



KEYNOTE – Facilitators Guide

With the blessings of technology, we now have a variety of ways of communication and engagement with speakers at gatherings like this one all with their own strengths and challenges. Having a keynote speaker via video is great as it makes the content accessible to many more people and being pre-recorded means it can be revisited and added to resources for ministry in our local churches and far less risk if we were to live stream.

We do need to acknowledge that there are differences between how we engage with a speaker who is physically in the room and one who is on a screen. As facilitators we need to frame it for people in a different way to just welcoming someone to the platform to share.

Here's some key points when introducing and transitioning out of the video of Richard Black

When introducing the video:

- Explain who will be speaking and the general focus of their talk – Richard gives a detailed intro at the beginning of the video.
- Explain that it is approximately 25mins and was recorded for today
- Acknowledge and explain the challenge of watching someone talk for 25mins on a screen and use metaphors about getting out of it whatever you put in to illustrate the need for us to engage and listen to Richard. The work we do to engage will certainly be worth it.
- Here's an example introduction. If you've seen and appreciated Richard's input in other events think about incorporating that into your intro. If not describe something you appreciated about his delivery when you watched this video
- Richard Black brings our keynote today focussed on anxiety. Richard will introduce himself at the beginning of the video but his years of experience as a pastor and counsellor and a mindset of helping people thrive have been really encouraging to me. Did you know the most engaged with verse in the you version bible app for 2024 was Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." It took the top spot from the verse that had held the position for 3 consecutive years Isaiah 41:10 (don't be afraid for I am with you), it feels like there are more people who are worried today and that there is more to be worried about. This session is titled ministry in the age of worry.
- Perhaps anxiety regularly impacts you or someone you care about in significant ways. While this video has some great suggestions sometimes we need more support than 1 video can give and so we would encourage you to seek help from a local counsellor, GP or other mental health services. Richard speaks for about 25 minutes and at the end of the video we will have an opportunity to discuss a few reflections together. Though Richard comes to us via video he has tried to imagine you sitting here in front of him. So, as you watch lean in and be active listeners as if he was here right now in front of us. Watching a video is different but it doesn't have to be passive. The work we do to engage will be worth it. Let's hear from Richard now and pray that the gift of technology that brings him all the way from New Zealand to us will help us hear God's encouragement as we minister with children and young people everywhere.

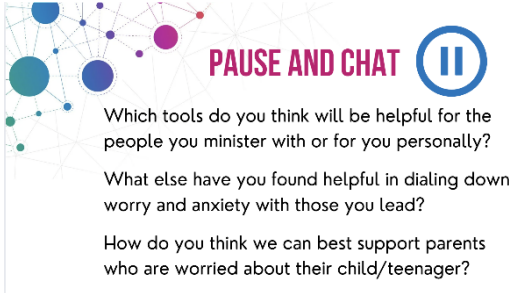
Resources:


- Video link on web page to Vimeo we recommend downloading the video beforehand to reduce any playback delay
- You may like to provide blank paper for people to make notes in the reflection time
- One copy for each table of the Anxiety tools image. Give it out at the end of the video during the discussion time. Encourage people to download their own copy to keep on their phones using the QR code.

Video summary and facilitator tips – (40 minute session)

- Video Intro see above for suggestions
- **Video Content: [23 minutes]**
 - Anxiety why it's on the rise
 - Put our faith in the one who has created us all
 - Tools:
 - Name it**
 - What are you feeling?
 - What are you fearing?
 - Explore it**
 - What are you believing?
 - What are you needing?
 - Reassure it**
 - Answer the “what if”
 - Come back to what is
 - What is the most likely case scenario
 - Respond to it**
 - Wisely engage rather than avoid
- **Reflection** allow up to 15 minutes discussing in groups of 4-5 and a final wrap up together as a whole group depending. Give out the Anxiety Tools page to each group once the video ends and they start their discussion. Finish by praying for one another including the verse Phil 4:6 or Isaiah 41:10.

Consider having instrumental music play in the background during the discussion times.



PAUSE AND CHAT 

Which tools do you think will be helpful for the people you minister with or for you personally?

What else have you found helpful in dialing down worry and anxiety with those you lead?

How do you think we can best support parents who are worried about their child/teenager?

ANXIETY - TOOLS

NAME IT

- What are you feeling?
- What are you fearing?

EXPLORE IT

- What are you believing?
- What are you needing?

REASSURE IT

- Answer the “what if”
- Come back to what is
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RESPOND TO IT

- Wisely engage rather than avoid

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