

# Front Range U Overview

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## What:

If you're interested in taking a next step in your discipleship and leadership at Front Range, this is your opportunity. Front Range U is a 2-step process for people who want an intensive growth experience. We accept interns and residents in the following ministry areas: **Community Groups, Guest Experience, Kids Ministry, Student Ministry, and Worship Ministry**. We break down the FRU program into 2 levels with varying degrees of commitment and responsibilities for each.

### Level 1: Discipleship & Leadership Focus (9 month commitment)

- If you're looking for a next step in your faith and want to deepen your foundation, this is the step for you. This level will go through 3 core discipleship courses, outlined below. These will be discussed weekly either in person with other FRU students, or with a virtual group, pending availability.
- The Leadership component is for those looking for training and experience in ministry leadership. This will take students through Front Range's Leadership Pathway training for members, leaders, and coaches. There will be specific training on competencies we believe will train you to lead in any area or ministry at our church.

If you would like to sign up for this level, [fill out the application here](#).

### Level 2: Vocation Focus (11 month commitment)

- If you feel called to vocational ministry and have received some level of training previously, this may be for you. Participants at this level will be considered Ministry Residents at Front Range and will be on staff while participating in and helping lead both previous levels.
- We believe that the training and experience at this level will help prepare you for vocational ministry, whether that is here at Front Range, or elsewhere. Ministry Residents work 25+ hours and are paid a minimal stipend to help with their cost of living. This stipend will not be enough to cover all expenses, so each ministry resident needs to have other plans to cover their expenses.

If you would like to sign up for this level, [fill out the application here](#).

Applicants must demonstrate strong leadership qualities, a track record of serving in a high-capacity volunteer role, and an eager willingness to learn and apply the different aspects of ministry being demonstrated throughout the term of the internship. Note: if you are not currently serving or leading in a community group and/or ministry serve team, Front Range U is most likely not your next step for development.

**When:** Level 1 participants will spend approximately 15 to 18 hours each week towards the internship (14 hours of actual time spent at the church). Level 2 (Residents) will have additional ministry hours depending on the department that will add up to 25-30 hours each week. Time spent each week will vary depending on the needs of the ministry, how long it takes to complete tasks and the desire of the participant. Here is a projected breakdown of the weekly time commitment for a level 1 participant:

- **3 hours** of internship meeting time each week (*Tuesdays from 1:00-4:00 at the Ministry Center*)
- **7 hours** serving at the weekend services
- **4 hours** of time serving in the assigned designated ministry (*this can include weekly ministry services, small groups, mentor meetings, team meetings, etc.*); and

- **1 to 3** hours of homework on your own time (*amount of time depends on the person; includes reading and project completion*).

## How:

- **Discipleship:** Rooted, Emotionally Healthy Spirituality, and Emotionally Healthy Relationships. Each of these courses include daily devotionals, readings, and weekly discussions in the group setting.
- **Leadership:** Our leadership focus will take participants through the first 3 levels of Front Range's Leadership Pathway, which includes these competencies: Personal Communication, Hospitality & Culture, Recruitment, Problem Solving, Caring for & Developing People, Communicating Culture & Values, Crucial Conversations, Facilitating Group Discussions, Creating & Achieving Goals, and Casting a Compelling Vision.
- **Training:** You will be given one on one coaching and development that has been created specifically for you. You will also have the opportunity to learn from other leaders and pastors in your field of study. One of the greatest ways to be trained is to be given chances to implement what you are learning. You will receive opportunities to lead at significant levels within the church. You will have chances to succeed or fail, all while growing and developing in your character and leadership.

Is FRU right for you? Do you want to...

- Gain practical hands-on experience working with a dynamic church staff team.
- Receive coaching and mentoring in ministry, spiritual development and leadership
- Gain experience leading while receiving feedback from leaders and peers to help you grow
- Learn about being part of a portable church that goes above and beyond to create an engaging Sunday service without letting our lack of a building be a barrier to creativity and technical excellence
- Experience ministry in one of the most unchurched parts of the country

If you want to apply for FRU, see the links above. If you have any questions, [email us here](#).