

THE CHRISTIAN LIFE

Aim

- Explore how we can live a Christian 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.

How do you reflect on the scripture?

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

Background

Information for Catechist

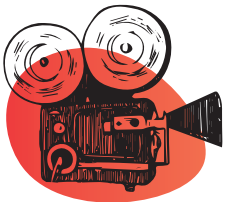
Developing Christian characteristics is becoming the person God created us to be.



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 9.1**



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

Last session we looked at the lives of Mary and the Saints.

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

Did you look up any saints?



Exploring Part 1

What does it mean to be a Christian and to live a Christian life?

In our Baptism, we are clothed in Christ.
In Confirmation we are gifted by the Holy Spirit.
In the Eucharist we are fed at the table of the Lord.

In each of these sacraments we are enlightened by Christ and sent out into the world to be disciples. Eucharist is the ongoing sacrament. We are fed each week through this sacrament.

How do we live this life?

In exploring how to live a Christian life we can look to the fruits of the spirit. The gifts given to us through the Holy Spirit bear fruit in us and can be seen in our actions and attitudes. The fruits are the results of choosing to living a faith-filled life. The fruits of the spirit are listed in Galatians 5.

 Galatians 5:22-23

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

Where can you see the fruits of the spirit in practice?

Let us look at the fruits of the spirit and their meaning. Choose one or two to explore.

Love

 1 John 4:16

So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.

 Youcat 402

Love is the free self-giving of the heart.

 1 Corinthians 13:4-8

Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.





St Thérèse de Lisieux

Let us love since that is all our hearts were made for.



Pope Francis

Love is the greatest power for the transformation of reality because it pulls down the walls of selfishness and fills the ditches that keep us apart.



Saint Teresa of Calcutta

Not all of us can do great things. But we can do small things with great love.

How do you show love in your life?

Joy



Nehemiah 8:10

For the joy of the LORD is your strength. Joy comes from being close to God. Joy knows the delight of God and the pleasures God's gifts bestow. To live in the spirit is to know a deep contentment, a sense of wellbeing and gladness which can only be described as Christian joy.



Pope Francis

Dear young people, Jesus gives us life, life in abundance. If we are close to him we will have joy in our hearts and a smile on our face.

How do you show joy in your life?

Peace



Matthew 5:9

Blessed are the peacemakers, for they will be called children of God.

Youcat 395



The Youth Catechism describes peace as the consequence of justice and of love put into action. Peace is more than the absence of war. It stands between love and violence. Only God's spirit can empower us to walk the road which Jesus chose: to love one another, even my enemy. The only way peace can be reality is through the spirit teaching us to love like God.

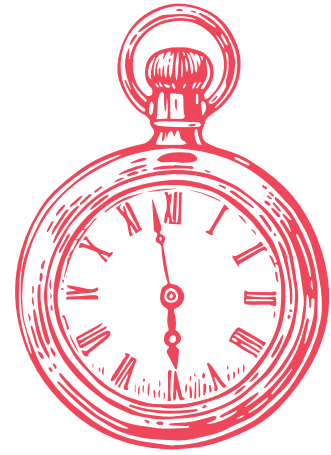


“ Pope Francis

Peace firstly means there are no wars ... but it also means that there is friendship between all; that every day a step ahead is made for justice.

📖 Philippians 4:4-8

Rejoice in the Lord always. I will say it again: Rejoice! . . . The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



How do you show peace in your life?

Patience

📖 Ephesians 4:2

With all humility and gentleness, with patience, bearing with one another in love.

“ Pope Francis in *Amoris Laetitia* nn. 91-92

Patience takes root when I recognise that other people also have a right to live in this world, just as they are. It does not matter if they hold me back, if they unsettle my plans, or annoy me by the way they act or think, or if they are not everything I want them to be. Love always has an aspect of deep compassion that leads to accepting the other person as part of this world, even when he or she acts differently than I would like.

“ Saint Francis de Sales

Have patience with all things, but, first of all with yourself.

How can you show patience in your life?

Kindness



Micah 6:8

What does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God?

Kindness is treating others as we want to be treated.

We often hear people speak about the power of the spoken word. Our words are potent and so too our thoughts. Our words and thoughts have the potential to carry love expressed through kindness. When we drop a pebble in a pond, the ripple effect can be great.



Saint Teresa of Calcutta

Kind words can be short and easy to speak, but their echoes are truly endless.

How do you show kindness in your life?

Generosity

It is with generosity that Jesus had in mind when he said:



Luke 6:38

Give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.

Generosity is giving to others, and caring deeply about their welfare. The Greek word for generosity can also be translated to goodness with overtones of the word selflessness.



Francis of Assisi

For it is in giving that we receive.

How do you show generosity in your life?

Faithfulness



Proverbs 3:5

Trust in the LORD with all your heart, and do not rely on your own insight.



Youcat 395

The Youth Catechism describes faith as having knowledge and trust. When we have faith in someone, we believe that they will do what is good and right. Our faithfulness in God, who loves us unconditionally and guides us in our life, gives us the confidence to go through any adversity with a deep and abiding knowledge that we are not alone.



St Teresa of Avila - Interior Castle

If we turn from self towards God, our understanding and our will become nobler and readier to embrace all that is good: if we never rise above the slough of our own miseries we do ourselves a great disservice.



Pope Francis

Open your hearts and God's power will carry you forward. He will do miraculous things and he will teach you what hope is. Open your heart to faith and he will do the rest.

How do you show faithfulness in your life?

Gentleness



Matthew 11:29

Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.

People who display gentleness have an air of serenity about them and often choose to act in a peaceful way.



Saint Francis de Sales

Nothing is so strong as gentleness, nothing so gentle as real strength.

Pope Francis urges Christians to rediscover gentleness, saying that by so doing, we are able to put up with each other and give mutual support: *“Be patient and put up with the faults of others or the things we don't like.”*

How do you show gentleness in your life?

Self-control

 2 Peter 1:5-6

For this very reason, you must make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with self-control, and self-control with endurance, and endurance with godliness.

Self-control or temperance is one of the difficult attributes that is often associated with over-indulgence. We exercise self-control when we take responsibility for our actions and choices. Self-control requires us to act out of composure and self-discipline. It is the Spirit who teaches us and empowers us when we trust in God.

 Proverbs 25:28

Like a city breached, without walls, is one who lacks self-control.

How do you show self-control in your life?



Exploring Part 2

Pope Francis speaking on the Feast of All Saints (Nov 1, 2013) stressed that the saints are not “supermen” who are “born perfect”, but rather are ordinary people who followed God “with all their heart”.

“ They are like us, they are like each of us, they are people who before reaching the glory of heaven lived a normal life, with joys and griefs, struggles and hopes,

Open this article and read more about what Pope Francis says: <https://www.catholicnewsagency.com/news/pope-francis-sanctity-is-for-everyone-saints-are-not-supermen>

Article Link 9.2 

Discuss.

Can you describe the qualities of an everyday saint?



Video

Catholic Collective – Choices:
<https://youtu.be/bsbJBd7Fy08>

Video Link 9.3



After watching this YouTube clip, ask the questions:

What do you want to invest your time and energy in?

How are you going to live your life to the full?

Below are other examples of ordinary people who follow God with their heart.

- **St Vincent de Paul** www.vinnies.org.au
- **One Plate** www.oneplate.co
- **Blind Eye Ministries** www.blindyeministries.com
- **Rosie's** www.rosies.org.au



Scripture and Prayer

Listen closely to the following music and scripture passage.

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 to listen to

Matt Redman - Greatest Hallelujah (Lyric Video)
<https://www.youtube.com/watch?v=ahh8SdaQCnQ>

Video Link 9.4



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 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



St Francis of Assisi

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love,

Where there is injury, pardon,

Where there is doubt, faith,

Where there is despair, hope,

Where there is darkness, light,

Where there is sadness, joy.

**O Divine Master, grant that I may not so much seek to be consoled as to console,
not so much to be understood as to understand,
not so much to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
it is in dying that we awake to eternal life.**

Offer the Sign of Peace.



Living it out in the everyday

Journal activity

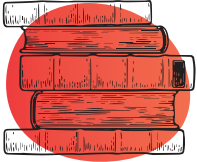
In your Journal, write about the fruit of the spirit that you want to work on in your life.

The fruits of the spirit are:

- love
- joy
- peace
- patience
- kindness
- generosity
- faithfulness
- gentleness
- self-control.

Challenge activity

Share with a person who lives a Christian life how they inspire you.



For those who want more

Old Testament Laws - The 10 Commandments

1. I am the LORD your God. You shall worship the Lord your God and Him only shall you serve.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Sabbath day.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

The 10 Commandments were given to Moses by God on Mount Sinai and they are rules to guide us. They are a good moral compass on how we should live our life. They are fundamental duties to God, to ourselves and to our neighbours. Jesus refers to the 10 commandments in Matthew 19.

Matthew 19:16-21

Then someone came to him and said, "Teacher, what good deed must I do to have eternal life?" And he said to him, "Why do you ask me about what is good? There is only one who is good. If you wish to enter into life, keep the commandments." He said to him, "Which ones?" And Jesus said, "You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; Honour your father and mother; also, You shall love your neighbour as yourself." The young man said to him, "I have kept all these; what do I still lack?" Jesus said to him, "If you wish to be perfect, go, sell your possessions, and give the money to the poor, and you will have treasure in heaven; then come, follow me."

But it is more than following rules, Jesus gives us this guidance which helps us to live a fuller life. If we treat others like Jesus wants us to we live a more abundant life. It's not a matter of not being allowed to steal or murder. It's about living how Jesus wants us to in order that our lives might be more rich and satisfying.

Jesus said during the Last Supper:

John 13:34

I give you a new commandment, that you love one another. Just as I have loved you, you should love one another.