for training leaders and maturing churches, Remnant Church has partnered with Aletheia Church (Richmond) to found the Commonwealth Church Planting Center.

The Commonwealth enables both churches to share resources and collectively support church planters through direct funding. Together we have added five elders-in-training this spring, as we jointly strive to train doctrinally sound leaders who are committed to proclaiming the Gospel of Christ’s Kingdom.
Life People Can See
by Jack Noble, Church Health Strategist, Central-West Region

Churches have life cycles just like living organisms. There are times of excitement, growth, and multiplication and times of plateaued enthusiasm and waning results. Liberty Baptist Church in Appomattox, which was planted in 1834, recently ascended out of a plateau into fresh vision and increased outward expressions of Christ’s love in the community. The church has a renewed spirit, for which God deserves the credit.

Just a little over two years ago, Liberty called Rusty Small as its pastor. Calling the right pastor was a great step, but Pastor Rusty states, “Our focus on every-member ministry was crucial for revitalization. Every member must understand how truly vital he/she is to the body of Christ.” When the church members began to acknowledge that they were the church, things began to change. If the Word was not shared or the Lord was not honored, they came to understand it as their responsibility. The church was diligent to preserve unity while making changes. They wanted to keep every church member on board as the church reached out to the community.

The church sponsored several community events, like Family Fest and Super Snow Day, which drew thousands. Liberty’s leadership felt it necessary to get the community’s attention, and quality, free community events were an initial step toward that goal. The Appomattox community began to see that something was happening at Liberty Baptist—something they wanted to be a part of. In addition to developing an atmosphere of excellent events, the church developed a robust deacon ministry and assessed every ministry in the church to discover how each could do a better job.

To explain the main factor in Liberty’s revitalization, Pastor Rusty shares, “I brought a desire to teach and live out a proper vision of church life, but the biggest thing I did was try to get out of the way and make the vision of the church greater than the pastor’s.” Most importantly, “God is the one who gives the people a mind to work and carry out the mission of the church.”

Liberty’s revitalization was ignited by leadership with a desire for a healthy church and members who believed in the vision. Is your church in need of revitalization?

RESOURCE

Websites:
www.sbcv.org
www.libertybconline.org

PowerPoint:
To download a Revitalization PowerPoint, type the below URL into your address bar, making sure no spaces exist between characters or words.
http://images.acswebnetworks.com/1/1680/RevitalizingYourChurchPanelDiscussionRustySmallLibertyBaptistChurchAppomattox.pps#274,17,REVITALIZINGYOURCHURCH
What Does a Mature Youth Pastor Look Like?

by Steve Maltempi, Student Ministry Strategist

For some, the thought of a youth pastor being mature is an oxymoron—the two words just don't go together. Many think of a young, energetic “wannabe” minister. Youth pastors are known for their fun-loving nature and ability to connect with students. More often, however, student pastors are also leaders and are educated, articulate, organized, passionate, focused, called, equipped, and even published.

So what does a mature youth pastor look like? Most youth pastors’ job descriptions are a long list of expectations. Some churches focus on a list of characteristics: biblically literate; doctrinally and theologically sound; a skilled, humorous communicator; organized and able to multi-task; skilled relationally; do we even need to say, “computer literate”?!; and the list goes on. Some focus on education: he must have attended Bible college, seminary, or have years of experience or he must be a reader and a life-long learner. Others focus on a set of strong morals so he can be a good role model: one who doesn’t drink, smoke, dip, chew, cuss, or drive fast; always wears a seat belt and dresses appropriately, etc. Sometimes the focus is on the spiritual disciplines of studying the Bible and praying without ceasing. There are even more expectations placed on youth pastors, like visiting every school represented in the youth ministry; going to extra-curricular activities in the evenings and on weekends; being involved in the community; visiting the homes of the students; etc., all while maintaining office hours and having a strong family life. How can one man do it all?

My pastor, Mark Jordan, at Ironbridge Baptist Church in Chester, jokingly says his job is to “keep everybody happy!” Unfortunately, there is a lot of truth to that statement for all pastors. Youth pastors spend so much time meeting the expectations of pastors, parents, students, and the church body, they are rarely able to do what I call “biblical youth ministry.” Shhh! Don’t tell anyone, but if youth pastors were allowed to do youth ministry biblically, they would all be fired. What? Yes, youth pastors not only have to keep attendance up but grow the youth group numerically. After all, we Baptists are a counting people. Heaven forbid a youth pastor put more expectations on or demand more time from students than a coach, band director, or travel team coach!

What does a mature youth pastor look like? A mature youth pastor realizes he is a man of God and that his focus is to become more like Jesus, not to follow a list of man-made expectations. In essence, a mature youth pastor will live full-time for Christ and do youth ministry on the side!

YEC Changes Dates — Changes Lives!

With a new location (London Bridge Baptist in Virginia Beach) and new dates (January 15-16), the 2010 SBCV Youth Evangelism Conference (YEC) was filled with expectation and excitement. Sixty-three churches brought 1,315 people—about 500 more than last year!

David Nasser presented powerful messages, and all 1,000 copies of his book, A Call to Die, were given out to those who pre-registered. Phil Wickham led worship through music, and Tim Bertram added to worship through painting large pieces of art during the worship time. Joey Raia, minister to students at Alexander Baptist in Chesapeake, shares, “My wife and I have attended YEC for the last nine years. She thought this was by far the best. The music, David Nasser, and the venue were great.”

The biggest news of all was that 34 people made professions of faith, and 55 rededicated their lives to Christ!

YEC 2011 will be held January 14 – 15. Please mark your calendars now!

RESOURCE

- Website: www.sbcv.org/studentz
- SBCV Contact: Call Steve Maltempi at 888-234-7716 or email him at smaltempi@sbcv.org for details.
- Testimonies: Read more testimonies and see pictures from YEC 2010 by visiting our website above.
A Race Toward Wellness

by Tracy Welsch, SBCV Human Resources

In April 2009, the executive director-treasurer of the SBC of Virginia, Dr. Jeff Ginn, charged the Human Resources (HR) Department with developing “some sort of Biggest Loser contest.” This seed was planted through several of the state missionaries expressing an interest in a “friendly competition” to address a concern of theirs—unwanted weight gain. Little did we know that God would birth a unique wellness program that would put the focus and purpose on Him. That same month, all employees were invited to participate in the SBCV’s Race Toward Wellness.

HR determined that the timeframe for the wellness program would be six months. This would challenge participants with commitment and discipline and would also serve to develop healthy habits. The finish line was set for November 8, the first day of the SBCV’s Annual Homecoming in Norfolk. Our desire was to arrive at the Annual Homecoming spiritually and physically improved.

Seven teams were formulated to even out the weight-loss goals of each team while giving participants an opportunity to get to know co-laborers in other departments. Each team chose a name and a team captain. Team and individual progress were reported at monthly staff luncheons, with prizes and recognition for the top-performing teams. For example, the winning team for each month was rewarded with a choice of an hour off, a gift certificate, or a casual day.

The last leg of our six-month challenge invited participants to consider a twenty-one-day Daniel Fast leading up to and focusing on our Annual Homecoming. The Race Toward Wellness program was designed to benefit employees at all levels of wellness. Daily and monthly challenges were put in place and monthly calendars were given to participants for keeping track of earned points and progress. Daily incentives/encouragements were also made available. The race was on!

PROGRAM HIGHLIGHTS:

DAILY CHALLENGES:

Spiritual Challenge — 30 minutes of prayer for the SBCV, its employees and their needs, and the success of the wellness program

Physical Activity Challenge — 1 hour of exercise

Nutritional Challenge — 64 oz. of water, 4 fruit servings, and 5 vegetable servings

WEEKLY ENCOURAGEMENTS:

• Motivational Mondays — a weekly newsletter highlighting individual wellness testimonies, healthy tips/recipes, prayer requests, and more

• Tea-Time Tuesdays — green tea provided in employee kitchen

• Walking Wednesdays — an extra 10 minutes added to the lunch hour for those who walk during that time

• Thirsty Thursdays — unlimited Diamond Springs water

• Fruity Fridays — fresh fruit provided in employee kitchen

MONTHLY CHALLENGES:

Scripture Memorization — a different motivational Scripture each month

Wellness Testimony — an individual’s insight regarding his/her “race” submitted to the Motivational Mondays newsletter

Healthy Menu — a team’s lunch menu and recipe submission to be served at a staff luncheon

While there are many more details that could be shared, suffice it to say, the blessings of the wellness program have been amazing! Wellness testimonies were numerous; prayers were answered; discipline in prayer and Scripture memorization were strengthened; cholesterol and blood pressure levels dropped significantly; and the SBC of Virginia dropped over 400 pounds! Praise the Lord!

While this journey has definitely been a challenge, it has been worth it! For 2010, the SBC of Virginia is committed to helping its employees press forward to maintain the disciplines of a healthy spiritual and physical lifestyle that is honoring to God.
Help for Haiti
BUCKETS OF HOPE

As SBCV churches pray and prepare to go into Haiti to help the victims of the earthquake, each one of us can have a hands-on, life-changing impact upon the people of Haiti NOW by participating in the Southern Baptist “Buckets of Hope” ministry. Each bucket will feed a family of four for a week. The SBCV goal is 2,000 buckets from SBCV churches to Haitians in need. Will your church help?

For as little as $30, SBCV churches and members can purchase a solid-color plastic 5-gallon bucket from their local Wal-Mart or on the Internet and pack it with rice, cooking oil, black beans, flour, sugar, spaghetti noodles, and peanut butter. Once the food supplies are used, Haitian families will find multiple everyday uses for the bucket.

In addition, please include a $10 cash contribution (placed in an envelope and attached to the lid of the bucket) to offset the cost of transporting the relief buckets to Haiti. Before it is shipped to Haiti, each bucket will be labeled with a Gospel message in French Creole.

The collection dates will be Friday and Saturday, March 5 and 6 at 12 locations across Virginia. The buckets will then be delivered to God’s Pit Crew in Danville. God’s Pit Crew will then take all of SBCV’s buckets to Hialeah, FL, to be taken to Haiti.

RESOURCE
- Website: www.sbcv.org/disaster_relief
- SBCV Contact: Call 888-234-7716 for details from the missionary in your region.
- Consider: The Buckets of Hope ministry is an opportunity for your church or ministry to help Haiti’s victims.
Join Jeff Iorg, Ed Stetzer, and Bob Roberts
April 30th - May 1st at Swift Creek Baptist Church in Midlothian.
There’s something for you at E412.
www.sbcv.org/events