

SIGMA THETA EPSILON



National Program Book
2008-2009 School Year
“Sigma Theta Epsilon:
Where Excitement Happens”

Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

-- Colossians 3:23-24

Introduction of Theme

This year, I want our focus to be on excitement. Our programming theme of “Sigma Theta Epsilon: Where Excitement Happens” will, hopefully, be a driving force for us throughout the year, causing us to center more fully on God, and to devote ourselves more fully to the tasks he sets before us. I honestly believe that if we do things with passion, energy and excitement that we will do them in a way that furthers the Kingdom of Christ and the purposes and principles of Sigma Theta Epsilon

The key scripture verse for this year is Colossians 3:23-24. “Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” Think about this: we're working directly under the supervision of the Creator of the Universe, the Savior of Mankind, and the giver of all wisdom. I don't know how you can believe that your direct superior is the almighty God and not be excited to work for Him with all you have.

And so I want to challenge our Brothers. This year: Do everything with passion, with energy, with excitement. Do it not for yourself, not for your brothers, but do it to the best of your ability because we're laboring together for Christ the Lord.

God Bless you all. And may you find and share His excitement each day.

Tyler Betts
National Vice President

Explanation of Program Book

Within the pages of this book, I hope you find inspiration to seek and represent our God in the spirit of the program theme “Sigma Theta Epsilon: Where Excitement Happens”.

I have prepared four main types of things you will find in this book that will hopefully help you explore the program theme to its greatest possibilities. These have been prepared under the guidance of my closest friends and spiritual advisors and are designed to be a tool to use to experience and share Christ on deeper levels.

The first tool you will come across in this book are suggested activities for the Brotherhood to participate in. The second tool is “Calls to Brotherhood”, which will be useful in focusing the Brotherhood. The third tool is list of discussion topics, which will hopefully deepen your understanding of your self, your faith, and your world, especially in regards to the program theme. The final tool is a “suggested playlist”, which I hope will lead to enjoyment of the theme, and possibly also good discussion and understanding, as well as bonding and fellowship.

I honestly hope and pray that the contents of this book are useful to you in implementing the program theme. Beyond that, I hope and pray that this book is useful in advancing the Kingdom of Christ, and deepening your relationship with and understanding of Him.

All I ask for when you consider the tools found in this book are a willing spirit, and an open mind to consider the way God can use you, the Fraternity, and these tools for His glory.

Suggested Activities

On the following pages, you will find thirteen activities centered on the program theme “Sigma Theta Epsilon: Where Excitement Happens”. Some of these will be a great fit for your chapter. Some of these will be a challenge for your chapter to execute. Others might not be right for your chapter to attempt.

It is not expected that every chapter will execute all thirteen activities. It is not expected that any chapter will execute all thirteen activities. It is expected that each chapter will review the activities and find the activities that will benefit them, their community, and those they can impact through them and execute those activities. It is also desired that the chapters will choose activities that will challenge them, as we often find the greatest reward and growth through struggles and challenges.

Nothing in these activities is set in stone. If modifications need to be made, that is more than fine. These activities are guidelines. The only request is that if modifications are made, the general intent remain, and the focus remain on doing an activity highlighting the program theme “Sigma Theta Epsilon: Where Excitement Happens”.

Each activity contains information on approximately how long it will take to plan the activity’s details, how long it will take to execute the plan, and other important details that will help each chapter to determine the activities that best fit that chapter. Remember, when incorporating this year’s theme that our theme verse for the year is Colossians 3:23-24, which reminds us that we are to “working directly for the Lord Christ”. Let this ring true in the minds of our Brothers as they take part in these activities. We labor not for our own gain, but for the cause of the Lord Christ that we serve.

Where (Fill in the Blank) Happens

Purpose: To get the brotherhood to look into its own actions and membership to find things, activities, events, and people who exemplify the Program Theme.

Planning Time: It will take approximately 1-6 hours to plan this activity.

Execution Time: Will vary, based upon the software being used and the familiarity with the software of those executing the activity.

Presiding Officers: It is suggested this activity be lead by the President, Vice President, Chaplain, or Information Technology officer.

Implementation: Have you seen those NBA “Where Amazing Happens” commercials? They're on TV a lot, especially during NBA games. If you haven't seen them or aren't familiar, just visit YouTube and you'll find a few. In this activity, the brotherhood will be replicating these videos. Only, instead of creating a video focusing on what makes the NBA amazing, these videos will focus on things that make Sigma Theta Epsilon exciting.

Pick a few still photos to use, and then pick a caption for what's going on there. The captions are generally “where _____ happens”, where the blank is filled in by what's going on in the picture. Set these up in a movie making software along with music (if you want the music file to match the NBA commercials, e-mail president@sigmatheta.org).

Optional: Divide the brotherhood up into groups and have a competition to see who can create the best commercial. Show/use the commercials for rush. Try to do an exact parody of a specific NBA commercial.

STE-Eye for the Pledge Guy

Purpose: This activity should be used to get a pledge excited about becoming a brother of Sigma Theta Epsilon. It should be used near the end of a pledging period.

Planning Time: This will vary depending on how exact the brotherhood wants to be. It can take as little as five minutes to plan, of an entire week.

Execution Time: About one hour.

Presiding Officer: It is recommended that the President or Pledgemaster oversee this activity.

Implementation: As a pledging period draws to an end, it is important to build up excitement in the men who will soon be brothers of Sigma Theta Epsilon. In executing this, we want to fill the pledge with love, excitement, and a taste of what Sigma Theta Epsilon will be for him.

As such, the brotherhood will send gifts to the pledges. This can range from Sigma Theta Epsilon merchandise, such as t-shirts and jewelry (but remind the pledge not to wear them until he becomes a brother), to other small gifts of agape, such as food, Christian education resources, music, movies, or anything else the brotherhood might think appropriate to send to get a pledge excited about the letters Sigma, Theta, and Epsilon.

Optional: Have this done as an introduction to a pledge's big brother. Or, send a gift to excite a pledge every week of pledging, with each gift being closer to something that is specific to the fraternity. Also, do this for candidates for Sweetheart, and do it for your advisors/sponsor.

Solicit a Letter

Purpose: The purpose of this activity is to get someone to send a letter to the brotherhood that will excite them and motivate them to further the principles and programs of Sigma Theta Epsilon.

Planning Time: This activity will take approximately 1 hour to plan.

Execution Time: This will vary based upon how the brotherhood decides to approach it.

Presiding Officer: It is suggested the President oversee this activity.

Implementation: In the times of the early church, letters were an integral part of the church. They were almost as vital as food and water. Instruction and fellowship with the leaders of the church came through letters. And when a letter came from a leader such as Paul, the entire community would be buzzing with excitement, and would join together and read the entire letter.

Imagine that, getting a letter from someone that you knew had so many good, inspiring, and instructional things to say to you that the mere receiving of the letter excites the entire community.

So, to execute this activity, the brotherhood will need to decide who could send such a letter to create such excitement for the brotherhood today. Perhaps an alumnus? Or a celebrity? Or a pastor? Or a faculty member? The possibilities are almost endless and will depend on the needs and personality of the brotherhood. How to solicit the letter will also depend on these two things. Perhaps a phone call, or a letter, or just an e-mail, or some other form of communication is best? Regardless of the method, it should be stressed that the purpose of the letter you wish to receive is as alluded to above: to excite the brotherhood because of the sender, and because it will be filled with words of encouragement, fellowship, and instruction.

Optional: Try to have one letter for each brotherhood meeting for an entire year. Or an entire academic period. Or for each member. Or for each pledge. Or one per month. Or for each finals week or mid-term week.

Send a Letter

Purpose: The purpose of this activity is to send someone a letter to from the brotherhood that will excite them and motivate them to further the cause of Christ.

Planning Time: This activity will take approximately 1 hour to plan.

Execution Time: This will vary based upon how the brotherhood decides to approach it.

Presiding Officer: It is suggested the President, Chaplain, Pledge Master, or Alumni Chair oversee this activity.

Implementation: In the times of the early church, letters were an integral part of the church. They were almost as vital as food and water. Instruction and fellowship with the leaders of the church came through letters. And when a letter came from a leader such as Paul, the entire community would be buzzing with excitement, and would join together and read the entire letter.

Imagine that, getting a letter from someone that you knew had so many good, inspiring, and instructional things to say to you that the mere receiving of the letter excites the entire community.

So, to execute this activity, the brotherhood will need to decide who they could send such a letter to create such excitement for that recipient. Perhaps alumni? Or pledges? Or a pastor or local church? Or a faculty member? Or another campus organization? Or shut-ins at a local nursing home? The possibilities are almost endless and will depend on the relationship the brotherhood has with the recipient and the personality of the brotherhood. How to solicit the letter will also depend on these two things. Remember when drafting the letter that the purpose of the letter you wish to receive is as alluded to above: to excite the brotherhood because of the sender, and because it will be filled with words of encouragement, fellowship, and instruction.

Optional: Do this as a way to welcome your pledges. Or as a way to try to advertise an alumni event.

Bigger Better

Purpose: The purpose of this activity is to get a visual representation of how snowballing can work, and to use that as an example of how to spark excitement in our lives.

Planning Time: This activity will take approximately 1 hour to plan.

Execution Time: This will take approximately one evening to execute.

Presiding Officer: It is suggested the Social Chair, Pledge Master, or Rush Chair oversee this activity.

Implementation: The idea of a “snowball” effect can be fantastic and exciting if you are gaining from the snowball. In a snowball effect, one small action or item, leads to a larger item or action, which in turns leads to another that is larger, and the effect continues. Like a snowball rolling down a hill, gaining more snow as it goes down, getting larger and larger.

That is the idea of this activity, which is a simple game. You start with something small and simple (say a pen), and try to trade it for something that is slightly bigger and/or better. Once you have done that trade, you take your new item and attempt to trade it for something that is again, slightly bigger and/or better. And you continue on this path until the end of the activity, whatever that is designated to be (typically a time limit is set).

It can be fascinating to see what you can acquire, and how it can excite you to see the growth from such a small, simple object to what you end up with. I've heard stories of groups starting with a pencil and ending up with a couch!

At the end of the activity, the brotherhood should gather to talk about the trades, and reflect on it. A message about the little gifts we have being built upon for big things for the Kingdom of Christ would be an appropriate devotional to end the night with.

Optional: Use this as a rush activity. Or try a competition, such as actives vs. pledges, or divide among “family” lines. Try it once per academic period and see when you do the best. Try a reverse game (where you give away something really good for something not quite as good), and see not only what you end up with, but how many people you can bless through trading down.

The Price is Right

Purpose: The purpose of this activity is to host a version of “The Price is Right” game show to excite a community around the brotherhood.

Planning Time: This activity will take approximately 6 hours to plan.

Execution Time: This activity will take approximately 1-2 hours to execute.

Presiding Officer: It is suggested the President or Social Chair oversee this activity.

Implementation: One of the most popular game shows in the history of television, and one of the most recognizable television shows in any genre, is “The Price is Right”. A very simple game that works based on the simple rules of knowing the cost of certain items. And yet, if you've ever watched it, you know that everyone who participates in the game is excited, even if they are only in the crowd. And not any sort of excitement, but the jumping up and down, acting unlike yourself, hugging strangers type of excited.

So, with this activity, we want to bring that sort of excitement to a community surrounding the brotherhood, or to the brotherhood itself.

The brotherhood will select a host, who will work with a small committee to determine prizes (mocked from the show, naturally, so things like Hot Wheels would be given away instead of real cars, or a case of Ramen noodles, instead of a new dining room, and other things of that ilk).

The host (and helpers) will then work through the game as it normally progresses (just watch an episode if you're unfamiliar), calling down members from the audience to play along.

The game is already written for you, you just have to plug it into what will work for your community and your brotherhood.

Optional: Use it as a service project, asking for a canned good or a donation to your charitable cause to be in the audience and have a shot at having your name selected. Use it as a way to welcome your pledges to the brotherhood, and give away fraternity jewelry and merchandise as prizes. Or, try other game shows, too (Deal or No Deal and Let's Make a Deal are great options)!

Share a Story Contest

Purpose: The purpose of this activity is to excite the brotherhood by sharing real (and perhaps slightly exaggerated) stories, in a slightly competitive manner.

Planning Time: This activity will take approximately ten minutes to plan.

Execution Time: This will vary based upon how many entries there are in the contest

Presiding Officer: It is suggested that the President or Social Chair start this activity.

Implementation: Just about everyone has heard a “fishing” story. Where someone, usually without an impartial witness, can tell you about how large the fish was they caught, but for some freak reason, were unable to keep. Or some similar story in some other setting.

Generally these stories are used to build up the person telling them. But, what if the brotherhood used them to build up their body as a whole and to build excitement?

It starts by one person telling a (possibly slightly embellished) story. The story is told in such a way to inspire the brotherhood to action and get them to desire some sort of forward-moving action. The person, when finished telling their story, asks the brotherhood “is there anyone who can top that story?”, and a volunteer who thinks they can top the story tells their story next, and asks the same question. The activity ends when either everyone has gone, or no one can top the last story shared.

Optional: Make this an ongoing contest, with a different brother, or brothers, signed up to share after each brotherhood meeting. Or, invite your alumni to an alumni event centered around this, sharing them to tell exciting stories from when they were actives in the fraternity.

Book Study (fiction)

Purpose: The purpose of this activity is to have the brotherhood (or a small group of the brotherhood) read the same work of fiction, and to use what is in that book to build excitement for the group.

Planning Time: This activity will take approximately 1 hour to plan.

Execution Time: This will vary based upon the book that is chosen

Presiding Officer: It is suggested that any interested brother oversee this activity.

Implementation: A really good book will leave you lost in its world, longing for more of the tales, characters, drama, and battles that were just witnessed by your mind's eye. An excellent book will do the same, but also propel you to implement some of the virtues and actions you just read about into your own life.

Now, imagine sharing that sort of experience with your brothers in Sigma Theta Epsilon.

Quite simply, the brotherhood will choose a book to be read, either as the entire brotherhood or as a group from the brotherhood. Parts of the book will be read each week, and then you'll get together to talk about the book, what it calls you to do, and the excitement it builds in each of you individually, as well as the group corporately.

Optional: Try to read one book each academic period. Or have several books being read, and let the brothers choose which group to read with. Or, if you're really brave, try it with non-fiction. Combine the activity with the "Solicit a Letter" activity, and see if you can get the author to address the brotherhood with addition insight on the book and a special inspiration message.

Movie Night

Purpose: The purpose of this activity is to have the brotherhood watch the same movie together, and to use what is in that movie to build excitement.

Planning Time: This activity will take approximately 1 hour to plan.

Execution Time: This will vary based upon the movie that is chosen

Presiding Officer: It is suggested that any interested brother oversee this activity.

Implementation: A really good movie (especially in the science fiction or fantasy genre) will leave you lost in its world, longing for more of the tales, characters, drama, and battles that you just witnessed. An excellent movie will do the same, but also propel you to implement some of the virtues and actions you just read about into your own life.

Now, imagine sharing that sort of experience with your brothers in Sigma Theta Epsilon.

Quite simply, the brotherhood will choose a movie to be watched together as the entire brotherhood. After the movie, you should talk about the spiritual values and implications presented in the movie, focusing especially on how this brings excitement to us in our walks with Christ and our attempts to further the principles and programs of Sigma Theta Epsilon. Keeping this line of thought in mind when selecting the movie is recommended.

Optional: Try to watch one movie each academic period. Use this as a rush event. Try doing this activity with leaders of the brotherhood and leaders from other campus religious life groups. Combine the activity with the “Solicit a Letter” activity, and see if you can get the writer, director, or an actor to address the brotherhood with additional insight on the movie and a special inspiration message.

Encouraging Excitement

Purpose: The purpose of this activity is to have the brotherhood encourage others to have excitement in their pursuit of Christ and their implementation of His teachings.

Planning Time: This activity will take approximately 1-2 hours to plan.

Execution Time: This activity will have a wide variety of execution times.

Presiding Officer: It is suggested that the President, Chaplain or Service Chair coordinate this activity.

Implementation: Sometimes, in the midst of a long-term project, it's very easy to get discouraged. To lose the passion and excitement that prompted you to try the project in the first place.

And at those moments in time, it's great to have someone offer encouragement to help you recapture your excitement.

And that's where the brotherhood of Sigma Theta Epsilon can step in, and help, by encouraging others to recapture the excitement they once held.

The presiding officer will find/choose a person, church, or group working on a large project. And then he, or a small committee, will find out what the brotherhood can send that would help recapture the excitement that once drove the project forward. Perhaps it will be supplies, or just a letter, or money, or a video message, or an offer of assistance for a day, or something else amazing that God will lay on your heart. And then the brotherhood comes together to work on creating and sending this encouragement, and prays that the Lord would use it to recapture the excitement that once burned bright.

Optional: Do this as an act of agape love for other organizations around campus, or for faculty members near the end of academic periods.

Praise Jar

Purpose: The purpose of this activity is to have an always-available source of excitement for the brotherhood.

Planning Time: This activity will take approximately ten minutes to plan.

Execution Time: This will be an on-going activity.

Presiding Officer: It is suggested that any interested brother implement this activity.

Implementation: Sometimes you just need a quick pick-me-up to get your excitement level up. But, often times, we don't know where to get that at just a random time.

A lot of times, we end brotherhood meetings by sharing our joys and concerns. And, when we hear a really awesome joy, we get excited, and we want to see more of that.

This activity helps us capture these joys and praises to God to store and help others when they need that excitement. The presiding brother will purchase a jar to be kept in a common area for the brotherhood (or in a room frequented by many brothers, if no common area is available). Paper and writing utensils will be placed next to the jar. When a brother has a praise to share that will excite someone later on, he will write it and put the paper in the jar. When a brother is in need of a praise to put excitement into his life, he will go to the jar and retrieve a praise that has been shared. Praises can be anonymous or signed.

Optional: Purchase one jar for each pledge, and fill it with praises during the pledge period. Keep it a secret from the pledges, and then on the night of their activation, give the jars to them.

Rewrite a Classic

Purpose: To get the brotherhood to be creative, in looking at a classic speech given, and adapt it to their brotherhood.

Planning Time: It will take approximately 1-2 hours to plan this activity.

Execution Time: It should take about 15 minutes to one hour to execute this activity.

Presiding Officers: It is suggested this activity be lead by any interested brother.

Implementation: Have you ever heard a great speech? Of course you have. Perhaps it was by a politician, or a world leader. Maybe an athlete, a doctor, a teacher, or a newscaster gave the speech? Maybe you saw it in a movie, or on a television show, or read it in a book, or performed the speech in a play.

The purpose of this activity is to take such a speech, and modify it. Change the words to fit the brotherhood, to spur it on in excitement to do great things. But, the challenge is to keep the feel and the mood of the speech the same. The end product should be easily identified as being a derivative of the original.

Optional: Have a contest to create the best rewritten classic speech. Challenge another organization, and have them write speeches to inspire Sigma Theta Epsilon, while the speeches Sigma Theta Epsilon writes would be used to inspire them.

Innovation Excitement Activity

Purpose: The purpose of this activity is to have the brotherhood use their creativity to implement the programming theme.

Planning Time: This will vary greatly.

Execution Time: This will vary greatly.

Presiding Officer: It is suggested that any interested brother with a great idea oversee this activity.

Implementation: Come up with an activity that really implements the programming theme of “Sigma Theta Epsilon: Where Excitement Happens”.

Then do it.

Then report it, using the “report innovation” tool in steDB reporting.

Optional: Challenge another chapter to see who can come up with the best activity.

Calls to Brotherhood

Many churches have a tradition during worship services to have a “Call to Worship”, an invocation for the congregation to hear, say, or participate in an invitation to begin worship formally, to allow their minds, hearts, souls, and bodies to join in a collective effort to worship God, generally focused on the theme for teaching in the sermon at the worship service.

Similarly, I believe that Sigma Theta Epsilon can benefit from focusing our minds, hearts, souls, and bodies to join in a collective effort to be a united Brotherhood, and in a united effort to be a place of excitement and passion as the national theme prompts.

There are thirty “Calls to Brotherhood” included in this section. This will allow any chapter that wishes to use one each week throughout an entire year without repeating. Of course, some chapters may wish to reserve these for special Brotherhoods, or use them at officer meetings instead of or in addition to at Brotherhood. The implementation is up to the individual chapters.

Some “Calls to Brotherhood” are to be read in unison. For these, the Brotherhood should recite the call all at the same time. Others are to be read by a single leader. For these, the Brotherhood should sit or stand in silence and listen to the leader. Others ask for call and response. For these, the Brotherhood should say the Brotherhood parts in unison, and sit or stand in silence as the leader reads his parts. The leader part should be read by the President or Chaplain, or their designee.

A Mighty Fortress

Leader: A mighty fortress is our God, a bulwark never failing

Brotherhood: Yes, this is our God.

L: Our helper He, amid the flood of mortal ills prevailing

B: Our God is our helper

L: For still our ancient foe doth seek to work us woe

B: Our God is with us

L: His craft and power are great, and, armed with cruel hate

B: Our God is mightier

L: On earth is not his equal

B: Our God is greater.

The God of the Ancients

Leader: My brothers, the God of the Ancients is with us today.

Brotherhood: Praise be to God for all time

L: The God of Adam

B: Praise be to God for life

L: The God of Noah

B: Praise be to God for provision

L: The God of Abraham

B: Praise be to God for covenants

L: The God of Jacob

B: Praise be to God for faithfulness

Psalm 23

Brotherhood: The Lord is our shepherd; we have all that we need. He lets us rest in green meadows; he leads us beside peaceful streams. He renews our strength. He guides us along right paths, bringing honor to his name. Even when we walk through the valley of death we will not be afraid, for you are close beside us. Your rod and your staff protect and comfort us. You prepare a feast for us in the presence of our enemies. You honor us by anointing our heads with oil. Our cup overflows with blessings. Surely your goodness and unfailing love will pursue us all the days of our lives, and we will live in the house of the Lord forever.

Belief

Leader: We believe that Jesus was born of a Virgin Mary

Brotherhood: We believe that He was conceived by the power of the Holy Spirit

L: He suffered under Pontius Pilate

B: He was crucified, died, and was buried

L: He descended to the dead

B: On the third day he rose again

L: He ascended into Heaven

B: He is seated at the right hand of the Father

L: He will come again to judge the living and the dead

B: Lord, we are excited by your works

About our God

Leader: The Lord God is omnipotent

Brotherhood: He is all powerful. He created the Heavens and the Earth

L: The Lord God is omniscient

B: He is all knowing. He sees and hears all that we do

L: The Lord God is omnipresent

B: He is in all places. He is always by our side

L: Thanks be to God.

An Awesome God

Leader: Our God is an awesome God.

He reigns from Heaven.

He reigns with wisdom.

He reigns with power.

He reigns with love.

Truly, our God is an awesome God.

The Power of God

Brotherhood: The power of God is just the same today

It doesn't matter what the people say

Whatever God has promised

He's able to perform

And the power of God is just the same today

Power of the Trinity

Leader: The power of the Father is evident

Brotherhood: His power was made evident in creation

L: The power of Christ is evident

B: His power was made evident in the resurrection.

L: The power of the Holy Spirit is evident

B: His power was made evident on Pentecost

L: The power of our God amazes us.

B: The power of our God excites us.

Spiritual Gifts

Leader: My Brothers, the Lord has given us all gifts

Brotherhood: To some the gifts of wisdom and knowledge

L: Gifts to be used for educating His people

B: To some the gift of prophesy

L: Gifts to be used to guide His people

B: To some the gift of speaking in tongues, or to translate them

L: To be used to speak to His people

B: To some the gift of leadership, to others the gift of hospitality

L: Gifts to be used to expand his kingdom, and welcome others in

B: To some the gift of evangelism

L: Gifts to share the good news

B: To some the gift to miracles and healing

L: Gifts to bring glory to His name

B: Let us all serve according to our own gifts

Romans 12

Brotherhood: We are no longer what we once were. We are new creations in Christ. We have been transformed by His power. Let us no longer be conformed and manipulated by the world. Instead, let us live lives of passion and excitement for our God.

Fourfold Purpose

Leader: With passion and excitement, we the brothers of Sigma Theta Epsilon will

Brotherhood: extend our service projects through programs of action to meet unfilled human needs.

L: With passion and excitement, we the brothers of Sigma Theta Epsilon will

B: attempt with the guidance of God to live Christian lives of faith and service.

L: With passion and excitement, we the brothers of Sigma Theta Epsilon will

B: provide social activities through service and Brotherhood.

L: With passion and excitement, we the brothers of Sigma Theta Epsilon will

B: provide a background for understanding ourselves, our faith, and our world.

We Seek ...

Leader: We seek Fellowship

Brotherhood: We want to be excited by the bonds of our brotherhood, and to invite others to join us

L: We seek service

B: We want to serve with passion and excitement, and spur others to serve as well

L: We seek faith

B: We want to be excited by faith, and have a faith that excites others

L: We seek reverence

B: We want to be so excited by our God, that we stand in complete reverence of Him

L: We seek love

B: We want to experience an exciting love, and love others in a way that excites them

Glorious

Leader: The world is shaking with the love of God

Brotherhood: Great and glorious, let the whole earth sing

L: Clouds are breaking, heaven's come to earth

B: Hearts awakening, let the church bells ring

L: God is bigger than the air we breath and the world we'll leave

B: God will save the day, and all will say: My Glorious!

All Creatures of our God and King

Leader: All Creatures of our God and King

Brotherhood: Lift up your voice and with us sing

L: Alleluia

B: Alleluia

L: Thou burning moon with golden beam

B: Thou silver moon with softer gleam

L: Oh praise Him! Oh praise Him!

B: Alleluia! Alleluia! Alleluia!

L: Let all things their Creator bless

B: And worship him in humbleness

L: Alleluia

B: Alleluia

L: Praise, Praise the Father, Praise the Son!

B: And praise the Spirit, Three in One!

L: Oh praise Him! Oh praise Him!

B: Alleluia! Alleluia! Alleluia!

The Doxology

Leader: Praise God, from whom all blessings flow
Praise Him, all creatures here below
Praise him above ye, heavenly host
Praise Father, Son, and Holy Ghost

Psalm 150

Leader: Hallelujah! Praise God in his holy house of worship,
Brotherhood: Praise him under the open skies;
L: Praise him for his acts of power,
B: Praise him for his magnificent greatness;
L: Praise with a blast on the trumpet,
B: Praise by strumming soft strings;
L: Praise him with castanets and dance,
B: Praise him with banjo and flute;
L: Praise him with cymbals and a big bass drum,
B: Praise him with fiddles and mandolin.
L: Let every living, breathing creature praise God!
B: Hallelujah!

Our God, The One

Leader: Hear, Oh Sigma Theta Epsilon. The Lord our God is one Lord. We shall love the Lord our God with all of our heart. We shall love the Lord our God with all of our strength. We shall love the Lord our God with all of our soul. We shall keep his commandments. We shall endeavor each day. We shall work with excitement for the Lord our God. We shall work with excitement to be fellow workers with him.

Creator, Redeemer, Sustainer

Leader: God, our Father, has created the world around us.
Brotherhood: With excitement, we live in our Father's world.
L: God, our Father, has created us in His image.
B: With excitement, we strive to live up to His standards.
L: Christ Our Lord has given His life for us.
B: With excitement, we accept His gift, and share it with our darkened world.
L: Christ Our Lord has given us an example of the life we are to live.
B: With excitement, we strive to emulate Christ in all we do and say.
L: The Holy Spirit was sent to us on Pentecost.
B: With excitement, we remember the power displayed on that day.
L: The Holy Spirit continues to dwell in us this day.
B: With excitement, we are led by the spirit to Christian lives of faith and service.

From The Gardens

Leader: From the Garden of Eden, to the Garden of Gethsemane, to the gardens we till on our own lands today, the Lord our God has given us wisdom, guidance, and provision. He has given life to each of us, a life to explore, a life to live with Him. He has given us redemption, grace, and mercy, to deliver our lives and share this with others. He has given much to each of us, that we can work and give back to him and to those around us. But how will we find our way? As the world grows darker, how can we have assurance that we work for the Lord, and we follow His path?

Brotherhood: The Word of the Lord is a lamp to our feet, and a light to our path.

L: Let our lives be filled with excitement, then, as we use the Word of our Lord to guide us.

A Prayer For Excitement

Leader: Awesome God, we approach Your throne this day, to seek Your face, and to ask for Your Spirit to fall upon us. We ask, oh Lord, that You fill each and every one of us with excitement generated from You and You alone. We ask that Your Spirit fill our bodies, fill our mind, and fill our souls, as we worship, serve, and love You. We want passion and excitement that comes only from the throne of power that our Lord sits upon. Fall upon us, break upon us, and pour Your blessings upon this day, Oh Lord, that we would, with passion and excitement, go into this world. Amen.

Our King

Leader: Here is our King!

Brotherhood: He fills us with excitement!

L: Here is our King!

B: His mighty deeds and His wise words push on forward.

L: Here is our King!

B: He has called us by name.

L: Here is our King!

B: He urges us forward in His name.

L: Here is our King!

B: He fills us with excitement!

L: Here is our King!

B: Here is our King!

Our Passionate God

Brotherhood: Our God is a loving God.

Leader: He tells us to love one another.

B: Our God is a giving God.

L: He tells us to give to one another.

B: Our God is a kind God.

L: He tells us to show mercy to one another.

B: Our God is a passionate God.

L: He tells us to take his passion and make it our own.

Abundance

Brotherhood: We find abundance in our God. Abundant mercy. Abundant grace. Abundant love. Abundant giving. We take that abundance, and our lives are blessed. May our lives be filled with excitement to show this.

Magnificat

Leader: My soul magnifies the Lord,
And my spirit rejoices in God my Savior.
For He has regarded the low estate of His handmaiden,
For behold, henceforth all generations shall call me blessed.
For He who is mighty has done great things for me, and holy is His name. And His mercy
is on those who fear Him from generation to generation.
He has shown strength with His arm:
He has scattered the proud in the imagination of their hearts.
He has put down the mighty from their thrones,
and exalted those of low degree.
He has filled the hungry with good things;
and the rich He has sent empty away.
He has helped His servant Israel, in remembrance of His mercy;
As He spoke to our fathers, to Abraham and to His posterity forever.
Brotherhood: Let our prayers be the same. Amen.

Nothing Like You

Brotherhood: Nothing compares to our God.

Leader: The roar of the crowd. The crack of the bat. The game-starting whistle. The building energy in an arena. The thrilling play. The awe-inspiring catch. The amazing run. The speed. The strength. The agility. The ability. All of these excite us.

B: Nothing excites us like you, oh God.

The Greatest Source

Leader: Our God is the greatest source of excitement. More than anything else. For the world around us He has created. For the future He has promised us. For the past He has forgiven us. For the blessings He has given us. For all that He does, all that He is doing, and all that He will do, let us be excited this day. Amen.

Comparison of God

Leader: Our God has been compared to a lion.

Brotherhood: His strength and might leave us excited.

L: Our God has been compared to a lamb

B: His sacrifice and love leave us excited.

L: Our God has been compared to the Ocean

B: We are excited by his presence.

L: Our God has been compared to many things

B: But nothing truly compares to our God!

The God Who ...

Leader: The God who created the world

Brotherhood: Leaves us excited by his power.

L: The God who made a covenant with Abraham

B: Leaves us excited by his faithfulness

L: The God who aided David against the giant

B: Leaves us excited by his desire to help us

L: The God who gave us His only Son

B: Leaves us excited by his love

L: The God who did all of these is our God

Make Us

Leader: Lord, make us into a brotherhood of excitement, centered upon you. Lord, make us into a brotherhood of giving, excited to give because of you. Lord, make us into a brotherhood of love and compassion, excited to be compassionate because of you. Lord, make us into a brotherhood of service, excited to serve because of you. Lord, make us into your vessels, excited to be yours.

Psalm 84

Leader: Look upon our shield, O God; look with favor on your anointed one.

Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.

For the LORD God is a sun and shield; the LORD bestows favor and honor; no good thing does he withhold from those whose walk is blameless. O LORD Almighty, blessed is the man who trusts in you.

Discussion Topics

When I say the following words, I believe we can all go to a very similar place. Those words are “To provide a background for understanding ourselves, our faith, and our world”. I’m certain that as you read that, the words were at least familiar to you. This is one of the purposes of Sigma Theta Epsilon.

I come from a faith background that is far from typical. The church services I prefer are community-building services. No one, not the pastor, is assumed to have the best answer. It is assumed that what was done in the time of Jesus, and the early church works best: the community should come together, discuss things, and come to answers. Or, come to more questions. What I love most about these types of churches is a (mostly) unspoken doctrine that “all of us is smarter than any one of us”. Because of this, you wouldn't get sermons or lessons. The pastor walks us through the text, and then we discuss it. All of us come together and teach the community. A beautiful example of the body of Christ advancing understanding in and of the Kingdom.

This is not to say that individual study can't be useful, or that absolute truth does not exist. It is, and it does. But, sometimes it's very helpful to come together, and work on a problem.

I’ve prepared discussion topics for the Brotherhood to discuss. Hopefully, deep, honest discussions will come of these topics, and you will better understand yourself, your faith, your Brothers, and the world around you. There are thirty topics in total, enough for one each week during an entire school year, though there is no requirement to use them in that manner. Use them, and be used by them. Brotherhood. And remember that every Brother has a story to tell, and a little to contribute to all of us. And that will make each of us smarter and draw each of us closer to God.

1. Discussion on the key scripture.

Background: Colossians 3:23-24 tells us that whatever we do, we should do it with an attitude that remembers that we labor for and under the direction of Christ our Lord. The link between this, and the programming theme “Sigma Theta Epsilon: Where Excitement Happens” is that, in general, when you enjoy your job, and you have a wonderful boss to work for, you have more excitement about your work. In light of that, the programming theme is asking us, the brothers of Sigma Theta Epsilon, to carry each day and to each activity we do, the thought that we labor directly for Christ our Lord, and to use that thought to bring excitement, passion, and energy to all we do.

Questions to Consider: What is so exciting, exactly, about working directly for Christ? What does excitement do for our performance level? What about for our desire to do certain tasks? If we take the attitude of “We are doing this for Christ”, is there anything we wouldn't do? What does Colossians 3:23-24 cause us to do in the lives of others?

2. Specific Discussion on excitement from the many roles of God

Background: Describing God is one of the hardest things to do. It can be easy to focus on one specific thing God does, or one particular thing we like about God. It is much more difficult to think about all the things God does, and all the things God is involved in. It can be made easier to list the roles of God, and the places and situations where we see God.

Questions to Consider: What are the roles of God that really excite you individually? What about corporately as Sigma Theta Epsilon? What are the roles of God that probably should excite you? Does the sheer number of roles God can and does play in our lives excite you? What does this cause us to do in the lives of others?

3. Specific Discussion on excitement from the role of God the Father

Background: The thought of a loving, caring, providing, knowledgeable father is probably almost universally appealing and exciting. The thought that God Himself plays that role in our lives, and for our Brotherhood, is all the more exciting.

Questions to Consider: What specific fatherly roles that God plays, in the light of what we think of a father, especially excite you? How can knowing that God acts in this father role excite us to share Christ with others? How can we emulate this role in our daily lives, individually and corporately as Sigma Theta Epsilon? What does this cause us to do in the lives of others?

4. Specific Discussion on excitement from the role of God the Creator

Background: The picture of the Hand of God individually crafting the world, and each of us, can be incredibly inspiring and exciting. The idea that the omnipotent and omniscient being would have such knowledge about us and our world, because He so intimately was involved in the process of creating us is perhaps even more inspiring and exciting. This role of God also demonstrates his immense power and longevity.

Questions to Consider: Have you ever created anything? How did you feel about your creation? What does this tell you about how God feels about us? What are the most exciting things about God's playing the role of creator? How can we best share this role with others? What does this cause us to do in the lives of others?

5. Specific Discussion on excitement from the role of God the Promiser

Background: Throughout scripture, we see God making promises. A promises to Noah to never again flood the earth. A promise to Abraham to fill the earth with his descendants. A promise to Israel to bring forth a Messiah. A promise from Christ to return in His glory. And many, many, many more.

Questions to Consider: What are some of the greatest promises God has ever made? What do these promises, and the way they have been, are being, and will be fulfilled say about God's character? What promises has God made to you? What promises has God made to Sigma Theta Epsilon? What promises have you made? What promises has Sigma Theta Epsilon made? What are we spurred to do in the lives of others?

6. Specific Discussion on excitement from the role of God the Redeemer

Background: That our God took on the form of a human, and humbled himself, even to death, for the redemption of the faithful is quite exciting. This role, perhaps the most important of the roles God plays in our life, should be spurring us on in our lives. It came on the heels of prophecy. It came in unlikely circumstances. It came accompanied by radical teachings. It came with more prophecy. And it came with an enormous showing and outpouring of power, love, and grace.

Questions to Consider: Can you still remember the details of when you accepted the redeeming power of Christ in your life? Do you get excited and passionate when you think about that moment? Do you remember seeing others do the same? Do you get a same level of excitement and passion when that happens? What does this cause us to do in the lives of others?

7. Specific Discussion on excitement from the role of God the Teacher

Background: Flipping through scripture, and we find many things. Perhaps chief among them are nuggets of knowledge. We see God as a great teacher, telling us about many things. Himself. His Nature. The world around us. Our needs in relating to each other. Our responsibilities. A serious read of the scriptures, leaves one with a serious intake of knowledge, in addition to a thirst for even more. And this great teacher, whom we call God, is able to teach us about anything and everything.

Questions to Consider: What would you like to learn from God? What questions would you ask Him today? What does this role mean in our lives? Are we simply to be students of this great teacher? Or are we to take another role? Perhaps teaching as well, or tutoring? How do we become best prepared for these roles? What are we to do in the lives of those around us?

8. Specific Discussion on excitement from the role of God the Sustainer

Background: The Holy Spirit was sent to us to comfort, guide and sustain us. We are sustained by being renewed in the power, love, grace, mercy, and blessings of our Lord. We are also sustained by communing with the faithful, congregating with the saints. The Holy Spirit is the facilitator in these meetings, drawing us together, and making the enrichment that much more fulfilling.

Questions to Consider: What are some specific ways that God sustains us? What are some specific ways that God uses us to help in sustaining the faithful? Is it exciting that we are partners with God in this role He plays? Are we drawn to be more active because of our role in this role? Why is this role of God so important? What does this cause us to do in the lives of those around us?

9. Specific Discussion on excitement from the role of God the Guider

Background: The Holy Spirit is there to Guide us. We are prompted by the Spirit for words, thoughts, actions, and emotions. Many have told stories of how they found strength, words, and comfort in situations where they have no idea where it came from. It is at these moments we know the Holy Spirit is present. The Holy Spirit provides the guidance we need ... never forcing us into things, but allowing us to accomplish greater things from the choice to accept that guidance.

Questions to Consider: Are there specific times in your life you can remember receiving guidance from God? Would you share those with your brothers? What exactly has God guided you with? Words? Deeds? Thoughts? What more can we do with the guidance of God, rather than on our own? What does this cause us to do in the lives of others?

10. Discussion on the Four-fold Purpose of Sigma Theta Epsilon

Background: Extending service projects. Living Christian lives of faith and service. Providing social activities. Understanding ourselves, our faith, and our world. Just words, or perhaps more? We hear these lines often, we've memorized them in the past, and we take oaths to live them out.

Questions to Consider: How can we put excitement into our daily lives and our daily endeavors to live out the four-fold purpose of Sigma Theta Epsilon? What are steps we can take to put excitement into each of them? Why aren't we doing this? How much more would we accomplish if we put excitement into each of them every day? How can we use this to impact those around us?

11. Discussion on the Philosophy of Sigma Theta Epsilon

Background: We appreciate the need for closer Christian fellowship. We understand the need for college and university men to have this fellowship. We believe that our organization can stimulate this fellowship. We believe, that when we are so organized, we can have a much greater effect on the life and the leadership of the church and the world. And, because of this, we are united as Sigma Theta Epsilon, National Christian Fraternity.

Questions to Consider: Are you excited by your involvement in Sigma Theta Epsilon? Why or why not? If not, what can be done to do that? Do you find it exciting and challenging to be a part of having a great effect on the life and leadership of the church and the world? How do we instill excitement into living out the purpose of Sigma Theta Epsilon, and how would that help us impact those around us?

12. Discussion on 1 Corinthians 3:9

Background: For we are God's fellow workers. We are fellow workers with God. However you want to say it, the meaning remains the same. It's the foundation of our fraternity, and the scripture on which we base our name. And what an exciting thought: to work along side God, while working along side each other. Exciting the possibilities of what we can accomplish, and exciting in the responsibilities it gives to us, to make sure the work is done properly.

Questions to Consider: In what ways are we operating as fellow workers with God? In what ways are we falling short of this? How can we do a better job of being God's fellow workers? What does it mean to put on a shirt declaring membership in Sigma Theta Epsilon, where that name by itself means that we are to be God's fellow workers? What does it mean to be a fellow worker with God? What does being a fellow worker with God mean when relating to those around us?

13. Discussion on the dangers of excitement

Background: Passion and excitement can be great things. They can lead you to do and attempt things that you'd never think possible. But, history provides us with examples and reminders of how passion and excitement can lead to bad decisions, and horrible consequences. Think about things like the Crusades and the Inquisition. I'm sure other things will come to mind. Listen to *Switchfoot's* "Ammunition" (See the playlist section of this book) and keep these thoughts about excitement in mind as you listen to it.

Questions to Consider: Have you personally or Sigma Theta Epsilon corporately even used excitement and passion in a negative manner? Have you ever gotten so excited about something that you stopped caring about consequences of your action? What can be done to mend those fences? What can we do to mend fences others in past generations have broken? How can we be sure to focus our energy and excitement to be sure we are using it in a positive manner?

14. Specific Discussion on Grace

Background: The grace given us by God is often referred to as "getting something we don't deserve". Grace, by definition, is the freely given, unmerited favor and love given by God. This grace is freely available to all, and is present in the lives of all who have accepted it from Christ.

Questions to Consider: How exciting is it to live in a world created by a God who gives us what we don't deserve? How exciting is it to have a God who freely gives us unmerited favor and love? If we are called to be Christ like, what are we then called to give and provide to those around us?

15. Specific Discussion on Mercy

Background: The mercy given us by God is often referred as "not getting what we deserve". Mercy, by definition, is compassionate or kindly forbearance shown towards an offender, an enemy, or other person in one's power. Like grace, mercy is freely available to all, and abundant in the lives of those who have chosen to accept it from Christ our Lord.

Questions to Consider: We live in a world created by an omnipotent God, and clearly we are under his power. How great is it then, that we have mercy from Him? How exciting is it to know that God will show us compassion and kindness, when we deserve death and destruction? What, then, are we called to do in the lives of those around us?

16. Specific Discussion on Spiritual Gifts

Background: Read 1st Corinthians chapter 12, and/or Romans 12. Paul talks about some of the Spiritual Gifts, given to believers, and how they are used. He also speaks about the need for the various gifts, and the need to understand and use the gift each is given, not to long for the gift of another.

Questions to Consider: What spiritual gifts do you have? Is it exciting to know that your gifts come directly from God? What about knowing that your brothers have gifts from God? Are you excited to use your gifts and encourage others to use theirs? What does this cause us to do to those around us?

17. Hebrews 11 Discussion 1 (Certain of what we do not see)

Background: Read Hebrews 11:1-12:1. Take in the writings about faith, and the pillars of faith that have gone before us. Pay attention to what the writer says faith is: being certain of what we do not see. With a careful eye, look for what the pillars of faith could not see.

Questions to Consider: We know that God has given us a measure of faith, so how exciting is it to know that through that faith, we can be absolutely certain of things we cannot see? Have you ever experienced this? Have you ever been certain of something yet to come that you could not see? What does this cause us to do in our everyday lives?

18. Hebrews 11 Discussion 2 (The Excitement of Faith)

Background: Read Hebrews 11:1-12:1. Take in the writings about faith, and the pillars of faith that have gone before us. Pay attention as you read to each person's situation. They about what motivated them to have the faith they displayed. Look up their stories if you need to.

Questions to Consider: What is it about faith that is so exciting? What makes opening day exciting in baseball, even for the team that was in last place the previous season? What can we learn about our faith from that? How do we increase our faith, and the faith of those around us? How do we increase excitement and passion about God through faith?

19. Hebrews 11 Discussion 3 (Specific Deeds Listed)

Background: Read Hebrews 11:1-12:1. Take in the writings about faith, and the pillars of faith that have gone before us. As you read, take note of specific deeds that were done by and through and because of faith.

Questions to Consider: Which deed here, to you, is the most impressive and awe-inspiring? What deed would you like to see happen in your life that could be added to this list? How can these deeds inspire us in our life? What do these deeds cause us to do in our lives, and the lives of others?

20. Hebrews 11 Discussion 4 (Biblical Pillars of Faith not listed)

Background: Read Hebrews 11:1-12:1. Take in the writings about faith, and the pillars of faith that have gone before us. Make notes as you read about other pillars of faith from biblical stories that are not listed.

Questions to Consider: Who do you think is missing? Why? What would you say about them? Why do they inspire you? What do they cause you to do in the lives of those around you?

21. Hebrews 11 Discussion 5 (Other Pillars of Faith not listed)

Background: Read Hebrews 11:1-12:1. Take in the writings about faith, and the pillars of faith that have gone before us. Think about pillars of faith that lived in times when they couldn't be recorded here. People like John the Baptist, Billy Graham, or your old pastor.

Questions to Consider: What would you say about these other pillars of faith? How would you describe their feats? What do their deeds of faith inspire you to do? Do you get excited when you think about their examples of faith? How can you spread that excitement to others?

22. Hebrews 12:1 Discussion 1 (Cloud of Witnesses spurring us onto?)

Background: Read Hebrews 11:1-12:1. Take in the writings about faith, and the pillars of faith that have gone before us. Think about the start of chapter 12. On the heels of listing a "hall of faith", we hear about the cloud of witnesses cheering us on.

Questions to Consider: What are you being spurred onto? Who specifically might be spurring you on? What would they say to you? What would they do to excite you about the tasks you need to perform? What does this do to us and cause us to do in our daily lives?

23. Hebrews 12:1 Discussion 1 (Can we act as a Cloud of Witnesses?)

Background: Read Hebrews 11:1-12:1. Take in the writings about faith, and the pillars of faith that have gone before us. Think about the start of chapter 12. Concentrate your thoughts on what might be done by these witnesses as they encourage us.

Questions to Consider: Who is in need of encouragement from us? How can we act for them as the cloud of witnesses acts for us? Do you get excited when you encourage others and see them succeed? Do you like seeing others get excited? Can we act like the crowd at a sporting event and cheer our brothers and sisters on?

24.1 Corinthians 13 Discussion (What's Love got to do with It?)

Background: Read 1st Corinthians 13. Think about the way Paul poetically describes love. Think about the characteristics of love. Think about the way we love people, and the types of love we show to others. Think about how to make love come alive.

Questions to Consider: How can we make Christ-like love exciting? Do you get excited about loving others? In what ways? How can we spread that excitement and spread that love? What does this cause us to do in the lives of those around us?

25. General Discussion: What is the most exciting story in the Bible?

Background: The Bible is full of great and inspiring stories. Focus on the one that gets you the most excited. It could be Gideon. Or the story of Creation. Or the Resurrection. Maybe it's the birth of Christ? Or the sparing of Isaac? Or ... and this list could go on and on.

Questions to Consider: What story in the Bible fills you with the most excitement? Why? What does this story cause you to do in your everyday life? What about the story is so exciting? How can we emulate it to cause excitement? What does this cause us to do in the lives of others?

26. Everything is Spiritual

Background: Author and speaker Rob Bell has a belief that everything is spiritual. He's written about it and given speeches about it. If you're unfamiliar with him and the concept, search "Everything is Spiritual" at YouTube. Important about this concept, is that there's no part of our lives that's not spiritual. When we go to class, or to work, or have lunch, we're engaging other people on a spiritual level. And that can be either very scary, or very exciting.

Questions to Consider: If everything is spiritual, does that change our behavior? Do we act, think, and speak differently at events and activities we consider to not be spiritual? How much more impact can we have if we take on the attitude that everything is spiritual? How can that impact the world?

27. What Excites You (Most)?

Background: Take an inward look. Think about the things that get you excited. Everything from the smell of hot pizza to watching a baseball game, to the release of a great new movie might fall in this category. Take an inventory of the things you list. Think about the common themes, or the lack thereof.

Questions to Consider: What makes these exciting things? What ranks high and highest on your list? What do those have in common? Do you get excited just thinking about those things? How many of them are spiritual, or would be considered spiritual by the common person? How can we carry these events over to a Christian Faith and use them to impact the world around us?

28. Maintaining a Balance

Background: Excitement, passion, energy, and adrenaline can be great things. But they have to be maintained by a steady anchor. No one can simply live on highs. You have to live life in the valleys. Doing so would be like trying to live a life on energy drinks and never sleeping. It's simply not possible.

Questions to Consider: How do we carry over exciting events to everyday life? Do we start to include things we learn and experience in exciting encounters to our everyday life, or do we move on? Can including more exciting things bring us to a higher overall experience? Can we bring others to a similar experience? Can we better impact the life of others by raising our valleys, and implementing our peaks?

29. Excitement in the everyday things.

Background: Everyone takes something for granted. Or, a lot of things for granted. Perhaps it's oxygen, or grass, or something less concrete. Whatever it is, we do it. Make a list of things you're truly glad to have in your life, that you probably don't take the time to appreciate. Consider what might happen if you got truly excited about them every once in a while.

Questions to Consider: What would life be like if everything that was good excited you? What if nothing excited you? What is the proper middle ground? Can simple things sometimes act as extraordinary? How can we impact the lives of others in this line of thought?

30. Making Sigma Theta Epsilon Where Excitement Happens

Questions to Consider: What can be done to Sigma Theta Epsilon to truly make it where excitement happens? How can we implement excitement and passion in everything we do? How can we channel that into a greater effect on the world and the church?

Suggested Playlist

I don't know about you, but I love music. I've never been overly gifted with musical ability, but I've always enjoyed it. Classical music, big band, oldies, rock, rap, worship, live, on CD ... whatever. I love music.

I find that music gives us an easy platform to express feelings truth and emotion. It must be something about a beat that gives more life to words. For whatever reason, it's easy to identify with music, and easy to dissect it and find deeper meaning, and a deeper calling. If you ask me it began with the Psalms.

I've selected twelve songs that I feel can help bring into focus the theme "Sigma Theta Epsilon: Where Excitement Happens". Some of these will pump you up just by listening to them. Others might make you question exactly why we are so excited, or give you a new reason to be excited. Perhaps a song will also caution you on the worries of unbounded excitement at the cost of all else. Maybe you'll find meanings I can't dream of, and that's the beauty of it all.

I'm providing not only a list of the songs, but also the lyrics. It's up to you how you use these. Maybe you want to look at the lyrics and have serious discussion. Maybe you want to play one of them at each Brotherhood meeting to focus the Brotherhood. Maybe you'll be inspired to write your own songs based on our theme, and share them at Conclave. It's truly an open-ended prompt to try to give my Brothers another attempt at understanding and living our program theme.

All of these songs are available on iTunes for \$0.99. I encourage you to find them, listen to them, and find truth, God, and love in them all.

Hey

By Leeland

Available on the "Sound of Melodies" CD

Also available on iTunes

I'd give myself to find You
Stumble and fall to see You
You're worth it all
To me You are
I'd swim across the stormy seas
And scream it from the mountain peaks
You're worth it all
To me You are

(And I said)
Hey! You're the one
That I've been looking for
And I found You here
And I found You here

Thinking back on all the times
I passed You by with blinded eyes
I thought that I
Would be just fine
Tripping over all my lies
I saw You there with no disguise
You're worth it all
To me You are

Do You see my celebration
For this open invitation to Your arms, Your arms
It's a beautiful fixation
As I find myself surrounded by Your love, Your love

Collide

By Skillet

Available on the "Collide" CD

Also available on iTunes

We have fallen
We have fallen again tonight
Where do we go from here
When they're tearing down our lives?
When all they want is,
When all they want is for us to live in fear,
How long can we hold on?
Can we hold on?
Hold On!

There's something deep inside
that keeps my faith alive,
When all you can do is hide
from the fear that's deep inside of you
Something, something, something,
Something, something, something to hold me close
when I don't know
There's something deep inside that keeps my faith alive

We are healing,
But it's killing us inside
Can we take a chance
when faith and fear collide?
We can make it,
Step out and take it,
We can't live feeling so numb
How long can we hold on?
Can we hold on, hold on?
Hold On!

Here We Go

By G.R.I.T.S.

Available on the "The Art of the Translation" CD

Also available on iTunes

He feel it She feel it We feel it Round and round we go
He feel it She feel it We feel it Ah here we go
he gon' get up she gon' get up we gon' get up
lockin' down the joint til the playa haters shut up
take it to outer limits flawless with no gimmicks imitate but cant get it
Ah here we go

my brain pattern skip a giggawatt
no more room in the pan i cook up rhymes in a bigger pot
on a roll, what you think I got tricks up my sleeve you wont believe
my story to a thicker plot words leep off pages hop on stages,
we crazy need to be locked in cages
raah you feel it yeah im light skinned vanilla,
comin atcha like a pack of gorillas
whole planet gone ape understand from afar nashville to the lone star state
relate indicator instilled in me by men greater
this is where you belong strong you gon' be great
flaunt clout with a scream and a shout cast out doubt
fast like a gun blast drawn out
the sounds in leaps and bounds flush out clowns creeps and hounds
foxes and wolves in sheeps gowns

i was born in the cold moved to the heat
got used to the flame now i spit it on beat
i was chose in the womb groomed by christ
with a gift to raise souls from the tomb please don't assume
we aint tryna take the slot blow the spot
worldwide still parta the plot everybody talkin bout changin the game
but everything i hear yall soundin the same
from the beats to the videos
clothes and look
same concept for your flows and hook
see these round here they can raise the dead
so come on everybody now bob your head
yall need to heed these words from the wise
rhymes so meaty like jambalaya
got truth for hire can you stand the fire
to see you come alive that's my desire now

boy looka here
Have you ever heard a dead man talk before
You ever seen a dead man walk before
You ever heard dead man lock the flow
Like these before
We raised the qou
Mow my time flip make time change
You knew another record would hit
Explode and make your brains hang
Peep my language of my dialect
Circulate like a boomerang
Man what did you expect

For the Love of the Game

By Pillar

Available on the "For the Love of the Game" CD

Also available on iTunes

Consumed by reputation,
It's what they say that gets you down,
You find new motivation,
Inside this new love that you've found,
It's now your navigation,
To keep your head engaged, oh yeah,
Your final destination,
Keeps you focused on the win

Count me in, but don't count me out,
You can't shut me up, you can't shut me down,
Fight through the hurt,
Fight through the pain,
Without the ache there is no gain,
We live our lives for the love of the game

And we will rise,
This is our time,
Don't let the chances of our lifetime pass us by,
And we will rise,
This is our time,
We'll give this everything we've got,
For the love of the game

Reach for a new elevation,
And see just how high we can go,
Full blown determination,
Will take us further than we know,
My own anticipation,
Keeps the fire from burning out,
It's time for domination,
No one will ever take us down

Eye of the Tiger

By Survivor

Available on the "Rocky IV Original Motion Picture Soundtrack"

Also available on iTunes

Risin' up, back on the street
Did my time, took my chances
Went the distance now I'm back on my feet
Just a man and his will to survive

So many times it happens too fast
You change your passion for glory
Don't lose your grip on the dreams of the past
You must fight just to keep them alive

It's the eye of the tiger
It's the thrill of the fight
Rising up to the challenge of our rival
And the last known survivor
Stalks his prey in the night
And he's watching us all
with the eye of the tiger

Face to face, out in the heat
Hangin' tough, stayin' hungry
They stack the odds till we take to the streets
For the kill, with the skill to survive

Risin' up, straight to the top
Had the guts, got the glory
Went the distance, now I'm not gonna stop
Just a man and his will to survive

Did You Feel the Mountains Tremble?

By delirious?

Available on the "Revival Generation" CD

Also Available on iTunes

Did you feel the mountains tremble?
Did you hear the oceans roar?
When the people rose to sing of Jesus Christ the risen one.

Did you feel the people tremble?
Did you hear the singers roar?
When the lost began to sing of Jesus Christ the saving one.

And we can see that God you're moving
A mighty river through the nations
And young and old will turn to Jesus
Fling wide you heavenly gates
Prepare the way of the risen Lord

Open up the doors and let the music play
Let the streets resound with singing
Songs that bring your hope
Songs that bring your joy
Dancers who dance upon injustice.

Do you feel the darkness tremble?
When all the saints join in one song.
And all the streams flow as one river
To wash away our brokenness.

And here we see that God you're moving.
A time of jubilee is coming
When young and old return to Jesus
Fling wide you heavenly gates.
Prepare the way of the risen Lord.

Who Can Be Against Me?

By the O.C. Supertones

Available on the "Unite" CD

Also available on iTunes

It seems like everything I touch just falls to pieces
It seems like everyone I help just falls
And how I need someone to make me feel assured
I don't need anyone if you're on my side Lord

I say, hey, who can be against me
No one!

No matter how hard I try I always fail
I'll never be like Christ I know I'll struggle
Till the day, the very day I die
And how I need someone to make me feel assured
I don't need anyone if you're on my side Lord

I say, hey, who can be against me
No one!

God look at me I'm just a man
But you tell me I'm not just a man
So hard to understand
After all I'm just a man

God you tell me not to doubt
But I'm always plagued by doubt
And you always help me out
I'm so ashamed

Rawkfist

by Thousand Foot Krutch

Available on the "Phenomenon" CD

Also available on iTunes

Throw up your rawkfist,
If you're feelin' it when I drop this

Show 'em how we blow the spot,
Let's make it hot,
Let's shock 'em with the bodyrock,
'Till the party stops
It's time to take it up a notch,
And keep it locked,
For all the headbangers in the parking lot
Here we come, if you're ready or not,
No time to talk, 'cause we on the clock,
Bringin' that Uhh, uhh, to your block
Let me show ya where we're comin' from,
It don't stop, from L.A. to New York,
Show me what you got now!

All I know, is what it did take to make this,
All I am, is what it will take to break this
All I know, is what it did take to make this,
All I am, is what it will take to break this
Light it up now, light it up now

Try runnin' me down, keep runnin' around,
I'm fakin' you out, would ya just,
Make it what you want it to be
About to find out, what you're all about,
I'm callin' you out, won't ya just,
Set me free/(X2) (Chorus)

Throw up your rawkfist,
If you're feelin' it when I drop this,
unh,unh, that's the sound when the rock hits,
Oh, you never know, I might let go,
Just roll, roll, get ready, get set
Throw up your rawkfist,
you're feelin' it when I drop this,
Unh,unh, that's the sound when the rock hits,
Oh, you never know, I might let go,
Just roll, roll, get ready, get set

That's the sound when the rock hits,
That's the sound when the rawk hits,
That's the sound when the rawk hits,
Jump, Jump! Make the sound when the rawk hits/

Throw up your rawkfist,
If you're feelin' it when I drop this

I Won't Back Down

By Tom Petty

Available on the "Full Moon Fever" CD

Also available on iTunes

Well I won't back down
No I won't back down
You can stand me up at the gates of hell
But I won't back down

No I'll stand my ground, won't be turned around
And I'll keep this world from draggin me down
gonna stand my ground
... and I won't back down

(I won't back down...)
Hey baby, there ain't no easy way out
(and I won't back down...)
hey I will stand my ground
and I won't back down

Well I know what's right, I got just one life
in a world that keeps on pushin me around
but I'll stand my ground
...and I won't back down

(I won't back down...)
Hey baby, there ain't no easy way out
(and I won't back down...)
hey I will stand my ground
(I won't back down)
and I won't back down...

(I won't back down...)
Hey baby, there ain't no easy way out
(I won't back down)
hey I won't back down
(and I won't back down)
hey baby, there ain't no easy way out
(and I won't back down)
hey I will stand my ground
(and I won't back down)
and I won't back down
(I won't back down)
No I won't back down...

Fully Alive

By Flyleaf

Available on the "Flyleaf" CD

Also available on iTunes

Telling Layla's story spoken
'Bout how all her bones are broken
Hammers fall on all the pieces
Two months in the cover creases

Fully alive
More than most
Ready to smile and love life
Fully alive
Now she knows
How to believe in futures

All my complaints shrink to nothing
I'm ashamed of all my somethings
She's glad for one day of comfort
Only because she has suffered

Fully alive
More than most
Ready to smile and love life
Fully alive
Now she knows
How to believe in futures

Rise Up

By Disciple

Available on the "Disciple" CD

Also available on iTunes

I will not sit silently by as you mock and curse my God
Stand against Him you will be brought down
Here I come I'm 'bout to rise up
All of my people we're 'bout to rise up
Here we come now we're 'bout to rise up
All of my people we're 'bout to rise up
You bark accusations that paralyze my brothers in fear
Only a small spark starts an unquenchable fire

(1 Samuel 17:24-52)

You Got the Touch

By Stan Bush

Available on the "Transformers: the Movie the Original Motion Picture Soundtrack" CD

Also available on iTunes

You've got the touch, you've got the power.
Yeah.

After all is said and done, you never walk,
you never run, you're a winner.
You got the moves, you know the streets,
break the rules, take the heat, you're nobody's fool.
You're at your best when the going gets rough,
You've been put to the test but it's never enough.

You got the the touch, you got the power.
When all hell's breaking loose,
you'll be right in the eye of the storm.
You got the heart, you got the motion.
You know that when things get too tough,
you got the touch.

You never bend, you never break, you seem to know
just what it takes. You're a fighter
It's in the blood, it's in the will, it's in the mighty
hands of steel. When you're standin your ground.
And you never *give in* when you're back's to the wall
gonna fight till the end and you're taking it all.

You got the touch, you got the power,
when all hell's breaking loose,
you'll be right in the eye of the storm.
You got the heart, you got the motion.
You know that when things get too tough, you got the touch.

You're fighting fire with fire.
You know you got the touch.

You're at your best when the going gets rough,
you've been put to the test but it's never enough.
You got the touch, you got the power.
Yeah.

Remember the Name (Clean Version)

By Fort Minor

Available on the "The Rising Tied" CD

Also available on iTunes

You ready? Lets go!

Yeah, for those of you who want to know what we're all about It's like this y'all (c'mon!)

This is ten percent luck, Twenty percent skill, Fifteen percent concentrated power of will,
Five percent pleasure, Fifty percent pain,
And a hundred percent reason to remember the name!

He doesn't need his name up in lights

He just wants to be heard whether it's the beat or the mic

He feels so unlike everybody else, alone

In spite of the fact that some people still think that they know him

But no He knows the code: It's not about the salary

It's about reality and making some noise Makin' a story Makin sure his clique stays up

That means when he puts it down, Tak's pickin it up! (Let's go!)

Who the hell is he anyway? He never really talks much

Never concerned with status but still leavin them star struck

Humbled through opportunities given despite the fact

That many mis judge him because he makes a livin from writin raps

Put it together himself, now the picture connects

Never askin for someone's help, and get some respect

He's only focused on what he wrote, his will is beyond reach

And now when it all unfolds, the skill of an artist

This is twenty percent skill Eighty percent ill

Be one hundred percent clear, 'cause Ryu is ill

Who would've thought that he'd be the one to set the west in flames

Then I heard him wreckin with The Crystal Method, "The Name Of The Game"

Came back dropped Megadef, took 'em to church

I like bleach man, Ryu had the stupidest verse

This dude is the truth, now everybody givin him guest spots

His stock's through the roof I heard him messin' with S-Dot!

They call him Ryu he's sick And he's spittin' fire and Mike

Got him out the dryer he's hot Found him in Fort Minor with Tak

What a nihilist porcupine He's a, he's a jerk

The type woman want to be with And rappers hope he get shot

Eight years in the makin' Patiently waitin to blow

Now the record with Shinoda's takin over the globe

He's got a partner in crime, his shit is equally dope

You wont believe the kind of stuff that comes out of this kid's throat

He's not your everyday on the block He knows how to work with what he's got

Makin his way to the top He often gets a comment on his name

People keep askin him, was it given at birth, Or does it stand for an acronym?

No. He's livin' proof, Got him rockin the booth

He'll get you buzzin quicker than a shot of vodka with juice (juice)

Him and his crew are known around as one of the best

Dedicated to what they do n give a hundred percent!

Forget Mike Nobody really knows how or why he works so hard

It seems like he's never got time Because he writes every note, and he writes every line

And I've seen him at work when that light goes on in his mind

It's like a design is written in his head every time Before he even touches a key or speaks in a rhyme

And those kids he runs with the kids that he signed?

Ridiculous, without even trying, how do they do it?!

Alive

By P.O.D.

Available on the "Satellite" CD

Also available on iTunes

Everyday is a new day
I'm thankful for every breath I take
I won't take it for granted (I won't take it for granted)
So I learn from my mistakes
It's beyond my control sometimes it's best to let go,
whatever happens in this lifetime
So I trust in love (So I trust in love)
You have given me peace of mind

I, I feel so alive
For the very first time
I can't deny you
I feel so alive
I, I feel so alive (so alive)
For the very first time(For the very first time)
And I think I can fly

Sunshine upon my face (Sunshine upon my face)
A new song for me to sing
Tell the world how I feel inside (tell the world how i feel inside)
Even though it might cost me everything
Now that I know this is beyond my control
'cause I could never turn my back away
Now that I see you (Now that I see you)
I can never look away

And now that I know you
I could never turn my back away
And now that I see you
I could never look away
And now that I know you
I could never turn my back away
And now that I see you
I believe no matter what they say