

## LIFT OVERVIEW

An intensive discipleship program that trains young men and women to become biblically rooted and culturally engaged servant-leaders, transformed and devoted to following Jesus Christ and advancing His kingdom.

LIFT students (ages 19-28) learn leadership through discipleship in five key areas: Christian community, servant leadership, academics, professional development, missional living, and outdoor adventure.

To finish the program, they participate in a summer leadership practicum that puts their knowledge into real-life practice.

## MISSIONS

In the fall semester, LIFT focuses on helping local ministries in the Northeast. In the spring semester, they travel to a Latin American country to work alongside missionaries for 2.5 weeks.

## ADVENTURES

LIFT adventures take place weekly through all four seasons of the Adirondack Mountains. These excursions encourage LIFT students to respond to adversity with courage and perseverance as Christians. These excursions include hiking, backpacking, snowshoeing, backcountry skiing, rock climbing, caving, and whitewater rafting.

## CURRICULUM: Fall & Spring

### LEADERSHIP TRAINING 1 & 2

Within a tight-knit community and through experiential learning, leading other LIFT students on excursions and serving COTW members and the local community. A variety of guest speakers will teach on professionalism and leadership through classes and seminars.

### MISSIONS PRACTICUM

Students learn how to live missionally as a disciple of Christ in their culture and other cultures. They see firsthand the overall role of the local and global churches in light of God's redemptive work through history into the present.

### SPIRITUAL TRANSFORMATION 1 & 2

To grow and nurture their relationship with the Lord, students learn and practice the main types of spiritual disciplines in order to understand daily grace, increased awareness of believers' identity in Christ, and effective Bible study methods.

### INTRODUCTION TO DOCTRINE

Using critical thinking skills, students learn how to compare a biblical worldview with other worldviews and how to engage them with the gospel of Christ.

### HISTORICAL THEOLOGY & CULTURAL ENGAGEMENT

Using an apologetics module, this class comprises of an introduction to church history and a brief study of world religions in comparison to Christianity. Students will begin to critically interact with our modern culture and defend the faith.

### HOLISTIC MINISTRY PRACTICUM

This course focuses on the transformational power of the Holy Spirit in word and deed within their culture and the culture students experience on their mission trip. They'll apply effective community development principles on the trip with sensitivity, respect, and love.

### LEADERSHIP PRACTICUM

As a leadership capstone, students will learn and apply leadership principles and skills by serving in a paid leadership role at COTW or another local place over 10 weeks. This also includes consistent assigned reading, an analysis paper, and regular meetings with supervisors to review growth.

# LIFT PROGRAM

PROFESSIONAL DEVELOPMENT



## FALL SEMESTER

### LEADERSHIP TRAINING

- Take personality tests
- Learn strengths & weaknesses
- How to write a resume & get professional critiquing to prepare yours for the career & ministry worlds.

### MISSIONS PRACTICUM

- Explore and discuss God's Will & His calling on your life
- Assigned readings
- Complete a 6-page paper addressing these questions personally
- Take a spiritual gifts inventory

## BETWEEN SEMESTERS

Perform three full-day job shadows related to your area of interest. After returning, LIFT students meet with their mentors to discuss each job shadow and process what that means for each of them personally.

## SPRING SEMESTER

- Learn how to set up a LinkedIn profile/page
- Discuss marketing yourself, networking & communication
- Receive tips on how to interview well
- Learn about servant leadership
- Discuss time management & planning
- Discuss risk management & decision making
- Learn about financial planning & stewardship
- Formal interview for summer leadership role

*Attend COTW full-time staff meetings to start preparing for summer leadership positions.*

## SUMMER LEADERSHIP PRACTICUM

### PROF. DEVELOPMENT

- Two days of break-out sessions & seminars with a variety of guest speakers on a range of opportunities for careers, ministries, trades, & higher education
- Two to three days of optional training and certifications (lifeguarding, CPR, & Mental Health First Aid)

### LEADERSHIP IN ACTION

- Serve in leadership roles at COTW while receiving coaching & mentoring to help you grow.
- Work on an exit plan from LIFT (attend college or trade school, get hired, start a career, commit to a missions experience, etc.)