



Young
Adults

Y²AAM
Ministry Plan
2018-19

A Life of Offering:
Offering our Prayer
December 2018





EFFECTIVE CHRISTIAN MINISTRY

BUILDING FAITH TO MOVE **MOUNTAINS**

A new ministry course designed to help you:

1. **develop** a **vision** for ministry
2. **understand** the **challenges** to ministry
3. **implement** the **practices** of effective Christian ministry

EFFECTIVECHRISTIANMINISTRY.ORG

The Y²AM Ministry Plan 2018-19

A Life of Offering

Module 1: Preparing to Connect

September 2018: Offering our Talents
October 2018: Offering our Struggles
November 2018: Offering our Conflicts

Module 2: Connecting with God

December 2018: Offering our Prayer
January 2019: Offering our Story
February 2019: Offering our Sacrifice

Module 3: Living with Connection

March 2019: Offering our Gifts
April 2019: Offering the Gospel
May 2019: Offering our Lives

Welcome to the Y²AM Ministry Plan!

July 5, 2018

Dear Young Adult Leader,

Last summer, we launched the **Y²AM Ministry Plan** to help Church workers lead Christ-centered and Kingdom-oriented ministry.

And, glory to God, the feedback was incredible.

This year, we're proud to unveil a new and improved version of the **Y²AM Ministry Plan**, a tool to help communities and homes lead transformational ministry for the youth and young adults in their care.

We've created nine months of materials carefully designed for well-rounded, effective, and Kingdom-oriented ministry. Organized week-by-week and month-by-month, the **Y²AM Ministry Plan** gives you a comprehensive set of tools that will help you lead ministry designed, not simply for the head, but for the heart.

After all, Christians aren't simply informed: they are formed. They are transformed into people who live lives of constant offering to God.

And it's all laid out for you, from the first week of September 2018 through the last week of May 2019.

If you ever have any questions, please feel free to reach out to us at y2am@goarch.org. Please, let us know what you think: we're committed to creating a new **Y²AM Ministry Plan** every year and constantly refining and improving the materials we offer you.

In Christ,

Steven Christoforou
Director, Y²AM

Special Acknowledgment

The **Y²AM Ministry Plan** takes the very best ministry insights and sets them forth in a simple, concrete, easy-to-use resource that can offer ministry workers help today. It reflects the great work of our Team, a fantastic group of people who have done (and continue to do) amazing things for the Church.

I'm blessed to work with them; their fierce dedication and humble love of the Lord encourage me daily.

We couldn't have produced the **Y²AM Ministry Plan** without the hard work of Christian Gonzalez, Maria Pappas, and Christina Andresen who helped edit and review the sessions and offered invaluable feedback and suggestions. I'm also grateful to Kristina Wenger who generously took the lead in developing the Family Supplement and did outstanding work.

Yet I'd be remiss if I don't offer special thanks to Cassandra Garibaldi, Y²AM's Resources & Training Coordinator, for her unique contribution.

Cassandra continues to elevate this project. Not only has she been crafting the **Y²AM Ministry Plan** for almost a year, she faithfully collected and reviewed all the feedback we received from people across the Church. As a result, I think this year's version of the **Y²AM Ministry Plan** will be even better than last year's.

Her leadership and effort (not to mention the amazing final product) are an incredible testament to Y²AM's ministry vision and the incredible impact that committed, Christ-centered young adults can have on the Church.

How to Use the Y²AM Ministry Plan

The **Y²AM Ministry Plan** is a tool designed to help you lead great ministry. It's designed to eliminate the stress of finding or creating ministry resources, so you can be free to spend time with the young people in your care. So, as you flip through the **Y²AM Ministry Plan**:

Remember:

1. The **Y²AM Ministry Plan** may be more than you need. We offer week-by-week ministry guidance, but your group may not meet every week. In practice, you may need to skip some of the lesson plans we offer. That's ok: feel free to use the **Y²AM Ministry Plan** in the way that's best for you.
2. Calendar notes are suggestions, not requirements. While the **Y²AM Ministry Plan** is designed intentionally week-by-week and month-by-month, this may not fit your schedule perfectly. That's ok.
3. Anytime you have questions about how to use the **Y²AM Ministry Plan** you can always reach out to us. We're here to help.

Here's a bit more practical advice:

When working with small groups, it can be easy to let talkative people (leaders and students included) take over conversation. Small groups are also filled with people who process things in different ways: some may need more time and silence, some may need physical manipulation (writing, getting up, etc.).

Here are some tips that you can use to help your groups thrive in discussion:

Before each session:

1. It is important to read through each session before presenting the session to participants. Be confident in what you are presenting.
 2. Note time allotments and have in mind what you would like to accomplish with your group during the session.
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3. Before each session begins, *pass out paper and pens* to each participant. This can help participants process their thoughts and reactions.

During each session:

1. When asking questions, allow time for participants to reflect and write their answers down on the paper.
2. Read one of the main questions or Bible verses from the lesson and write it on a board. Give a few minutes to respond and then allow time for each participant to respond.
3. Try many different ways to engage conversation, and don't be afraid of silence; just because people aren't saying anything doesn't mean that they aren't thinking or responding.
4. Remember to listen before reacting.
5. If a question comes up and you are not sure of the answer, be honest and let participants know. Ask a priest and follow up with the participants. Be honest and true to yourself.
6. If you have a good discussion going on a topic, allow the conversation to flow. Don't feel like you have to ask every question or go through every activity in its entirety.

Remember:

1. These sessions are a time for participants to share their own hearts, thoughts and feelings. They have much to say and offer, so try your best to be an active listener.
2. The goal is for participants to speak and learn, not to force a lesson on them for the sake of getting through the paper outline.
3. You are on a journey with your participants, and everyone is on a journey of learning together.

Thanks for letting the **Y²AM Ministry Plan** help you lead incredible, Christ-centered ministry.



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A Life of Offering:
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LEARNING SESSION

DECEMBER 2018

Offering our Prayers

GOAL:

To learn about prayer

OBJECTIVE:

To identify one way you can offer your prayer to
God

ESTIMATED DURATION:

50 minutes

LEARNING SESSION: OFFERING OUR PRAYERS

SUPPLIES NEEDED:

1. projector (or laptop/tablet)
2. blank paper for each participant
3. pen for each participant
4. Article: *Why Should I Pray*
<http://ww1.antiochian.org/why-should-i-pray>

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

“Let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge His name.” And help us to, “not neglect to do good and to share what we have, for such sacrifices are pleasing to God.”

Amen.

(a passage from Hebrews 13:15-16)

LEARNING SESSION: OFFERING OUR PRAYERS

ICEBREAKER

5 minutes

Tell us your name and how many hours you spend on the phone every day.

Remember:

It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.

LEARNING SESSION: OFFERING OUR PRAYERS

ACTIVITY 1: WRITING

REFLECTION

10 minutes

Pass out pens and paper. Give participants the following prompt and have them write down their thoughts:

Take a moment and write down a time when it was hard to pray.

ACTIVITY 2: ARTICLE

10 minutes

Read the following article then ask the following questions, facilitating a discussion:

Article: Why Should I Pray

<http://ww1.antiochian.org/why-should-i-pray>

- What stood out to you in the article?
- What's one lesson you can take away from the article?
- Everyone pick and share a quote.

LEARNING SESSION:
OFFERING OUR PRAYERS

ACTIVITY 3: PRACTICAL APPLICATION AND TEACHING

10 minutes

Ask the following questions and facilitate a discussion:

- What is your reaction to the article?
- What makes it hard to pray?
- What does prayer offer you?
- What is the importance of praying?
- Do we fill most of our time with prayer or choose other things?
- When should we pray; are some times more necessary than others?

Remember:

You may have participants who are apprehensive to share their experiences. They may not want to share because they have never shared their personal thoughts/feelings, or they may think they are being prideful by sharing information about themselves. Encourage each participant to share something, even if it is short.

LEARNING SESSION:
OFFERING OUR PRAYERS

ACTIVITY 4: SCRIPTURE READING AND APPLICATION

10 minutes

Have leader(s) read the following verses:

**“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.”
2 Corinthians 9:7**

**“Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.”
Hebrews 13:15**

**“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God.”
Luke 6:12**

Ask the following questions and facilitate a discussion:

- How do you understand these verses?
- How do you understand these verses when talking about prayer?
- How are we called to pray?
- How can we offer our prayers to God?
- Where is your mountainside when you need to pray?

LEARNING SESSION: OFFERING OUR PRAYERS

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the room and (starting with the session leader) ask each participant to answer the following question:

- What is one way to offer your prayer in your daily life through what you learned in the session?

CLOSING PRAYER

Gather all the members around in a circle. Pray the Jesus Prayer around the circle. Introduce the prayer by saying it aloud to the group: “Lord Jesus Christ, Son of God, have mercy on me.” Have the group say this prayer aloud three times and then have each participant say the Jesus Prayer for the person to their right by using their name: “Lord Jesus Christ, Son of God have mercy on _____.”