

Sharing your Challenges experience

Are you just about to go on an overseas adventure like a Muskathlon, or maybe you've just returned? Perhaps you've conquered a local race. Whichever it is, your story of overcoming a personal challenge to support children in poverty is a powerful testimony to share.

We've put together some helpful tips to guide you as you develop your story and encourage others to take action.

BEFORE YOUR EVENT

As you prepare for your challenge, bring your friends and family on your journey by sharing the ups and downs of your training.

- **Share videos on social media** about your training and how tough it is, perhaps try a Facebook live video! Showing how much effort you're putting in will inspire those around you.
- **Set up a fundraising page** with a clear target.

- **Make it personal** – talk about why you're taking on this challenge and how people can support you.

ON THE DAY

The big day has finally arrived! Capture the buzz around your challenge by sharing about the experience on social media. Perhaps get someone to help by taking photos of you and uploading them to a Facebook album.

Live videos and tweets are also useful for maximising impact. Ask your friends ahead of time to help by sharing your posts to reach as many people as possible. Don't forget to tag Compassion UK in your amazing efforts!

   @compassionuk

[Watch Jenna as she filmed herself running a Muskathlon in Kenya for her audience back home: youtube.com/compassionuk.org/shareyourstory](#)

AFTER YOUR EVENT

Your efforts have been life-changing for children in poverty and now is the perfect time to keep going. Most of our fundraisers find approximately 20% of donations come in after the event so

continue to share your story. Whether it's on social media, in your small group, at your church or even in your local newspaper, you never know what effect your story might have.

LOCAL CHALLENGES

Congratulations for completing your challenge in your community! Here are some tips to help shape your story:

- **Know your why.** Reflect on why you decided to take on your challenge in the first place. Your audience will be keen to know why you chose to sacrifice your time, strength and talents to help a child in poverty.
- **Get visual.** Share any videos or photos of your challenge to bring your experience to life.
- **Don't be afraid of emotion.** We know how hard it can be towards the end to keep putting one foot in front of the other, to keep cycling, to keep doing whatever you challenged yourself to do. Describe how you felt during those moments and your exhilaration as you finished your challenge.
- **Invite others.** Encourage people to move out of their comfort zone and take on a challenge for Compassion. There's

nothing like the achievement of surpassing what you thought you could do.

OVERSEAS CHALLENGES

Welcome back! We hope you had a memorable and insightful time, exploring the culture and beauty of the country you visited and witnessing the work of Compassion first-hand.

If you visited a Compassion project or were fortunate enough to have met your sponsored child, you'll have seen the difference that sponsorship makes. You're now in a unique position to share your experience, so here are some steps to follow:

- **Reflect!** Compassion Challenge trips often involve long days with overwhelming experiences and physical exertion. Take some time to process what you saw and the impact it had on you. Perhaps re-read any notes in your handbook journal to jog your memory.
- **Bring your story to life.** Show photos or videos about where you visited, what you did and any people you met, including your sponsored child if you had met them. Use a map to show where you travelled.

- **Be selective.** You may have met lots of different people with many stories. The temptation is to tell everything you heard, but this is too much information for your audience. Take some time to think who really inspired you and which stories impacted you the most.
- **Show and tell.** Souvenirs and items you purchased or were given during your visit can be a fascinating way to 'take people with you' as you relive your experience.
- **Personal experience.** Your friends want to hear what was unique about your trip. Be yourself and write down quirky facts, unusual events or even the mundane to bring personality to your story. For example the Kenya 2018 Muskathlon had a delayed start due to hippos being on the route!

USE THIS STORY TEMPLATE TO HELP SHAPE THE STORY OF YOUR OVERSEAS ADVENTURE:

Introduction: Today I'm going to talk about a life-changing experience I had in *[country]*. I wanted to do something which made a real difference in the lives of children in extreme poverty and decided to challenge myself to do something outside my comfort zone. So I chose to *[name of challenge]* for Compassion UK, which involved *[description of challenge]*.

The reality of poverty: Before I took on *[name of challenge]*, I had the opportunity to visit some of the families and communities which Compassion works

with alongside the local church. What really impacted me was... *[Share a few factors that made you register the reality of poverty.]*

An emotional moment: I want to share with you a moment that stays with me even now. *[Share a memory which moved you or broke your heart.]*

The Compassion difference: Although the children I met live in extreme poverty, I saw the difference sponsorship has made so far in their lives. *[Share what benefits you could see.]* This has given me hope that ending extreme poverty is possible.

My challenge: *[Share about your experience of doing your challenge/ This is also a great time to share photos or videos from your trip.]*

CHALLENGE YOUR AUDIENCE

[choose one option]:

Sponsorship ask: After what I've seen, I can't keep quiet about the injustice of poverty. There is something very practical that we can all do to fight this injustice. I have with me today several children like *[child's name]* who are looking for a sponsor.

These are all real children with their own unique stories. Each child needs a sponsor who believes in them and is willing to pray for them. I discovered first-hand that sponsoring a child is so much more than

meeting physical needs, it's also about telling a child they are valued and loved by God.

As well as education, nutritious food and medical check-ups, a Compassion-sponsored child receives health and hygiene training, vocational skills training such as carpentry and mentoring to help them discover their God-given potential.

Will you join me and change a child's story? Sponsor today and change not just a child's life but yours as well.

Compassion Challenges Ask: After what I've seen, I can't keep quiet about the injustice of poverty and I want to encourage you to join me in putting our faith in action. There is something very practical that we can all do to fight this injustice.

By taking on a challenge for Compassion, you can make a real difference in the lives of children in extreme poverty. Whether you go on an overseas adventure or complete a local race, you can step out of the ordinary and change lives.

You are capable of so much more than you realise. Push yourself outside your comfort zone and sign up to a Compassion challenge today. It's really easy to sign up; simply see me after the service at *[location]* and I'll take you through the process.

Thank you.

THANK YOU FROM EVERYONE AT COMPASSION

By taking up a challenge, you have done something truly amazing. We can't thank you enough for your support of the work of Compassion and we hope you've been blessed by the experience as much as you have blessed others.

As you reflect on your experience, be encouraged by Hebrews 12: 1-3:

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart."