### WPA STUDENT MENTORSHIP PROGRAM

Our student Mentorship page is for our students. How exciting for our mentee's to take ownership of their call to worship and praise.

Our Mentorship program structure will focus on integrity, accountability, discipline, and leadership through the use of digital technology (computer / conference calls), assignments, physical exercise/movement and meeting events. Our very first step is always prayer. Prayer and confirmation that we are moving according to God and His will for our lives.

To sign-up go to our website: <u>www.WitnessPerformingArts.com</u> and on the Mentorship Page click the red **WPA Online Student Mentorship Program**. Mentor program is a 4 month, 3 part rolling certificate of completion program.

## PART 1 - Jan/Feb/Mar/Apr 2016

#### I – FOCUS WORD - Part 1 INTEGRITY

Write Definitions: Integrity, Accountability, Discipline, Leadership -

We have four (4) focus words for our mentorship program (Integrity, Accountability, Discipline and Leadership). Each month we will write the definition for one (1) of the words and discuss the practical application. This will be very interesting, to hear how we use integrity everyday in our lives. Write the word, definition, and short story of how you used your integrity in your Journal.

January's Focus word is: <u>Integrity</u> February's Focus word is: <u>Accountability</u> March's Focus word is: <u>Discipline</u> April's Focus word is: <u>Leadership</u>

#### II - FOCUS SCRIPTURE - Part 1 PROVERBS

**Scriptures:** 1 Book each month (Proverbs, Matthew, Mark, Psalms 1-50) - Each month we will read and discuss or Scripture Book. You will find a video links below that corresponds to each months reading. We will discuss each months Book on video/skype/or conference call during the course of Part 1. Keep a journal for things that you think are important and that you want to remember.

January's Scripture Book is: Proverbs February's Scripture Book is: Matthew March's Scripture Book is: Mark April's Scripture Book Chapters 1-50 is: Psalms

### III - FOCUS REGIME - Discipline

#### **Exercise**: 1st - 5th position & stretching

For our exercises, it is very important that we practice and remember and do our dance position plies (8 times each): 1st position pile / 2nd position / 3rd position / 4th position / and 5th position.

You know what is really funny, I do my pile positions when I am brushing my teeth or sometimes when I am heating my food in the microwave... Crazy but true!

You will find a corresponding video below and please refer to your Witness Performing Arts Dance Book illustrations (pictures). And, we can NOT forget to do our stretching... Stretching video also below.

#### **IV – FOCUS PRACTICAL - Movement:**

Choreograph (16 counts) of dance using 1 technical position – Month 1, 2, 3, 4 It's time to dance! Moving in the Spirit is the liberty we receive when we are listen to and hearing from the Lord. He speaks to each of us individually (one at a time, but all at the same time). So, as He is speaking to me, He can also be speaking to you. How cool and amazing is our Father 'God'!

Watch the corresponding video below and copy the movement. Do the same thing you see me doing. I will do it so you can follow along with me. Then it will be your turn to do movement that you feel and hear from your spirit. Sometimes when you close your eyes you can se and feel the spirit - BUT be careful to open your eyes before moving around in your space. We will do our dances together when we meet at the end of the month for our 2hour class session. Please practice your dance so you have it memorized so you can teach it to me.

# WPA Mentorship Prayer

These are my fingers here are my toes, I turn around and here is my nose. This is my elbow these are my knees, when I ask for something I always say please.

Here are my hands as I hold my heart, In Gods word it tells us to Guard every part.

My eyes, my hears, my nose, my mouth - I see, I hear, I smell and speak for God the father each day of the week.

Here is my head, and in it my brain, I'm anointed and declare the Holy Spirit in me reigns.

I use my integrity at all times, in all places - my character is clear, I do what is

right in all cases.

Where I stand, what is around me, I look to see - my proprioception, where I exist - is the place I should be?

With a pure heart, a clear mind, and the Holy Spirit in me, I make the right decisions at all times to be where God wants me.

Thank you God for Jesus and His example of how life should be. Thank you God for giving your son Jesus to have relationship with me.

In Jesus name. Amen

# WPA Mentorship Student Info

- 1. Name
- 2. Age
- 3. birthdate
- 4. School grade and school attending
- 5. Church Pastor denomination
- 6. Activities, sports, organization affiliations (scouts etc...)
- 7. Phone number, Address, Email