

THANK YOU!

Thanks for signing up to the Choose to Lose Challenge. This mini guide will give you everything you need to lose what you love for anything from 12 hours to a few weeks!

Remember, the Choose to Lose Challenge is a **sponsored challenge to go without something you love** for a day, two days or longer. That could be chocolate, your bed, Instagram, Netflix, fast food, football (both watching and playing), gaming, music or whatever else is your thing. **It's a chance to raise money, prayer and awareness for Christians who have given up everything to follow Jesus.**

WHY?

Millions of Christians around the world have lost things they dearly love because of their faith in Jesus. Some have lost family, home, friends, safety and freedom. Many are threatened, beaten, arrested and tortured. Some are even killed for their faith.

By getting sponsored to lose what you love, you'll stand alongside your persecuted church family, raising money and prayer for those who have lost everything because of their choice to follow Jesus. Want to know more? **Check out the stories in our little Choose to Lose Challenge Reflections booklet we've sent you with this guide.**

WHEN?

Find out the Choose to Lose Challenge launch weekend dates at opendoorsyouth.org/choosetolose - but don't worry if you've missed it, you can do the challenge whenever you like. We're suggesting giving up something for 48 hours, but depending on what it is, you may want to go longer or shorter (e.g. giving up chocolate: two weeks; giving up all your screens: 24 hours) - the choice is yours.

CONNECT

Choosing to lose something you love might seem pretty daunting, but don't freak out just yet. This is about sacrifice - giving up something important to help you stand with your persecuted church family. Along with this

mini guide, we've sent you a little booklet of stories and reflections to help you understand and connect with the reality facing your persecuted family. When you feel tempted to end the challenge, the stories will help remind you why you've temporarily chosen to lose what you love, so make sure you read them!

WORRIED ABOUT RAISING MONEY?

Don't panic: on the following pages are some easy steps to help you get started, plus some top alternatives if you don't want to get sponsored. There are a bunch more resources and downloads (including stuff to help groups and youth leaders join the challenge) at opendoorsyouth.org/choosetolosepack

GET PREPPED

By getting this special guide, you've already committed to give up something you love for those who have given everything because of their love for Jesus. So here's what to do next...

NOW...

Fill out the info on the other side of this guide as a reminder of what you're doing and why.

Challenge three friends using the social media graphic we emailed you (or you can download at opendoorsyouth.org/choosetolosepack). Edit and post it on your profiles and tag three friends to do the Choose to Lose Challenge - you could give them one of your Choose to Lose stickers!

Start getting sponsors and tell people what you are doing. Set up a sponsorship page by heading to the Just Giving links at opendoorsyouth.org/choosetolosepack and use the images and videos to promote what you're doing.

TWO WEEKS BEFORE...

Get a slot in your church service, youth group or small group to share about your Choose to Lose Challenge. Use the promo materials you can download at opendoorsyouth.org/choosetolosepack to help you explain what you're doing. Ask people to sponsor you, and join you too!

Continue getting sponsors. Send emails, post on your social profiles and text mates/family.

Look through the *How to raise money* panel of this guide. Could you plan any other fundraising events during your Choose to Lose Challenge?



Manga* from Nigeria lost his dad in a terrible attack on his family home. He almost lost his own life too. He was knifed, but somehow survived. He carries the scars of the attack with him, but despite all he has lost he has held onto his faith. He paraphrases a passage from James in the Bible saying 'with the hatred of what these people did, count it all joy.' Read his story in the guide we've sent you to help you reflect and connect with God during the challenge.



BEFORE...

Get a copy of *God's Smuggler* by Brother Andrew to read and inspire you during your challenge. Someone in your church might have a copy, or order a free one at opendoorsyouth.org/gs

Do a final ask for sponsorship! Put a link on your social profiles to your JustGiving page!

THE DAY BEFORE...

Check out the downloadable resources. Head to opendoorsyouth.org/choosetolosepack to find them; some might be helpful for you to use during the challenge (there's stuff here for youth leaders too).

WHAT YOU COULD HELP MAKE HAPPEN

The Choose to Lose Challenge is about getting sponsored to give up something you love. That means you'll raise money to help Christians who have lost everything because of their faith in Jesus. So, set yourself a fundraising target and see what you could help to make happen:



Every £30 could SEND A YOUNG CHRISTIAN FROM NORTH AFRICA AT RISK OF PERSECUTION TO A YOUTH CAMP helping them to connect with God's Word, grow in faith and find support and friendship with other young Christians.

Every £60 could PROVIDE SCHOOL FEES FOR A YOUNG PERSON FROM NIGERIA WHOSE FATHER HAS BEEN KILLED for his Christian faith.

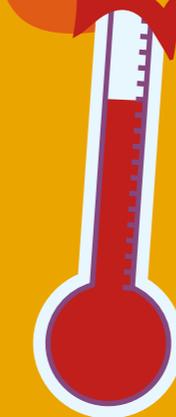
Every £160 could PROVIDE 20 YOUNG PEOPLE FROM CENTRAL ASIA WITH A BIBLE in their own language.

Every £420 could PROVIDE SIX MONTHS OF PROTECTION, CARE AND EDUCATION FOR A YOUNG CHRISTIAN IN COLOMBIA at risk of abduction or threats from armed groups.

HOW TO RAISE MONEY DURING THE CHALLENGE

The easiest way to raise money is through sponsorship - just set up a fundraising page using the JustGiving links at opendoorsyouth.org/choosetolosepack and you can send out alerts to friends and family, plus get sponsored without having to handle all the cash. But if you're not keen on asking people to sponsor you, why not try raising money during your challenge with some of these Choose to Lose fundraising ideas?

- 1 Lose out so others can win!** If you've given up coffee, Netflix, chocolate or Spotify for a short time, why not donate the money you would have spent on that thing to Open Doors?
- 2 Lose what you love sale!** Organise a sale of your pre-loved stuff - clothes, completed video games, toys and books would be perfect. Donate the money you raise to Open Doors!
- 3 Use what you love!** Love baking? Could you make a bunch of treats and sell them after church or to friends and family on social media to raise extra funds? (No eating the treats, though, if you've chosen to give up treats!)



*Name changed for security reasons

MY CHOOSE TO LOSE PLAN

Fill in these details, following the purple arrows, to help you plan your Choose to Lose Challenge.

RAISING MONEY WILL HELP PEOPLE LIKE...

TICK WHEN YOU'VE READ THEIR STORIES IN THE LITTLE GUIDE WE'VE SENT YOU...

- CASER AND MHEA WHO LOST THEIR HOME
- MANGA, WHO LOST A LOVED ONE
- RACHEL, WHO LOST HER FREEDOM
- AKIM AND HIS SISTERS WHO LOST FAMILY AND COMMUNITY

HELLO. I'M...

NAME

I AM CHOOSING TO LOSE

WHAT ARE YOU LOSING?

TO SUPPORT THOSE WHO HAVE LOST EVERYTHING FOR THEIR LOVE FOR JESUS

I WILL BE DOING THIS ON

ADD DATE(S)

FOR

ADD HOURS/DAYS

HOURS / DAYS

I'M AIMING TO RAISE...

ADD TARGET

THAT MONEY COULD HELP...

I WILL ASK THESE FRIENDS TO JOIN THE CHOOSE TO LOSE CHALLENGE WITH ME...

SEND A YOUNG CHRISTIAN FROM NORTH AFRICA AT RISK OF PERSECUTION TO A YOUTH CAMP.

SUPPLY YOUNG PEOPLE FROM CENTRAL ASIA WITH A BIBLE IN THEIR OWN LANGUAGE.

PROVIDE SIX MONTHS OF PROTECTION, CARE AND EDUCATION FOR A YOUNG CHRISTIAN IN COLOMBIA AT RISK OF ABDUCTION OR THREATS FROM ARMED GROUPS.

OpenDoors YOUTH

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opendoorsyouthuk /opendoorsyouth

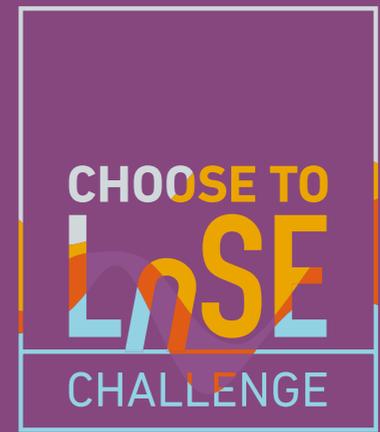
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AFTER THE CHALLENGE

REFLECT
Use the pages at the back of the Reflections booklet we sent you to help you reflect on the impact of your Choose to Lose Challenge.

COLLECT SPONSORSHIP
Collect your sponsorship money. Don't leave it too long, and make sure you thank the people who supported you. You might even get a chance to explain what you did in your church or at your small group / youth group!

TELL US
We'd love to know what you did, what you learnt and hear your feedback, too. Plus, you'll need to send us the money you raised. If you used JustGiving.com to raise money, we will get the funds automatically, but do email us at youth@opendoorsuk.org to let us know how everything went. You can also send in funds using the donation form at opendoorsyouth.org/choosetolose or you can post us a cheque (payable to Open Doors UK + I).



Choose to lose something you love to raise money and prayer for Christians who have lost everything because of their faith in Jesus

PLANNING GUIDE

OpenDoors YOUTH