



JESUS

Aim

To help the young person grow in their understanding of who Jesus is.

Help the young person understand what it is to follow Jesus, to be a disciple of Jesus.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- At Home with God's People

Young People

- Catholic Youth Bible
- Journal
- Fuel – The Daily Catholic App

Preparation for Catechist

Spend some time in prayer for the young person.

How have you followed Jesus in your life? Think of your own stories and be ready to share these.

Background information for Catechist

This session looks at encountering Jesus in our life and through scripture, and being a friend and disciple of Jesus.



Reflection

As we gather, we light a candle to remember that Jesus is the light of the world.

Sit quietly and listen to the guided meditation. Think back over your day and the week since we last met.



Video

"Quietly" - A new Instrumental Piano Album from Scripture Lullabies:

https://www.youtube.com/watch?v=e06_n9m9jbA

Video **Link 3.1**



Thinking back over your day, is there something you would like to pray about?

You can pray out loud or in your own mind.



Follow up from last session

Do you have any questions or comments from the previous session or from the Journal activity?

Remember to record any questions you may have over the course of the week in your Journal.

Last session we looked at the Bible – the word of God.

Are there any questions?



Exploring Part A

Friends of Jesus

What qualities make a good friend?

Do you know the name of any of Jesus' friends?

Do you know any stories about the friends of Jesus?

How do we become friends of Jesus? We read in the scripture passage below that Jesus calls us his friends.

 John 15:15

“I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father.”

“I have called you friends.” In the scripture passage above, Jesus refers to us as his friends as he shares with us all that he has heard from his Father.

Being friends with Jesus means that we share with our friends the love that Jesus gives us. Love is the heart of friendship.

How else could we experience being friends with Jesus?

We could be his friend by talking to him through the day, reading the Bible, and listening to his words. We could also reach out to others in friendship.



Video

Video **Link 3.2** 

Encountering Jesus - Brisbane Archdiocese

<https://brisbanecatholic.org.au/beliefs-and-works/encounter-jesus/>

In encounter with Jesus – and only there – we discover the full truth of who God really is and the full truth of who we really are. (Archbishop Mark Coleridge)

In this film clip we hear that Christianity is the experience of encountering Jesus in the here and now. What does this mean to you?

What are my responses to watching this clip?

Are there any insights, new ideas, questions or challenges you have after watching this clip?

Disciples saw, heard, touched and ate with Jesus after he rose from the dead. When encountering Jesus we find out the full truth of who God is and the full truth of who we really are.

During Jesus' public ministry, he spent 3 years healing, calling others, teaching, listening, and praying. He called others to follow him and to be his disciples. Some examples of encountering Jesus are in the following scripture passages. Choose one to read through.



Luke 19:1-10

Jesus entered Jericho and was passing through it. A man was there named Zacchaeus; he was a chief tax collector and was rich. He was trying to see who Jesus was, but on account of the crowd he could not, because he was short in stature.

So he ran ahead and climbed a sycamore tree to see him, because he was going to pass that way. When Jesus came to the place, he looked up and said to him, "Zacchaeus, hurry and come down; for I must stay at your house today".

So he hurried down and was happy to welcome him. All who saw it began to grumble and said, "He has gone to be the guest of one who is a sinner".

Zacchaeus stood there and said to the Lord, "Look, half of my possessions, Lord, I will give to the poor; and if I have defrauded anyone of anything, I will pay back four times as much." Then Jesus said to him, "Today salvation has come to this house, because he too is a son of Abraham. For the Son of Man came to seek out and to save the lost."





John 4:7-16

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” (His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.)

Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water?

Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.”



The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

When encountering Jesus, there are several things that can happen. Let us break open the scripture reading from John 4: 7-16.

When we encounter Jesus we change. In the passage from John’s Gospel above, the Samaritan woman then confronts and challenges Jesus: “Give me a drink”. The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.)

Jesus replies to the Samaritan woman “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water”. God shows us things that we didn’t know we needed. God can answer what is in our hearts, even when we didn’t know it needed answering.

Each of us can encounter Jesus in a unique way. He meets us where we are at.

Jesus calls us:

- by name
- into a personal relationship with him
- to share our life with him
- to recognise who we are
- to be more than who we are.

We are changed by encountering Jesus.

We are invited to be in relationship with Jesus. In the scripture passage we see this: “The water that I will give will become in them a spring of water gushing up to eternal life”.

It is up to us to say yes. Yes to developing a relationship with Jesus and also yes to becoming a disciple of Jesus. The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water”.

When we encounter Jesus, we can't stay the same.



Exploring Part B

Jesus calls each one of us to be a disciple.

Do you know that Jesus wants to be part of your everyday life?

What helps you to become a disciple of Jesus?

- Loving God with all your heart, soul, and mind and by loving your neighbour as yourself.
- You inviting other people to live this way too.

The disciples became apprentices of Jesus through regular contact, breaking bread together, sitting with each other.

How do we sit with Jesus? How do we listen to Jesus?

What does it mean to be an apprentice of Jesus?



Scripture and Prayer

Listen closely to the following music and scripture.

We begin with the sign of the Cross



In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Music

Cornerstone - Hillsong:
<https://www.youtube.com/watch?v=QvLxZEU02uI>

Video **Link 3.3**



Scripture

Use the Gospel from the following Sunday.



A reading from the holy Gospel according to ...



Glory to you, O Lord.

(At the end of the Gospel)

The Gospel of the Lord



Praise to you, Lord Jesus Christ.

Following a couple of minutes of silence to reflect on the scripture, invite the young person to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

How can you respond to this scripture passage in the coming week?

Prayer



***Our Father who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses,
as we forgive those who trespass against us, and lead us not
into temptation, but deliver us from evil.
Amen.***

Let us offer each other the Sign of Peace.



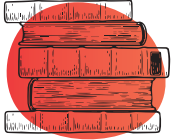
Living it out in the everyday

Journal Activity

Write or draw what encountering Jesus means to you.

Challenge Activity

Try and be aware of the presence of Jesus in your everyday life and in the people you encounter.



For those who want more

Do you know of any names that Jesus is known by? There are over 30 names below. Next to each one is a scripture passage where this name of Jesus is used.

- Alpha and Omega: (Revelation 1:8; 22:13)
- Bread of Life: (John 6:35; 6:48)
- Bridegroom: (Matthew 9:15)
- Chief Cornerstone: (Ephesians 2:20)
- Deliverer: (Romans 11:26)
- Emmanuel: (Isaiah 9:6; Matthew 1:23)
- Firstborn over all creation: (Colossians 1:15)
- Good Shepherd: (John 10:11,14)
- Head of the Church: (Ephesians 1:22; 4:15; 5:23)
- High Priest: (Hebrews 2:17)
- Holy One: (Acts 3:14; Psalm 16:10)
- I Am: (John 8:58, with Exodus 3:14)
- Judge: (Acts 10:42; 2 Timothy 4:8)
- King of kings (1 Timothy 6:15; Revelation 17:14; 19:16)
- Lamb of God: (John 1:29)
- Light of the World: (John 8:12)
- Lord of All: (Acts 10:36)
- Lord of lords (1 Timothy 6:15; Revelation 17:14; 19:16)
- Mediator: (1 Timothy 2:5)
- Prince of peace: (Isaiah 9:6)
- Resurrection and Life: (John 11:25)
- Saviour: (Matthew 1:21; Luke 2:11)
- Son of God: (Luke 1:35; John 1:49)
- Son of man: (John 5:27)
- True God: (1 John 5:20)
- True Vine: (John 15:1)
- Way, Truth, Life: (John 14:6)
- Word of God: (Revelation 19:12-13)
- Word of Life: (1 John 1:1)
- Word: (John 1:1; 1 John 5:7-8)

How many of these names do you know?

Choose two names that you don't know and reflect on the scripture.