

MARY AND THE SAINTS

Aim

- To identify people who have passed the faith on to us, such as Mary, saints and everyday people in our lives.
- To help the young person recognise how they can imitate the lives of the saints in their everyday life.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links

Young People

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

Preparation

for Catechist

Spend some time in prayer for the young person.

Think of your own stories and be ready to share these.

Background

Information for Catechist

One of the riches of our Catholic faith is that we honour people who have lived God-centred lives. This session will look at Mary, the Mother of God, the saints and real life people who inspire us.



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 8.1**



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

In the last session we explored ways of praying.

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



Exploring Part 1

Why is Mary so Important?

The first among saints is Mary, the Mother of God. Mary gave her life to God by saying “Yes” when asked to be the mother of Jesus. We are also called to say “Yes” to God in our lives and to bring God’s love to those we meet.

Mary was attentive and open to God just as we are asked to be attentive and open.

The Catholic Church has always given prominence to Mary’s role in God’s saving plan. We see Mary’s role in the scriptures in Luke 1 in what is termed the Annunciation where God reveals to Mary, through Gabriel, his angel, that she has been chosen to be the mother of Jesus.



Luke 1:26-31

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin’s name was Mary. And he came to her and said, “Greetings, favoured one! The Lord is with you.” But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, “Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus.



Mary’s response to God’s message is in Luke 1:38.



Luke 1:38

Then Mary said, “Here am I, the servant of the Lord; let it be with me according to your word.”

Mary’s response is to say “Yes” to God. She hears the word of God and lives this out in her life. She is the first disciple and the model of true discipleship.

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Because Mary was chosen to be the mother of Jesus and because she lived her life with great faith, Catholics have a special prayer to Mary, known as the Hail Mary. We believe in the power of her intercession with the risen Lord, her Son. We ask her to speak for us, intercede for us with her Son.

When we pray the Hail Mary, the beginning is taken from scripture, and they contain the words spoken to Mary by God's angel Gabriel and by her relative Elizabeth.



The Hail Mary

Hail Mary full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb Jesus.
Holy Mary Mother of God,
pray for us sinners now and at the hour of our death.
Amen.

Which of these qualities do we see in each other?



Exploring Part 2

There are other people in our Church who are recognised because they have said "Yes" to God in their life. Australia's first Saint, St Mary of the Cross MacKillop said "Yes" to God in her life by recognising the need to educate the poor.

Mary Mackillop

The life of Mary MacKillop:

<https://www.youtube.com/watch?v=eOqGWciHi70>

St Mary MacKillop – Ordinary Sainthood:

<https://www.youtube.com/watch?v=4uB6AYXQ7fs>

This clip shows that the young Mary MacKillop would have once been a teenager with hopes and aspirations not unlike many young people today. Through her faith and love for God she found the path through her 'ordinariness' to sainthood.

Reflecting on the life of Mary Mackillop, how was she able to live according to God's teachings?

What is one way you can adopt the characteristics of Mary MacKillop in your own life?



Video **Link 8.2**

Video **Link 8.3**



Exploring Part 3

Saintlike qualities

St Paul calls the Christian community “the Saints of God”. In our own lives there are faith-filled people who live saintly lives. Think about a person in your family or life, either living or dead, who has some of these qualities and who has answered their baptismal call in their life.

What is one way you can become a living inspiration for others?

Is your parish named after a saint or saints?

Do you know about any other saints?

What qualities would a real life person of faith have?

Can you think of some real life people who have these qualities?

What sorts of things do these people do that show they are people of faith?

Can you think of some Christian people in your life who inspire you?

What qualities do they have in common with the saints?



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

Open the Eyes of My Heart Lord - Mercy Me:
<https://www.youtube.com/watch?v=wutmEjdbedE>

Video **Link 8.4**



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 particularly spoke to 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



***Father in heaven,
you have given us a mind to know you,
a will to serve you,
and a heart to love you.
Be with us today in all that we do,
so that your light may shine out in our lives.
Through Christ our Lord. Amen.***

St Thomas More (1478-1535)





Living it out in the everyday

Journal activity

In your Journal, write the qualities of a person who lives a Christian life.

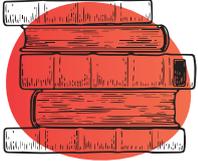
Then draw or write the name of a person who has these qualities and write what they do to inspire you.

What saintlike qualities do you have that you want to develop?

Challenge activity

Look into the lives of a saint. It can be from the following list or any saint you know of.

- Saint José Sánchez del Rio
- Saint Juan Diego
- Blessed Sor María Romero Meneses
- Saint John Bosco
- Saint John Paul II
- Blessed Oscar Arnulfo Romero
- Saint Martin de Porres
- Saint Rose of Lima
- Blessed Pier Giorgio Frassati



For those who want more

Rosary

When we pray the Rosary, we reflect on the life and teaching of Jesus.

Instructions

1. On the crucifix start with the Sign of the Cross and say the Apostles Creed
2. On the next large bead, say the Our Father.
3. On the following three small beads, pray three Hail Marys.
4. On the chain, pray the Glory Be.
5. On the large bead, meditate on the first mystery and pray the Our Father.