



HOPE MINISTRY

TRAINING HANDBOOK

INTRODUCTION TO YOUNG LIFE HOPE MINISTRY

What is Young Life HOPE?

Young Life Hope is a special initiative under Young Life Africa focused on reaching adolescents aged 13 –18 who are battling cancer and other terminal illnesses. A terminal illness is a condition that cannot be cured and is expected to lead to death. It is often referred to as a life-limiting illness.

Our Vision

For every teenager in Africa to get an opportunity to know Jesus and grow in faith.



Our Mission

To introduce terminally ill adolescents to Christ and help them grow in their faith, finding hope in Him during their time of suffering.

TOPIC 2: ACTIVITIES OF HOPE MINISTRY AND ROLES OF A HOPE LEADER

Activities of Hope Ministry

1. **P**ray for teens with cancer and other terminal illnesses.
2. **R**each out to them in their hangouts and build relationships with them.
3. **O**rganize and lead weekly clubs that bring LIGHT and give them HOPE.
4. **C**onduct discipleship sessions that CURE them psychologically.
5. **L**ead them to know Christ and find hope in Him during times of suffering.
6. **A**ctively involve adult prayer partners to pray for the teenagers with cancer and other terminal illnesses.
7. **I**nvoke and take teenagers with cancer and other terminal illness to camp when those opportunities are available.
8. **M**ap out areas where teenagers with cancer and other terminal illnesses can be found.

PROCLAIM

*The Spirit of the Lord is upon me, because he has
anointed me to proclaim good news to the poor.
He has sent me to proclaim liberty to the captives
and recovering of sight to the blind,
to set at liberty those who are oppressed-
Luke 4:18 (NIV)*

Roles of a Young Life Hope Ministry Leader

1. **H**ang out with teens who have cancer or other terminal illnesses in their places.
 - a. Homes
 - b. Hospitals
 - c. Other institutions that care for these teenagers.
2. **E**ngage in organizing and leading clubs for Hope teenagers at least twice a month.
3. **A**ctively lead discipleship sessions.
4. **L**ead teenagers at camp whenever camps are organized. Be aware of their needs and ensure that they attend the right camp for them. These can be camps for able-bodied students if they have the capacity or special camps specifically organized to meet their needs.

HEAL



TOPIC 3: CONTACT WORK

Scripture: Luke 17:11-16, Luke 19:10

On the way to Jerusalem, he was passing along between Samaria and Galilee. And as he entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices, saying, "Jesus, Master, have mercy on us." When he saw them he said to them, "Go and show yourselves to the priests." And as they went they were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus' feet, giving him thanks. Now he was a Samaritan

"For the Son of Man came to seek and to save the lost."

What is Contact Work?

Contact work is where a Young Life Hope leader goes where teenagers with cancer and other terminal illness are found in order to win the right to be heard. The goal is to build an on- going friendship aimed at declaring the gospel.



Where to do Contact Work for HOPE Ministry:

1. **H**ospitals
2. **A**t their home
3. **N**etworking/caring support centers or institutions
4. **G**roup therapy centers
5. **O**utreach days in the neighborhoods, villages, etc.
6. **U**ndisclosed areas like homes, etc.
7. **T**ime and days of clinics at the hospitals

HANGOUT

Five Steps of Contact Work

1. **S**tart up interactions (come up with a way to initiate conversation.)
2. **H**igh and lows (sharing what has been encouraging since your last meeting.)
3. **A**ttend to the highs and lows (share something based on what he/she has shared.)
4. **R**aise hope conversations (share something that will raise hope for the teenagers.)
5. **E**nable prayer requests (invite the teenager to share their prayer request.)

SHARE

HOPE MINISTRY CLUB

TOPIC 4: ORGANISING AND LEADING A CLUB

Steps of a Young Life Hope Club:

- Lively fun music
- Interesting easy fun activities and games
- Guiding mind slow music. This should guide their mind toward listening to the Word.
- Hope gospel message.
- Time for one-on-one with a teenager.

LIGHT

Guidelines for one-on-one with a teenager

1. **S**tory encouragement
 - Question: What was encouraging in the story shared?
2. **A**void
 - Question: What is the message inviting you to avoid?
3. **V**alues
 - Question: What have you learned about the value of life?
4. **E**nable prayer
 - Question: How can I be praying for you?

SAVE

TOPIC 4: MESSAGE PRESENTATION

Scripture: Romans 10:14 -15

"How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?"

Guided by the above scripture text, we should prepare a message that is able to calm their anxieties and worries.

Steps of message presentation;

1. Catch attention of the adolescents through illustration
2. Read a scripture text on anxiety/worry -
 - On the above, ask yourself how will the scripture help in calming their anxieties/worries
3. Lead them to understand how Jesus calms their anxiety and worries in life
 - Preach/share on this step
 - Preach a message that encourages them to follow Jesus
 - The message should last between 5 – 8 minutes considering the health of the adolescents.
4. Share motivational calming quotes related to the scripture text.
 - In this step, you could ask them to repeat and memorize certain quotes, this is more like giving them a coping technique, where they can speak the quote whenever they are anxious or worried.
 - The quote above will sum up as the day's takeaway.

Point to Note: *Let your points during message always point to Jesus and not to self.*

TOPIC 5: DISCIPLESHIP

Understand the nature of terminally ill people

- 1.They are often in denial. We need to gently guide them toward acceptance and understanding.
- 2.They feel neglected by others . We must consistently show them love and acceptance for who they truly are.
- 3.They are highly emotional. We need to remain strong and composed, providing stability and support.
- 4.They often feel discouraged. We should demonstrate boldness and courage while encouraging and uplifting them.
- 5.They may become easily angered.
- 6.We need to respond with patience, offering unconditional love and understanding.



Steps of Hope Discipleship

1. **C**atch up sharing

- Catch up on what happened the previous week — highs and lows.
- Question: How are they feeling?

2. **U**nderstanding how the last session helped

- Question: How did the last session help you live in hope?

3. **R**eading the day's scripture topic text—a scripture text that shows them of Christ providing hope.

- A scripture text that shows them Christ providing hope
- DBS guided by “LIVE” as follows
 - Like (What do you like most in the scripture?)
 - Impossible and challenging (What is so challenging and impossible to live in this text and why)
 - Values of hope (which value of hope do you learn from this text?)
 - Engaging activity (Which actions of hope are you going to do this week to live according to this text?)

4. **E**mpowering input from the leader on how to live in HOPE according to the scripture.

- Leader to prepare input points on the scripture shared.

CURE



TOPIC 6: STRATEGIES OF DEVELOPING YOUNG LIFE HOPE

5 STEPS OF DEVELOPING YOUNG LIFE HOPE

STEP 1: Identify at least two leaders in each club, one male and one female. To be able to identify, you need to;

- Pray about it
- Consult the Area Director.
 - The area director should help you identify 3 clubs to start with: like in the principle of Acts 1:8 — Jerusalem, Judea, and Samaria.

STEP 2: Develop/train the identified leaders

- Between 4 – 6 weeks of training

Below are the Key sessions and topics of training

a) Session 1:

- What is Young Life Hope
- Mission and Vision of the ministry
- Objectives of the ministry
- Targets of the ministry
- Characteristics of a Hope leader



b) Session 2:

Contact work — How to do contact work, where to do contact work, and the steps of contact work.

"But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." - Acts 1:8.

****Key sessions and topics of training cont.***

- c) Session 3: Steps of leading a Hope Club
- d) Session 4: The activities/games played in a hope club (Creativity)
- e) Session 5: How to prepare and present the message
- f) Session 6: Discipleship/Campaigner's sessions
- g) Session 7: How to build relationships with parents of Hope teenagers
- h) Sessions 8,9 & 10: Understanding the Psychology of Hope Teenagers

****Steps of developing Hope ministry cont.***

STEP 3: Enable the trained leaders to start doing ministry

STEP 4: Acts of supervision

STEP 5: Leadership recruitment for another 3 clubs

"Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness." -

Romans 12:6-8

Roles of a Young Life Hope Ministry coordinator

1. **D**esign innovative ways of leading ongoing trainings and understanding adolescents with terminal illnesses.
2. **E**stablish your own club for these adolescents.
3. **V**ision and develop a Hope leader in each club.
4. **E**mpower and train the identified leader of each club.
5. **L**ead your own club effectively to be a flagship club.
6. **O**rganize camps for Hope teenagers at appropriate times in consultation with area directors and regional directors.
7. **P**lan and lead Hope ministry leaders monthly meetings in consultation with area directors and regional directors.

DEVELOP Ministry



TOPIC 7 -Modality of implemention of Hope Ministry

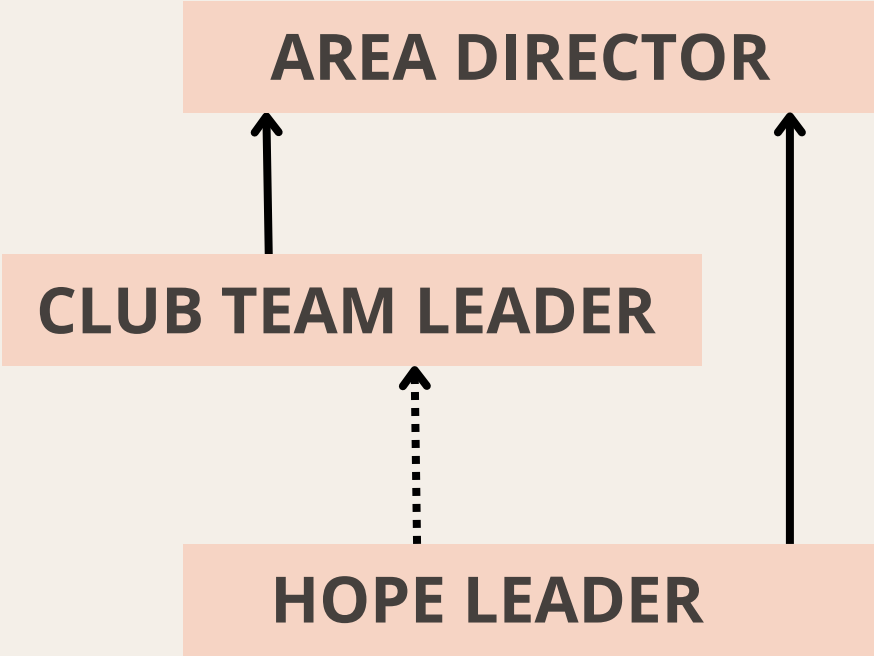
Young Life Hope modality is SEEKING - Luke 19:10

Search for teenagers with cancer and other terminal illnesses in the community and institutions around you.



Note: *Each club is to have at least two leaders (male and female) who concentrate on Young Life Hope but are also involved in the other Young Life ministry clubs.*

SUPERVISION STRUCTURE



Monthly Hope ministry leaders diary

WEEK	ACTIVITY
Week 1	Identify hangouts and doing contact work
Week 2	Lead clubs
Week 3	Do discipleship/ campaigner sessions
Week 4	Identify hangouts and do contact work Leaders meetings/ development Prayer sessions to pray for the teenagers

TOPIC 8 - Best Practices for Serving Teenagers with Cancer and Other Terminal Illnesses

Support is Crucial

- **Avoid pity:** Their family still treasures their presence.
- **Be present:** Engage meaningfully with thoughtful questions and genuine interest.

Types of Questions to Ask

- What is your hope? What brings you hope?
 - Connect with their deep desires and beliefs.
- What brings you comfort?
 - Understand what has helped them so far.
- What brings you peace?
 - Identify what makes them feel at ease.
- What has been the hardest part of this journey?
 - Acknowledge their struggles and offer support.

Lighthearted Distractions

- **Art Therapy:** Engage in creative activities like clay bead kits or bracelet-making.
- **Entertainment:** Provide games, music, or movies to offer lighthearted distraction.
- **Balance:** Mix emotional support with moments of fun.

Things to Avoid

- **Don't disappear:** Follow through on your commitment to support.
- **Respect their space:** Always check before visiting, and don't overstay your welcome.
- **Don't give unsolicited medical advice:** Share input only if asked.
- **Avoid insensitive comments:** Instead of saying, "God won't give you more than you can handle," offer reassurance that God sees and loves them.
- **No balloons:** Some may be allergic.

Best Practices for Serving Teenagers with Cancer and Other Terminal Illnesses

Key Support Strategies

1. Extended Family and Friends

- Support both the teen and family by building long-term relationships.

2. Be an Active Listener

- Let them share their story; ask if you don't understand medical terms.

3. Bring Fresh Food

- Provide nutritious, well-prepared meals, especially for immunocompromised patients.

4. Thoughtful Gifts

- Bring favorite snacks, and comfy items like socks or blankets, and personalize with a "favorites list."

5. Offer Practical Help whenever it's needed.

6. Consistency Matters

- Regular presence is key to showing care over the long term.

7. Health Precautions

- Don't visit if sick; check with the family before visiting. Always bring a mask and ask if it is needed.

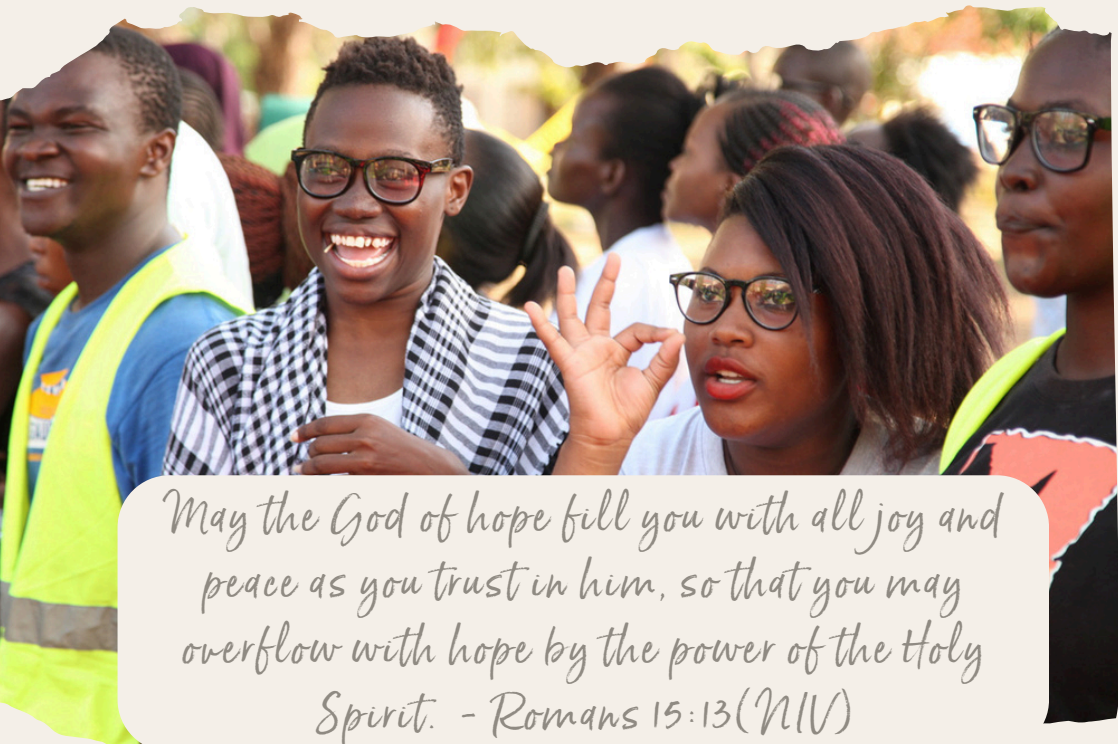
8. Help with Housekeeping

- Offer to clean and disinfect their environment.

*"but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."
- Isaiah 40:31 (NIV)*

Personal notes





May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Romans 15:13(NIV)