



Young  
Adults

Y<sup>2</sup>AAM  
Ministry Plan  
2018-19

A Life of Offering:  
Offering our Sacrifice  
February 2019





# 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**

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# The Y<sup>2</sup>AM 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

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# Welcome to the Y<sup>2</sup>AM Ministry Plan!

July 5, 2018

Dear Young Adult Leader,

Last summer, we launched the **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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](mailto:y2am@goarch.org). Please, let us know what you think: we're committed to creating a new **Y<sup>2</sup>AM Ministry Plan** every year and constantly refining and improving the materials we offer you.

In Christ,

Steven Christoforou  
Director, Y<sup>2</sup>AM

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## Special Acknowledgment

The **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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, Y<sup>2</sup>AM's Resources & Training Coordinator, for her unique contribution.

Cassandra continues to elevate this project. Not only has she been crafting the **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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 Y<sup>2</sup>AM's ministry vision and the incredible impact that committed, Christ-centered young adults can have on the Church.

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## How to Use the Y<sup>2</sup>AM Ministry Plan

The **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM Ministry Plan**:

### **Remember:**

1. The **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM Ministry Plan** in the way that's best for you.
2. Calendar notes are suggestions, not requirements. While the **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM 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 **Y<sup>2</sup>AM Ministry Plan** help you lead incredible, Christ-centered ministry.



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# LEARNING SESSION

# FEBRUARY 2019

## Offering our Sacrifice

### GOAL:

To learn the components of sacrifice

### OBJECTIVE:

To identify one way to make an offering that can be transformed by God into something greater

### ESTIMATED DURATION:

50 minutes

LEARNING SESSION:  
OFFERING OUR SACRIFICE

## SUPPLIES NEEDED:

1. projector (or laptop/tablet)
2. blank paper for each participant
3. pen for each participant
4. Article: *The Sacrifice of Worship*  
[https://blogs.ancientfaith.com/  
glory2godforallthings/2017/05/30/the-sacrifice-  
of-worship/](https://blogs.ancientfaith.com/glory2godforallthings/2017/05/30/the-sacrifice-of-worship/)

## 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 SACRIFICE

# ICEBREAKER

*5 minutes*

Tell us your name and your most prized possession.

### **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 SACRIFICE

## ACTIVITY 1: WRITING REFLECTION

*10 minutes*

Pass out paper and pens. Read the following passage from St. Basil twice and have participants write down their thoughts:

“When someone steals another's clothes, we call them a thief. Should we not give the same name to one who could clothe the naked and does not? The bread in your cupboard belongs to the hungry; the coat unused in your closet belongs to the one who needs it; the shoes rotting in your closet belong to the one who has no shoes; the money which you hoard up belongs to the poor.”

LEARNING SESSION:  
OFFERING OUR SACRIFICE

## ACTIVITY 2: ARTICLE

*10 minutes*

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

<https://blogs.ancientfaith.com/glory2godforallthings/2017/05/30/the-sacrifice-of-worship/>

- 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.

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## ACTIVITY 3: PRACTICAL APPLICATION AND TEACHING

*10 minutes*

Ask the following questions and facilitate a discussion:

- What is your reaction to this article?
- What is the connection between sacrifice and worship?
  - “In the grammar of Orthodoxy, and in the grammar of Scripture, worship has a different definition. Worship may be defined as the offering of a sacrifice to a Deity.”
- In what ways can our sacrifices more emulate Christ’s sacrifice?
- How can sacrifice bring people together?
- How can we bring sacrifice more into our social lives, our spiritual lives and our academic lives?

### **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 SACRIFICE

## ACTIVITY 4: SCRIPTURE READING AND APPLICATION

*10 minutes*

Have leader(s) read the following verses:

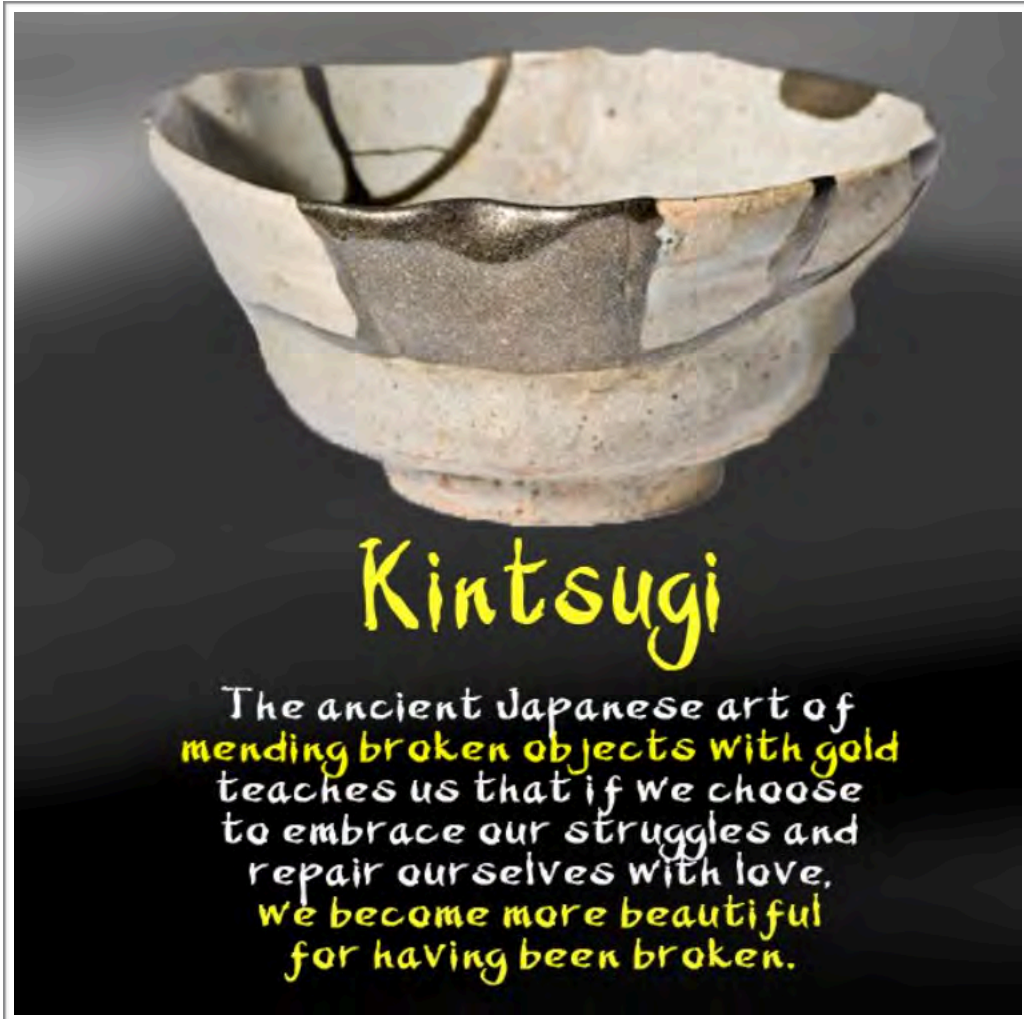
**“You shall give to him freely, and your heart shall not be grudging when you give to him, because for this the Lord your God will bless you in all your work and in all that you undertake.” Deuteronomy 15:10**

**“For thou hast no delight in sacrifice; were I to give a burnt offering, thou wouldst not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise.” Psalm 50 (51): 16-17**

Ask the following questions and facilitate a discussion:

- How are we called to sacrifice and what is the point?
- How do you understand this verse when talking about sacrifice, and God’s role in transforming our suffering?
- What does it mean to sacrifice freely?
- What does a broken spirit look like?
- How can brokenness be a source of beauty?

## LEARNING SESSION: OFFERING OUR SACRIFICE



### Kintsugi

The ancient Japanese art of mending broken objects with gold teaches us that if we choose to embrace our struggles and repair ourselves with love, we become more beautiful for having been broken.



## LEARNING SESSION: OFFERING OUR SACRIFICE

### 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 our sacrifice for others to the glory of God through what you learned in the session?

### CLOSING PRAYER

*“O Lord, I know not what to ask of You. You alone know what are my true needs. You love me more than I myself know how to love. Help me to see my real needs which are concealed from me. I dare not ask either a cross of consolation. I can only wait on You. My heart is open to You. Visit and help me, for your great mercy ‘s sake. Strike me and heal me, cast me down and raise me up. I worship in silence Your holy will and Your inscrutable ways. I offer myself as a sacrifice to You. I put all my trust in You. I have no other desire then to fulfill Your will. Teach me how to pray. Pray You Yourself in me.”*

*Amen.*

*(prayer from Metropolitan Philaret)*