



Frequently Asked
Questions and Answers

FOREWORD

The Glorious Hope Ministry has been a blessing to many people with deep personal struggles and has helped them get back on their feet and move on in their life's journey. Many people have testified about their transformed lives and restored broken relationships.

It is my prayer that many more people will draw closer to God through this ministry and that its leaders will remain faithful and committed to Jesus Christ. It is also my prayer that this booklet will encourage more people to know about Glorious Hope and be involved in it.

All glory to our gracious God who allows us to partner with Him in His work!

Peter Tan-Chi
Senior Pastor
Christ's Commission Fellowship

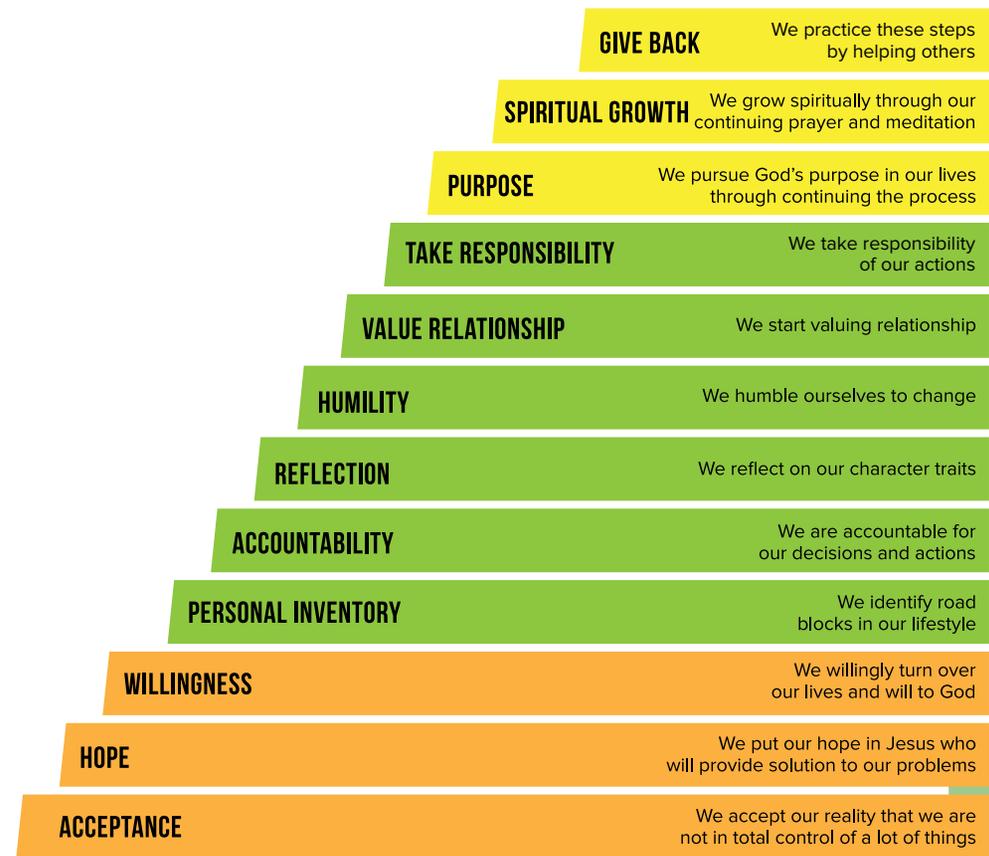


The BIG Picture

WHAT IS GLORIOUS HOPE?

Glorious Hope is a program that equips individuals to address personal life issues and more. The systematic process helps them identify and resolve issues that are manifestations of deep-seated hurts as a result of their family dynamics.

As a way of surviving over the years, people have adopted certain coping mechanisms that have formed and shaped their behavior and attitude.



12 STEP

RECOVERY PROGRAM



Recovery is for everybody...

HOW DID GLORIOUS HOPE START?

The ministry began in 1998 as Turning Point, out of the deep need of drug dependents and alcoholics to recover and deal with addiction and similar problems faced by their loved ones. It became known as Precious Hope in 1999, and then Glorious Hope in 2005.

The program serves as a psychosocial spiritual support group for those facing problems such as low self-esteem, anger, insecurities, depression, and sexual identity; different types of addiction in substance, gambling, work, food, sex, media, and pornography; and relationship issues relating to sex, family, and marriage.

Through the years, the Glorious Hope team modified the program structure and content—which is based on the 12-Steps program together with various research and best practices, Bible study lessons, and participants' own personal experiences—to fit the Filipino culture.



WHO ARE INVOLVED IN GLORIOUS HOPE?

A Glorious Hope life coach leads and facilitates a small group of participants. The life coach has completed the program and is trained and equipped to help manage common life problems by comforting, coaching, mediating, and mentoring others.

Several teams comprise the Glorious Hope ministry. All team members have completed the Glorious Hope program.

A dedicated training team handles all training needs. The team attends training seminars conducted by professional psychologists, psychiatrists, and life coaches to keep them updated with practices and know-how.

Anyone who has gone through the program is prepared to coach others, using the program. In fact, coaching others subsequently becomes part of their therapy.

WHO CAN JOIN GLORIOUS HOPE?

Glorious Hope is open to anyone who wants to learn and be equipped to address personal life issues and more.

WHO WILL BENEFIT FROM GLORIOUS HOPE?

Individuals—especially those trapped in or in bondage to their destructive past, recurring behavior, and character formation problems—learn to understand themselves and are equipped with life skills to deal with various life challenges.

Families learn and are equipped to respond properly to marital conflict, rebellious or delinquent children, and emotional detachment from one another.

Leaders, such as professionals, pastors, and full-time church workers, are equipped with life coaching and mentoring skills.

WHAT CAN WE LEARN FROM THE GLORIOUS HOPE PROGRAM?

Glorious Hope coaches and equips individuals, and their families, who play a part in forming character and personality, to pass on life skills, which help deal with various problems that influence thoughts and trigger negative behavior.

The program follows a systematic and progressive approach. Recovery is not achieved in one run. The program is a continuing journey, which one adopts as a lifestyle.

The 12 Steps are basic—they are simple and practical in application, and are progressive—and are built upon each other. They are stated in principles—statements of truth. They need to be continuously worked on in the face of daily life problems. For this reason, nobody graduates from the program. The 12 Steps make major life change possible. It is not the steps that change a person's life; it is God—if we keep working on the steps.



WHAT ACTIVITIES CAN WE EXPECT EVERY WEEK?

A Glorious Hope life coach meets with his or her assigned group every week for a step-study session. Sometime during the week, before the meeting, participants reflect on the questions in the workbook on their own and write their answers on the workbook. These assignments focus on their past and ongoing interactions within their families, and the choices they made in response to situations or circumstances in their family, social life, and work. The assignments are carefully designed exercises that explore the participant's personal life in a nonconfrontational manner and progressively unravel the deep-seated core issues that have formed his or her character and personality and influenced his or her behavior.

During a step study, the life coach helps members (i) identify and explore their feelings, thoughts, and experiences about their issues as these relate to the particular lesson or step; and (ii) take steps toward resolving issues within the program guidelines.

A large meeting is held weekly and is open to all. The meeting usually begins with worship, followed by one or two testimonies from former participants, and a lecture on the lesson for the upcoming week.

WHAT MATERIALS ARE USED IN GLORIOUS HOPE?

The Glorious Hope program consists of 12 steps, which are divided into 17 lessons and packaged in three workbooks.

Participant's Workbook 1 (Theme: Relationship with God)

deals with the shedding of the old self—signified by its orange color. This part of the program helps participants to acknowledge that they are not god and that there is a God who is powerful yet loving and compassionate, who wants to heal them. This workbook needs to be accomplished first to prepare them for making a personal inventory in the second part of the program.

Participant's Workbook 2 (Theme: Relationship with Others)

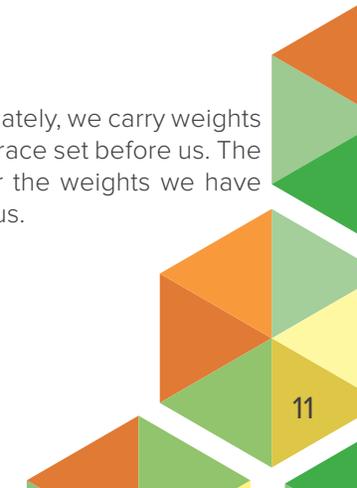
deals with their growth, which explains its green color. The shedding of the old self will allow the new self to grow. Growing involves discovering the truth hidden in them, the resentments they still keep, the distorted fear, false guilt, and false sense of shame and sexual conduct. It assesses the character that has developed through the years and evaluates their relationship with people, leading to reconciliation. This part of the program is necessary to prepare them for service.

Participant's Workbook 3 (Theme: Purpose from God)

deals with service. Its yellow color alludes to the work they will do, which should reflect the glory of God shining brightly through their transformed lives. This can only be accomplished if they know their life's purpose and the reason they were created. Knowing their purpose will help them prioritize what is important and will lead them to their mission in life.

WHY SHOULD I ATTEND GLORIOUS HOPE?

We all want to be winners in the race of life. Unfortunately, we carry weights that slow us down and prevent us from finishing the race set before us. The Glorious Hope program helps uncover or discover the weights we have hidden, consciously or unconsciously, deep within us.





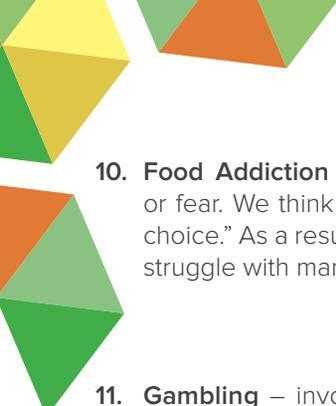
HOW LONG DOES IT TAKE TO COMPLETE THE PROGRAM AND HOW MUCH IS THE FEE?

The Glorious Hope program is based on the 12-step discipline and consists of 17 lessons. It normally runs for 20 weeks. It is free; however, participants pay for the cost of producing the workbooks at P100 per workbook. Donations to Glorious Hope are welcome.

WHAT ARE SOME OF THE ISSUES DISCUSSED IN GLORIOUS HOPE?

1. **Alcoholism** – A repeated compulsion beyond control to be drunk or intoxicated with alcohol.
2. **Anger** – Anger is a normal and healthy emotional response that may turn destructive and lead to problems when not controlled. It is an adaptive response to threats; it inspires powerful and aggressive feelings and behavior, and is often accompanied by physiological changes like increased heart rate or blood pressure. It ranges in intensity from mild irritation to rage or fury.
3. **Codependency** – is the fallacy of trying to control interior feelings (of safety, self-worth, and identity) by controlling people, things, and events on the outside. To the codependent, control or the lack of it is central to every aspect of life. A codependent is one who has allowed another person's behavior to affect him or her and is obsessed with controlling that person's behavior. Codependency seeks to please people to protect the self.
4. **Compulsive Debting** – involves patterns of compulsive spending that do not satisfy real needs, or holding back payment of bills and debts even when there is money to pay for these. They neglect some creditors or simply ignore debts for some time hoping these would somehow get paid miraculously.

5. **Depression** – is a condition that involves feelings of sadness lasting for 2 weeks or longer that affects one's ability to perform the usual tasks and activities of daily living. It affects the mind, but this does not mean, "It's all in your head." It can be a medical illness linked to changes in the biochemistry of the brain.
6. **Drug Addiction** – The chronic or habitual tendency to use any chemical substance to alter states of body or mind for purposes other than medically warranted.
7. **Eating Disorder (Anorexia or Bulimia)** – is about using control as a substitute for self-esteem, holding the belief that "If I control myself and my circumstances then I'll be acceptable." People with eating disorders equate their worth with their weight, clothing size, or shape, and are usually dissatisfied with their body.
8. **Effects of Abuse** – When someone grows up with abuse in a home but don't even call it such lest it anger the powerful person responsible, resulting to potential danger. It is also difficult to accept that someone you love has hurt you. So, many survivors assumed responsibility for the abuse—even thinking that something in them was wrong, which caused the abuse. However, core feelings that were born in the environment of abuse strangle their emotional and developmental growth.
9. **Family Dysfunction** – Family dysfunction can be any circumstance that interferes with healthy family functioning; where there is physical or emotional absence of any of the three elements of a family unit (father, mother, child or children) and when conflict, misbehavior, and abuse take place on a continuing basis, causing family members in some cases to think it is normal.



10. Food Addiction – happens when we turn to food to ease our pain or fear. We think food is safe not realizing it has become our “drug of choice.” As a result of our food addiction, we feel out of control and may struggle with many other areas of our lives.

11. Gambling – involves voluntarily risking money or valuables (making a wager or placing a stake) on the outcome of a game, contest, or other event, hoping to win (while paying a price to win a prize) in which the outcome of that activity depends partially or totally upon chance or one’s ability to do something.

12. Grief – is the normal process of reacting to a loss, affliction, intense sorrow, or deep mental anguish. The loss may be physical (such as death), social (such as divorce or misfortune), or occupational (such as a job loss). Emotional reactions of grief can include anger, guilt, anxiety, sadness, and despair. Physical reactions of grief can include sleeping problems, changes in appetite, physical problems, or illness. In dealing with death, a grieving person goes through the following five stages: Denial, Anger, Bargaining, Depression, and Acceptance.

13. Homosexuality – is learned behavior, which is influenced by a number of factors: a disrupted family life in early years, a lack of unconditional love on the part of either parent, or a failure to identify with the same-sex parent. Later, these problems can result in a search for love and acceptance, envy of the same sex, and a life controlled by various fears and feelings of isolation. One thing that does seem clear: homosexuality is brought about by a multitude of root causes. It is simplistic thinking to lay the blame on any single area. Fears of the opposite sex, incest, or molestation, dominant mothers, and weak fathers, all of these may play a part in causing homosexuality but no single factor alone can cause it. Along with outside factors in a person’s life, his own personal choices have played a key role in forming and shaping his homosexual identity, though few will recognize or admit this.

14. Internet Addiction – is when the virtual world of chat rooms and games has replaced work, friends, family, and sleep. It is when the internet has become a destructive force, its remarkable benefits overshadowed by its potential to disrupt the lives of those who can’t resist the lure of round-the-clock social opportunities, entertainment, and information. Internet addiction does not cause the same physical problems as other addictions, but the social problems parallel those of established addictions.

15. Love Addiction – is characterized by desperate hope and seemingly unending fears of rejection, pain, and unfamiliar experiences. It shows little faith in one’s ability or right to inspire love, thus waiting, wishing, and hoping for love (perhaps the love addict’s least familiar experience). It looks at love as all-consuming and obsessive, inhibited, avoids risk or change; it is manipulative, lacks true intimacy, strikes deals, causes dependence and parasitism and/or demands the loved one’s devotion.

16. Sexual Addiction – An addiction to masturbation, pornography (either printed or electronic), or a relationship that over the years has progressed to increasingly dangerous behaviors. This sexual preoccupation usually leads to acting out (for some it is flirting, searching the net for pornography, or driving to the park.) When the acting out happens, denial of feelings usually follow despair and shame or a feeling of hopelessness and confusion.

17. Unresolved Guilt and Shame – When the guilt and shame from the past leaves us feeling incompetent, not good enough, damaged goods, dirty, stupid, ugly, worthless, bad, disgusting, weak, undeserving, inadequate, and somehow unworthy of being loved. So, we have learned to lie to cover up who we believe we really are and we act in ways that either prove or disprove our shame.

18. Workaholism – is a compulsion or obsession with work to the point of neglecting family, relationships, health, or the simple pleasures of life.



“Glorious Hope is one ministry I love to partner with. It has helped a lot of the people I have referred to, whether they are patients or not. The topics and interactions with others have helped them process the issues they have been dealing with and much more. This is only possible because God is in the center of it, casting our dependence on Him for wisdom, strength, protection, and opening the hearts of the people involved. Stay blessed!”

Carmela B. Encarnacion, MD
Medical Specialist, Christian Medical Specialist, Addiction Specialist
Mental Hygiene, Rizal Medical Center

The Glorious Hope Program is a very welcome tool that can help an individual become more aware of his/her issues in the setting of a “safe” support group. As a psychiatrist, I have referred several individuals to it because it is a holistic Bible-based program that addresses body, mind and spirit!

Monina Garduno-Cruz, MD
Head of Psychiatry, St. Luke’s Medical Center
Quezon City

The Glorious Hope Ministry is responsible, innovative, and promising form of church ministry. It is a fine integration of sound psychological knowledge regarding major problems of living, with focus on family dysfunction and resources of the Christian faith geared toward helping people find growth and healing. It is one fine example of how the contemporary church is able to flesh out one of Jesus’ concerns, “Come ye who are weary and heavy laden and I will give you rest.”

Violeta V. Bautista, PhD, RP, CCIP, RGC
President, Care and Counsel Wholeness Center;
Head, Clinical Program, UP Department of Psychology,
Director of Life Change Psychological Services

I believe in how God is mightily using CCF’s Glorious Hope Ministry to help people overcome their inner struggles and deep-seated hurts. Because I want my patients and everyone else to be spiritually strong and emotionally healthy at the same time, I strongly recommend them to join Glorious Hope.

Randy Misael Sebastian Dellosa, MD, PsyD
President – Life Change Recovery Center
Psychiatrist, Life Coach, Counselor,
Psychotherapist and Clinical Psychologist