



RCIA

CATECHUMENATE

13-16
YEARS

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FATHER, SON & HOLY SPIRIT

Aim

To guide the young person in exploring the concept of God.

Resources

Leaders:

- Catholic Youth Bible
- Prayer cloth, cross, candle – set up a prayer space
- Prayer card – Our Father
- 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 the Catechist

Spend some time in prayer for the catechumen.

Reflect on your image and understanding of God.

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

Background

Information for the Catechist

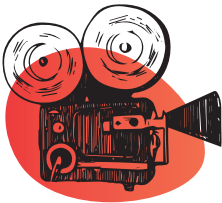
This session focuses on who we think God is – for each of us. We also look at the Trinity – the Father, Son and Holy Spirit – through scripture and artwork.



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://youtu.be/e06_n9m9jbA

Video **Link 1.1**



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

Would you like to share your experience of the Rite of Acceptance?

For those already baptised, would you like to reflect on the ritual of welcoming?

What do you remember most?

What did you experience during the rite?

We have looked previously at how we know God and God's love.

Does anyone have any questions?



Exploring (Part A)

In your own mind how do you think of God?

For example: It could be God the Creator, God is everything – father, mother, and friend.

What does it mean to be part of a community?

Think about the word 'communion'. What does it mean for you?

Communion is when we experience oneness with each other. As a Christian, 'communion' means to be one with God and all people in the world.

What do you know about the Father, the Son, and the Holy Spirit?

What have you heard about the Trinity?

The Trinity includes the Father, Son and Holy Spirit who together are One God. God is a Holy Trinity, a communion of love between these three persons, a communion which invites us in. God is oneness and we are invited into this oneness.

Let us look at what the Trinity means.

Activity

On the next page is an artwork, an icon of the Trinity painted around 1410 by Andrei Rublev.

What do you see in this picture, this icon?

The icon reveals the Trinity in the form of three angels, symbolising the equality of all three persons, staffs showing their divine power. It shows God the Father, the Creator on the left blessing the Son in the middle. The Son, who was sent to serve, blesses the cup on the table. On the right is the Spirit with his hand resting near the cup, showing he is with the Son on his mission.

There is room at this table for each of us. This icon encourages us to sit at the table with the Lord.

1 FATHER, SON & HOLY SPIRIT

The three angels sit in a circle – representative of the unity of the Holy Trinity. The circle is not closed off, but remains open – an invitation for us to enter into the conversation.

Behind the Father, is a house that represents Abraham's "tent" as described in the Genesis account (18:1); the open-doored house of the Father, the goal of our journey.

The Holy Spirit is clothed in green and blue hues: the colours of the Earth.

The Son is clothed in bright red cloaked in blue, representing the Divine (red) and human (blue) natures.

Above him is the oak of Mamre. Representing the tree of life a common symbol of the Cross, from which Jesus would be hung.






Exploring (Part B)


Let us listen to a reading from Matthew which refers to the Trinity.

 **Matthew 3: 16-17**

A reading from the holy Gospel according to Matthew.

 **Glory to you, O Lord.**

When Jesus had been baptised, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased.”
The Gospel of the Lord.

 **Praise to you Lord Jesus Christ.**

At his Baptism, Jesus saw the Spirit of God descending like a dove and heard God’s voice telling him he was God’s beloved Son.

At your Baptism, you will be baptised by name – “In the name of the Father, and of the Son, and of the Holy Spirit” – as a beloved child of God.

Do you know **how** to make the Sign of the Cross?

Do you know **why** we make the Sign of the Cross


- It reminds us of our Baptism
- It reminds us of the Trinity
- It reminds us to whom we belong



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

Choose one of the songs from the songs list:

As It Is In Heaven - Matt Maher

<https://youtu.be/BGAZVAsUv4>

Song **Link 1.2**



God of this City - Chris Tomlin

<https://youtu.be/cEFGGr1S8SkA>

Song **Link 1.3**



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



***Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now
and ever shall be, world without end. Amen.***

Let us offer each other the Sign of Peace.



Living it out in the everyday

Journal Activity

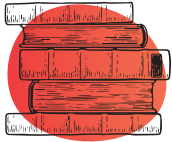
In your Journal write / draw / create your image of the Baptism of Jesus.

Baptism was the beginning of Jesus' mission. Your Baptism will be the beginning of your mission as a disciple of Jesus.

Challenge activity

What are some things you could do as part of your mission as a disciple of Jesus in your family, parish, school or community?

This week pick one of these areas and put your mission into action. For example, in your school talk to someone who looks like they need a friend.



For those who want to know more

We are now going to look at some more scripture passages that refer to the Father, Son and the Holy Spirit – the Trinity. The word trinity doesn't appear in the Bible however in some passages we see where the Father, Son and Holy Spirit are linked.

Ask someone to read one of the following Bible passages slowly for the group.



John 14:9

Jesus said to him, "Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'?"



John 14:26

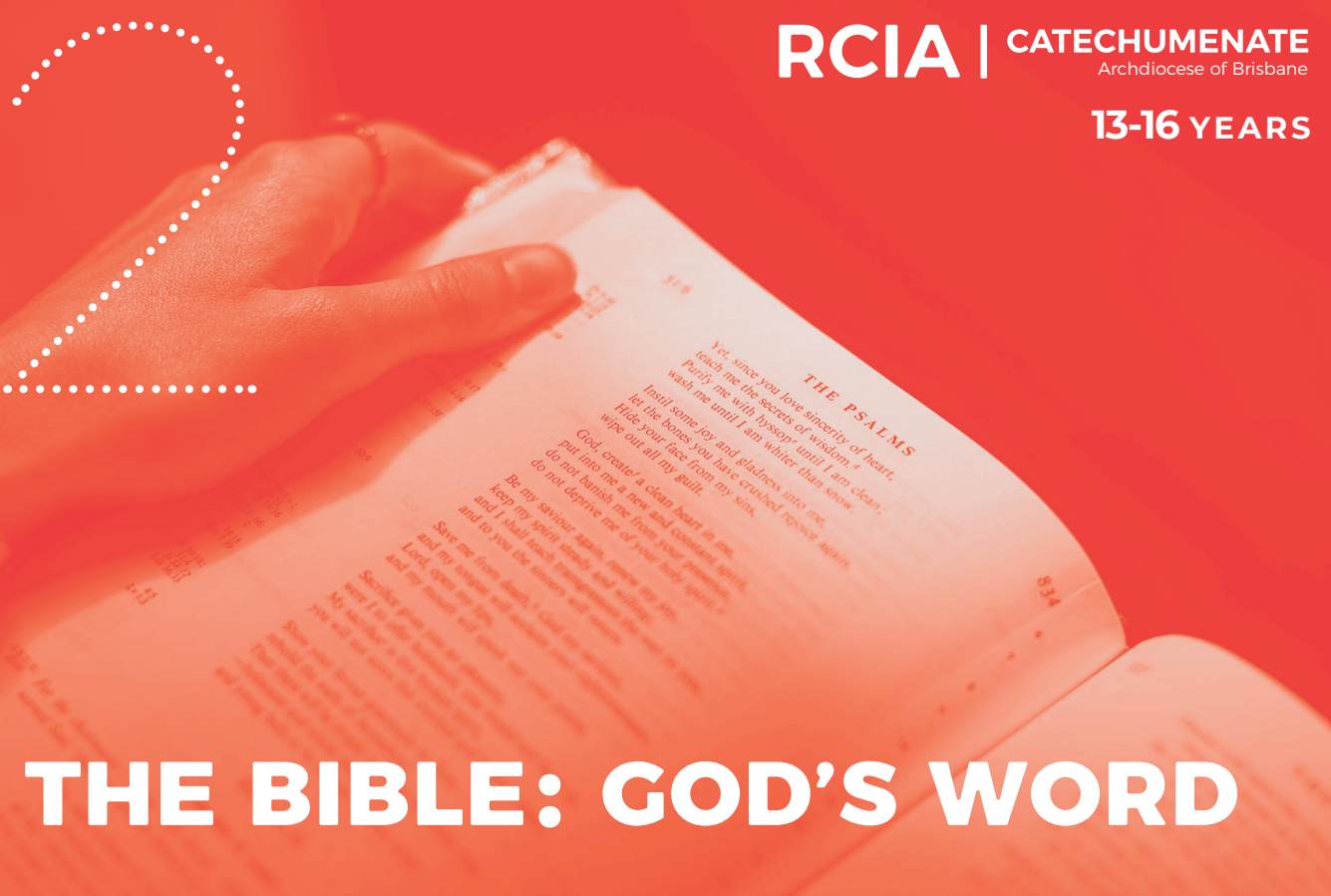
But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.



Matthew 28:19-20

Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age.

Following a couple of minutes of silence to reflect on the scripture invite the young person to respond with a word or phrase that struck them from the passage.



THE BIBLE: GOD'S WORD

Aim

To show the young person that God speaks to us in many ways, one of which is through the Bible.

To assist the young person in investigating the various parts of the Bible, especially the Gospels.

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

Materials for this session

- Download [Activity Sheet: Scripture Quotes](#) from www.crossroadsrcia.org (copy on page 19)

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.

Pre-pick a scripture passage yourself and reflect on why you chose it?

Background

Information for Catechist

The Bible is the living word; it is not stuck in history but it is alive today.

The Bible is still the world's bestselling book. It is a library of many different books, divided into two parts: The Old Testament stories tell about the covenant between God and God's people; The New Testament beginning with the four Gospels about Jesus, followed by the Acts of the Apostles and the various letters gives us an understanding of the birth of the early Church and earliest Christian communities. For over four thousand years the Bible has sustained people in times of sadness and of joy. It is a life-long journey to explore the Bible. We are nourished by reading the word of God.

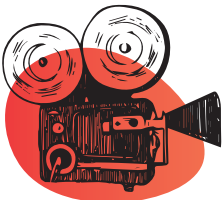
What does the priest do at Mass after reading the Gospel? He kisses the book because of the words it contains. This shows us the importance of reverence for the Bible as the word of God.



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://youtu.be/e06_n9m9jbA

Video **Link 2.1**



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 looked at the Father, the Son and the Holy Spirit, and the Baptism of Jesus.

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



Exploring

In what ways does God speak to us? To you?

What are some ways you can get to know God more?

Where do you think we can find messages from God?

- Explore the contents page of your Bible.
- Explore the Old and New Testaments. Compare the size of each.
- There is a difference between the Old and the New Testament. The Old Testament can also be called the Hebrew Scriptures or the First Testament. The New Testament tells the stories of Jesus and his followers.
- Explore the books in the Bible. Which of these names have you heard before?
- Can you find Matthew, Mark, Luke and John?
- Notice how each book of the Bible is divided into numbered chapters. Smaller numbers in the chapters are for verses. For example the first book of the Bible is the Book of Genesis and the first verse is: "In the beginning when God created the heavens and the earth ..." (Genesis 1:1).

Activity

Tell the young person that finding references in the Bible is a bit like reading a secret code! Demonstrate how to read a Bible reference. For example, Matthew 6:34 means the book of Matthew chapter 6 verse 34.

The **Activity Sheet: Scripture Quotes** contains the following scripture quotes that can be cut out. This can be downloaded from the crossroadsrcia website: www.crossroadsrcia.org (copy on page 19).

Print and cut out the quotes and put them on the table/ground for the young person to see.

- In the beginning when God created the heavens and the earth. **Genesis 1:1**
- The Lord bless you and keep you. **Numbers 6:24**
- Do not be grieved, for the joy of the Lord is your strength. **Nehemiah 8:10**
- Be strong, and let your heart take courage, all you who wait for the Lord. **Psalms 31:24**
- When the cares of my heart are many, your consolations cheer my soul. **Psalms 94:19**
- For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings. **Hosea 6:6**
- See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. **Matthew 10:16**
- Heaven and earth will pass away, but my words will not pass away. **Matthew 24:35**
- And the curtain of the temple was torn in two, from top to bottom. **Mark 15:38**
- The angel said to her, "Do not be afraid, Mary, for you have found favour with God". **Luke 1:30**
- After this the Lord appointed seventy others and sent them on ahead of him in pairs. **Luke 10:1**
- My sheep hear my voice, and I know them, and they follow me. **John 10:27**
- Do not let your hearts be troubled. Believe in God, believe also in me. **John 14:1**



2 THE BIBLE: GOD'S WORD

- Neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.
Romans 8:38-39
- And now faith, hope, and love abide, these three; and the greatest of these is love. *1 Corinthians 13:13*
- Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.
2 Corinthians 12:10
- So you are no longer a slave but a child, and if a child then also an heir, through God. *Galatians 4:7*
- Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. *Philippians 4:6*
- As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. *Colossians 3:12*
- Indeed, the word of God is living and active, sharper than any two-edged sword. *Hebrews 4:12*

Have the young person select a quote that they like and ask them why they chose that verse.

Have the young person find the quote that they chose in their Bible. The young person can copy it into their Journal to read and reflect upon during the week.



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

Ancient Words Acappella - by Christy Poff Maxwell,
written by Michael W. Smith

https://youtu.be/VIc6I_51O3Y

Video **Link 2.2**



Word of God Speak - MercyMe

https://www.youtube.com/watch?v=4JK_6osCH74

Video **Link 2.3**



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

Let us pray the words that Jesus gave us.



*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.*

Let us offer each other the Sign of Peace.



Living it out in the everyday

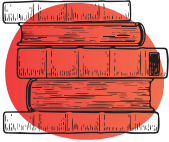
Journal Activity

Why does the passage you chose today speak to you?

This week in your Journal write, draw, or create a musical or artistic response to the scripture passage chosen and reflect upon how you could use this in your life.

Challenge activity

This week find your selected passage in the Bible and read the passage before and after your selected scripture. This will help you see your scripture passage in context.



For those who want to know more

The following is a short YouTube clip which summarises the Old Testament.

YouCat – Old Testament told in only 5 minutes
<https://youtu.be/I400jhY2DF0>

Video **Link 2.4**



Or

The Word became flesh... this is called the 'Incarnation'.



John 1:1

In the beginning was the Word and the Word was with God, and the Word was God.



John 1:14

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

What are your thoughts about these scripture quotes?

Who do you think the Word is?

Let's break this down:

The Word is God.

The Word became flesh.

Therefore God became flesh.

God became human.

Jesus Christ was human and Jesus Christ is God.

Activity Sheet: Scripture Quotes

**The Bible:
God's Word**

■ ↓ Cut out the below cards.

In the beginning when God created the heavens and the earth.
Genesis 1:1

The Lord bless you and keep you.
Numbers 6:24

Do not be grieved, for the joy of the Lord is your strength.
Nehemiah 8:10

Be strong, and let your heart take courage, all you who wait for the Lord.
Psalm 31:24

When the cares of my heart are many, your consolations cheer my soul.
Psalm 94:19

For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.
Hosea 6:6

See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves.
Matthew 10:16

Heaven and earth will pass away, but my words will not pass away.
Matthew 24:35

And the curtain of the temple was torn in two, from top to bottom.
Mark 15:38

The angel said to her, "Do not be afraid, Mary, for you have found favour with God".
Luke 1:30

After this the Lord appointed seventy others and sent them on ahead of him in pairs.
Luke 10:1

My sheep hear my voice, and I know them, and they follow me.
John 10:27

Do not let your hearts be troubled. Believe in God, believe also in me.
John 14:1

Neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.
Romans 8:38-39

And now faith, hope, and love abide, these three; and the greatest of these is love.
1 Corinthians 13:13

Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.
2 Corinthians 12:10

So you are no longer a slave but a child, and if a child then also an heir, through God.
Galatians 4:7

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
Philippians 4:6

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.
Colossians 3:12

Indeed, the word of God is living and active, sharper than any two-edged sword.
Hebrews 4:12





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

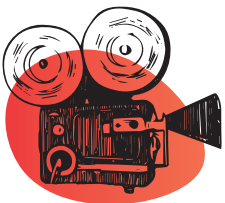
“I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father.”

“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.



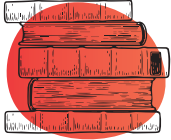
Living it out in the everyday

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.

SACRAMENTS OF INITIATION PART 1

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
- God's Love Poured Out – Prayers and Reflections

Young People

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

Materials for this session

- 1 cup of milk
- chocolate syrup
- a spoon to stir

Preparation

for Catechist

Spend some time in prayer for the young person.

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

Watch the chocolate and the Holy Spirit demonstration for the activity.

Background

information for Catechist

It would be ideal to begin this session on the Sacraments of Initiation in the church. As you talk about the sacraments of Initiation – Baptism, Confirmation and Eucharist – it is important to point out the symbols in the church and explain what they represent eg:

- Baptismal font
- Paschal candle: this is the large candle that is lit at Easter
- Ambo: place where the scriptures are proclaimed
- Altar



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

Video Link 4.1



“Quietly” - A new Instrumental Piano Album from Scripture Lullabies:

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

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 Jesus. Are there any questions?



Exploring Part A

What are Sacraments?

Sacraments are a visible sign of an invisible grace. What Jesus did in life, we now do through the sacraments. Jesus fed and healed people, was filled with the Holy Spirit and continues to give us the Holy Spirit today. Jesus was baptised by John the Baptist and continues to plunge us into the new life of Baptism.

Sacraments bring us to a deeper relationship with God and are a physical sign of God's love, grace and presence in our lives. Before he returned to the Father, Jesus promised that he would be with us always, saying:

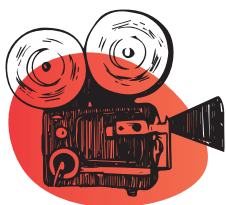
 **Matthew 28:20**

“I am with you always, to the end of the age.”

There are 7 sacraments in the Catholic Church:

- Baptism
- Confirmation
- Eucharist
- Penance
- Marriage
- Holy Orders
- Anointing of the Sick

As Catholics what we celebrate in sacraments is reflected in the earthly life of Jesus.



Video

Video **Link 4.2** 

How do Catholics celebrate key events in a person's life? - Archdiocese of Brisbane: <https://brisbanecatholic.org.au/beliefs-and-works/how-do-catholics-celebrate-key-events-in-life/>

How do Catholics celebrate key events in a person life?

What are your responses to watching this clip?



Exploring Part B

Baptism

The first sacrament we receive is the Sacrament of Baptism.

This was the start of Jesus' ministry and your Baptism will be the start of your Christian life. Jesus shows us how to live the Christian life.

Symbols of Baptism

“ Sacramental Policy of the Brisbane Archdiocese, Sept 2015

In Baptism, God adopts us as children and makes us a new creation through water and the Holy Spirit.

When you are baptised, water will be used as a sign of new life. You will either be immersed in water or have water poured over you by the priest as he calls you by name and says “I baptise you in the name of the Father, and of the Son, and of the Holy Spirit.”

- **Water**
Water gives life to us in the world and the water in Baptism will give you the life of God. You will be welcomed into the Church community.
- **White Garment**
You will be clothed in a white garment during your Baptism to signify your new life in Christ, to show that you are clothed in the risen Christ.
- **Oil**
You will be anointed with oil as a son or daughter of Christ. It is also a sign that you are called to be a member of the Christian community.
- **Light**
During your Baptism, a candle is lit from the Paschal Candle and presented to you as you are called to be the light of Christ in this world.

The celebrant will pray the following:

“ RCIA 297

“You have been enlightened by Christ. Walk always as children of the light and keep the flame of faith alive in your hearts”.

Through your Baptism, you are called to be light for the world like Jesus and to keep the flame of faith alive in your heart.

Confirmation

The second Sacrament of Initiation is Confirmation.

 Acts 2:1-4

On the day of Pentecost all the Lord's followers were together in one place. Suddenly there was a noise from heaven like the sound of a mighty wind! It filled the house where they were meeting. Then they saw what looked like fiery tongues moving in all directions, and a tongue came and settled on each person there. The Holy Spirit took control of everyone, and they began speaking whatever languages the spirit let them speak.

We can't see the Holy Spirit but we know that when we act like Jesus, the Holy Spirit is with us and we see the effects of the Holy Spirit. We can't see the wind, but we know it is there by looking at the effect it has on the trees as they sway to and fro.

In Confirmation, the Holy Spirit empowers us and strengthens us by giving us the gifts of the Holy Spirit to help us live the Christian way of life. During Confirmation the priest will pray for you:

“ RCIA 301

Send your Holy Spirit upon them to be their helper and guide. Give them a spirit of wisdom and understanding, the spirit of right judgement and courage the spirit of knowledge and reverence. Fill them with the spirit of wonder and awe in your presence.

These are the gifts of the spirit.

- Wisdom
- Understanding
- Right Judgement
- Courage
- Knowledge
- Reverence
- Wonder and Awe



These are gifts we receive from the Holy Spirit to help us live a Christian life. (For more information see [God's Love Poured Out – Prayers and Reflections](#)).

Symbols of Confirmation

- **Laying on of hands** - During Confirmation, the priest will pray a special prayer over you, calling down the Holy Spirit: “Send your Spirit upon your child to be their helper and guide”.
- **Oil of Chrism** - The oil of Chrism is consecrated oil and is sweet smelling. The priest ‘seals’ you with the oil of Chrism and calls you by name saying “Be sealed with the gift of the Holy Spirit.’ It is a sign of the Holy Spirit and completes your Baptism. The priest says “Peace be with you”, and you reply “And with your spirit”. Oil is a symbol of strengthening and anointing; its perfume is a symbol of the fragrance of Christ. It is also a sign that we are called to be a member of the Christian community.

Activity

Chocolate Milk and the Holy Spirit

Watch this link for instructions on this activity:

https://www.youtube.com/watch?v=f_teYa2iGk8

Ingredients

- 1 cup of milk
- chocolate syrup
- a spoon to stir

Video **Link 4.3**



When you first began to believe in Christ (pour the milk into the cup) Jesus called you by name and sent you the Holy Spirit (pour the syrup into the milk). The spirit is within us – it is there but you can’t see it, like the syrup on the bottom of the cup. Being filled with the Holy Spirit is like walking with the Spirit and stirring the milk until it is transformed and looks like chocolate.

What are my responses to this?

Are there any insights, new ideas, questions or challenges you have about the Holy Spirit?



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

Holy Spirit You Are Welcome Here with Lyrics:
<https://www.youtube.com/watch?v=MMJne6wUoag>

Video **Link 4.4**



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

Let us pray the words that Jesus gave us.

*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.*

Let us offer each other the Sign of Peace



Living it out in the everyday

Journal Activity

- Wisdom
- Understanding
- Right Judgement
- Fortitude
- Knowledge
- Spirit of knowledge
- Reverence
- Wonder and Awe

Reflect on one gift that you are using in your everyday life.

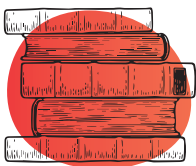
Challenge activity

Looking at the gifts of the Holy Spirit, identify one gift that perhaps you have not been using. Find ways to be conscious of the gift and commit to use this gift during the week.

While completing the Journal, listen to the following:

Holy Spirit You Are Welcome Here with Lyrics:
<https://www.youtube.com/watch?v=MMJne6wUoag>

Video **Link 4.4**



For those who want more

Holy Spirit

What does it mean to have a relationship with the Holy Spirit?

Let us watch the video:

Holy Spirit – Fr Rob Galea:
<https://www.youtube.com/watch?v=wXP3UCbAvSU>

Video **Link 4.5**



How do we invite the Holy Spirit to come into our hearts?

What are your responses to watching this clip?

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

SACRAMENTS OF INITIATION PART 2

Aim

To develop in the young person an understanding of the Sacrament of Eucharist.

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

Materials for this session

- Symbols of Eucharist
- Download **Activity Sheet: Sacraments of Initiation Puzzle** from www.crossroadsrcia.org (copy on page 46)

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

The sacrament that completes initiation into the Catholic Church is the Sacrament of Eucharist. We gather around the table of the Lord, the altar, to celebrate Mass.

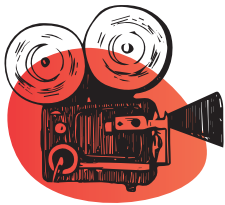
As Catholics we believe that Jesus is truly present in the Eucharist so when we receive Communion, we are receiving Jesus. It is a spiritual food that through the Holy Spirit becomes the Body and Blood of Christ. We are nourished so that we may become like Jesus and live a Christian life.



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 5.1**



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 Sacraments of Baptism and Confirmation.

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



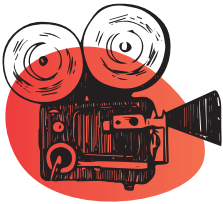
Exploring

The sacrament that completes Christian Initiation is the Sacrament of Eucharist. We gather around the table of the Lord, the altar, to celebrate Mass.

What is the Eucharist?

Do you know what happens at the altar?

Catholics believe that Jesus is truly present in the Eucharist so when we receive Communion, we are receiving Jesus. It is a spiritual food, that through the Holy Spirit, becomes the Body and Blood of Christ. We are nourished so that we may become like Jesus and live a Christian life.



Video

The Mass Series: Eucharistic Prayer Pt 1 -
Brisbane Archdiocese:
<https://www.youtube.com/watch?v=anLI2jy7gNw>

Video Link 5.2



What are your responses to watching this clip?

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

In the Gospels, we read about Jesus sharing a meal with his friends on the night before Jesus died, for the Jewish ritual of Passover. The Passover was a festival that remembered the last meal of the Jewish people before their flight out of Egypt. In Exodus 12, we hear that Moses led the Jewish people out of slavery to the Promised Land. A lamb was used as a sacrifice for the festival and the Passover has been celebrated for over 4000 years.

Listen carefully to these words from the Eucharistic Prayer in the Mass:

Eucharist Prayer (III)

For on the night he was betrayed
he himself took bread,
and, giving you thanks, he said the blessing,
broke the bread and gave it to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT;
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

In a similar way, when supper was ended,
He took the chalice,
and, giving you thanks, he said the blessing,
and gave the chalice to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT:
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT.
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.**

DO THIS IN MEMORY OF ME. †

What might you have seen, heard and felt if you had been at the Last Supper?

Do you think the disciples understood what Jesus was saying as they shared this meal with him?

Catholics throughout the ages – even until today – have continued to follow Jesus' commands to share bread and wine through the Eucharist, knowing that Jesus, through his Holy Spirit will change the bread and wine into the Body and Blood of Jesus.

After his resurrection, the disciples recognised Jesus in the blessing, breaking, and sharing of bread.



Matthew 14: 30-31

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognised him.

† Excerpts from the English translation of Eucharistic Prayers for Masses with Children © 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of The Roman Missal © 2010, ICEL. All rights reserved.

Activity

Sacraments of Initiation Puzzle

Have the young person put together the pieces of the puzzle, matching the 'Sacrament', 'Symbols' and 'How I Live' sections.

Instructions:

1. Download and print the puzzle pieces pdf at www.crossroadsrcia.org
2. Cut out the pieces.
3. Find and match the sacrament, the scripture quote, the symbol and how I live pieces of the puzzle and glue the pieces into your journal.

Sacrament	Scripture	Symbols	How I Live
Baptism	<i>.. the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased"</i> Mark 1:10-11	Water White Garment Light	We are clothed in a new life of Christ, called to be a light in the world.
Confirmation	<i>All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.</i> Acts 2:4	Laying on of Hands Oil of Chrism	We are called to use the gifts of the Holy Spirit in our lives.
Eucharist	<i>"This is my body that is for you. Do this in remembrance of me."</i> 1 Corinthians 11:24	Bread Wine	We are nourished by the Body and Blood of Christ and sent to live the Eucharist by helping others as Jesus did.



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

Remembrance (Communion Song) - Matt Redman:
<https://www.youtube.com/watch?v=bdx9AeiPTGk>

Video **Link 5.3**



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

Evening Prayer, Monday week 4.



*Stay with us, Lord Jesus,
be our companion on our way.
In your mercy inflame our hearts and raise our hope,
so that, in union with our brothers and sisters,
we may recognise you in the scriptures and in the breaking of bread,
who live and reign with the Father and the Holy Spirit, one God, for ever and
ever.
Amen.*

Let us offer each other a sign of peace.



Living it out in the everyday

Journal activity

What do the Sacraments mean in relation to how you live your life?

Catholics believe that Jesus is truly present in the Eucharist we receive at Mass.

Challenge activity

While completing the Journal, listen to the following:

Remembrance (Communion Song) - Matt Redman:
<https://www.youtube.com/watch?v=bdx9AeiPTGk>

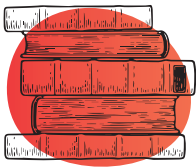
Video **Link 5.4**



Preparing for the next session



In our next session we will look at the Mass. Go to Mass this weekend. Write down any questions you have and note any points that you might like to talk about in the next session.



For those who want more



In the Gospels of Matthew, Mark and Luke and in Paul's first letter to the people of Corinth we hear the story of the Last Supper when Jesus took bread, blessed it, broke it, and shared it with his disciples. Jesus also took the cup of wine, blessed it and shared it with his disciples.



Mark 14:22-25

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God."



1 Corinthians 11:23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Adoration

 Matthew 28:20

And remember, I am with you always, to the end of the age.

Before ascending to heaven, Jesus promised his disciples, and therefore us, that he would be with us always. God fulfils this promise through the Eucharist – which is the real presence of Jesus. The Eucharist takes the appearance of bread and wine however Jesus, through his Holy Spirit will change the bread and wine into the Body and Blood of Jesus. The Eucharist is not a symbol or a re-enactment of the Last Supper.

 Luke 22:19-20

Jesus took bread and when he had given thanks he broke it and gave it to them, saying, “This is my body which is given for you. Do this in remembrance of me”. And likewise he took the cup after supper, saying, “This cup which is poured out for you is the new covenant in my blood”.

Adoration takes place after a consecrated host is placed in a sacred vessel, called a monstrance. While the host is in the monstrance we are able to see the host, which is the real presence of Jesus. For many people this is a wonderful opportunity for prayer and meditation in the presence of the Blessed Eucharist.



Video

WYD 2013 Adoration – Matt Maher:
<https://www.youtube.com/watch?v=LZa6spYqHsA>

Video **Link 5.5** 

What do you do during Adoration?

This is the time to bring all our life, thoughts, fears, joys and hopes to the Lord. It is a time for prayer, reading of scripture, praying the Rosary or sitting with praise and worship music – or silence.

“ Saint Mother Teresa

The time you spend with Jesus in the Blessed Sacrament is the best time that you will spend on earth. Each moment that you spend with Jesus will deepen your union with him and make your soul everlastingly more glorious and beautiful in heaven, and will help bring about an everlasting peace on earth.

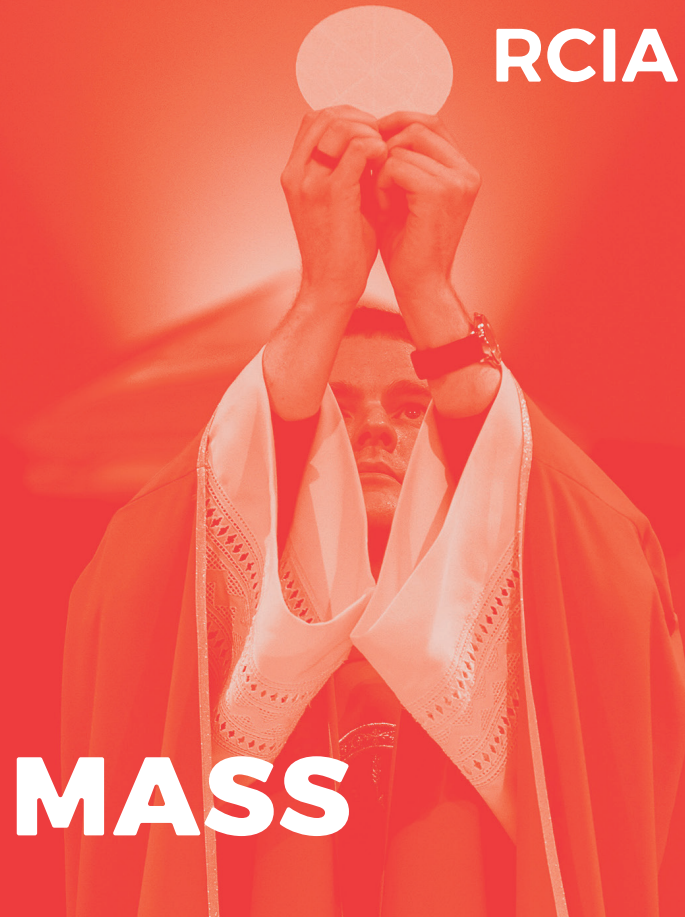
**Activity Sheet:
Sacraments of Initiation Puzzle**

**Sacraments
of Initiation**

PART 2

↓ Cut out the below puzzle pieces and paste them into the correct location in the Activity Book or Journal.





THE MASS

Aim

- To explore the Parts of the Mass with the young person.
- To help the young person understand that Christ is present at Mass: in the gathered people, in the proclamation of the word, in the priest and in the consecrated bread and wine.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- Mass Book
- Download [Activity Sheet: Parts of the Mass](#) from www.crossroadsrcia.org (copy on page 57)

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.

When you are at Mass the weekend before this session, contemplate how a 13 to 16-year-old might view the Mass.

Background

information for Catechist

Mass is a celebration of faith where the community comes together to give thanks and praise to God. The people receive nourishment from God's word as they listen to the readings, and nourishment from the table of the altar when they receive Holy Communion. It is not just the priest but each baptised person who participates in a full and active way in the liturgy.



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 6.1**



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 continued to look at the Sacraments of Initiation, in particular Eucharist.

Check to see if there were any questions arising from the session or from their Journal.



Exploring

Who enjoys going to Mass?

Who are some people we see at Mass?

The Mass is where we, the faithful, gather as a community to listen to God's word and prepare to celebrate the Eucharist.

What is the Mass?

Mass is a time when we **gather** together as a community to pray and celebrate together. Jesus said:



Matthew 18:20

For where two or three are gathered in my name, I am there among them.

Mass is when we **proclaim** and listen to the word of God – Jesus is present in the word.



John 1:1

In the beginning was the Word, and the Word was with God, and the Word was God.

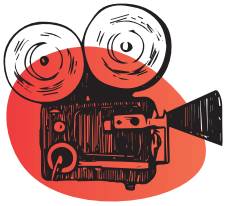
Mass is a time where we are nourished at the table of the Lord through the Body and Blood of Jesus and share in this **breaking of bread**. Jesus commands us:



Luke 22:19

Do this in memory of me.

After gathering together, hearing the word of God **proclaimed** and sharing in the breaking of the bread, Mass concludes with us being **sent forth** to serve and help other people like Jesus did. We live out the mission of the Church.



Video

Do Catholics need to go to Church? - Fr. Rob Galea:
<https://www.youtube.com/watch?v=m-CsGx2ofzU>

Video Link 6.2



Or

Why do Catholics go to Mass on Sundays? –
Archdiocese of Brisbane:
<https://brisbanecatholic.org.au/beliefs-and-works/why-do-catholics-go-to-mass-sundays/>

Video Link 6.3



What are your responses to watching this clip?

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

Why is Mass important?

- **Sacraments** – We are strengthened through the sacraments.



St Augustine

In the power of the Eucharist we become the Church – we are nourished by Jesus.
“We become what we eat.”

- **Teachings of the Church** – It is in our traditions that we hear truth.
- **Community** – We need other people to support us on our faith journey.

What are some key things that stand out when you think of your experience of the Mass?



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

This I Believe (The Creed) - Hillsong:
<https://www.youtube.com/watch?v=uuDI-sk2nJU>

Video **Link 6.4**



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

A Prayer to say before Mass



Lord Jesus,

Allow me to have a spirit of reverence and openness as I prepare to encounter You in this Mass. Help me to remove any distractions and allow me to focus only on You and what You have to give me at this time. Open my ears that I may hear your word and allow it to take root in my life. Open my mouth that I may proclaim Your love and worship you.

Prepare my body and soul to encounter and receive Your Body and Blood in the Eucharist and allow me to be inspired to share Your love to all I encounter as I depart from this celebration.

Amen.

Let us offer each other the sign of peace.



Living it out in the everyday

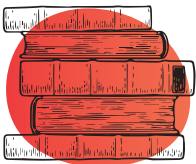
Journal activity

Sunday Mass is where we join with people from all over the world in praising God and offering our prayers for the world.

Reflect on why it is important to go to Mass. Write down your ideas in your Journal.

Challenge activity

Think carefully about the words that you hear and speak during Mass. What are some words that you want to know more about?



For those who want more

There are 4 parts to the Mass

- The Introductory Rites
- The Liturgy of the Word
- The Liturgy of the Eucharist
- The Concluding Rites

The Introductory Rites

 Matthew 18:20

For where two or three are gathered in my name, I am there among them.

- **Penitential Act** - before hearing God's word, we acknowledge our sins and ask for mercy and God's pardon.
- **Gloria** - except in Advent and Lent.
- **Collect** - prayer from the Mass of the day. The priest pauses to allow the assembly to pray their own prayer silently. Then the priest "collects" these prayers and offers them to God.

The Liturgy of the Word

 Romans 10:17

So faith comes from what is heard, and what is heard comes through the word of Christ.

During the Liturgy of the Word at Sunday Mass, we listen to the word of God through the scripture readings. The readings for the Liturgy of the Word are read from the Lectionary. The Lectionary is made up of scripture readings taken from the Bible arranged in a three year cycle.



The first reading is usually taken from the Hebrew Scriptures (Old Testament), the Responsorial Psalm is taken from the book of Psalms and the second reading is from the New Testament.

The Gospel reading is from the Gospels of Matthew, Mark, Luke or John. Prayers and texts are taken from the Roman Missal.

Let's look at the Lectionary and read this week's Gospel reading.

The Liturgy of the Word also includes:

- **Homily** - the priest helps us to understand how the readings relate to our life today.
- **Profession of Faith (the Creed)** - together we proclaim a statement of our faith, beliefs that have been handed down to us by generations of people of faith.
- **Prayer of the Faithful** - we bring our prayers for the Church, the world and ourselves to God.

The Liturgy of the Eucharist



Luke 22:19

Do this in memory of me.

The Liturgy of the Eucharist is the central part of the Mass.

It includes:

- **Procession of the Gifts** – the bread and wine are brought to the altar to be consecrated during the Eucharistic Prayer.
- **Eucharistic Prayer** – we remember the words and actions of Jesus at the Last Supper as the bread and wine are consecrated through the power of the Holy Spirit and become the Body and Blood of Christ. We prepare to receive the Body and Blood of Christ in Holy Communion. When we sing or say the Great Amen, we are saying that we agree with all the words spoken by the priest throughout the Eucharistic Prayer.
- **Lord's Prayer** – we pray together the words that Jesus gave us. Read Matthew 6:9-13.
- **Sign of Peace** – the priest offers us peace and then invites us to share a sign of peace with others.
- **Breaking of the Bread** – just as Jesus gave thanks, broke the bread and shared it with his disciples, the priest breaks the bread to share with those receiving Communion.
- **Communion procession** – those who are receiving Communion are invited to process together to the table of the Lord to receive the Body and Blood of Christ.
- **Prayer after Communion** – prayer from the Mass of the day.

The Concluding Rites



John 13:15

For I have set you an example, that you also should do as I have done to you.

The Concluding Rites include:

- **Blessing** – we receive God's blessing before going out to take the love of Jesus into the world.
- **Dismissal** – we are sent forth to serve and help other people like Jesus did.

Activity

- Download **Activity Sheet: Parts of the Mass** from www.crossroadsrcia.org (copy on page 57).
- Spread out the 'Parts of the Mass' cards.
- Ask the young person what is happening on each card.
- Invite the young person to put the Mass cards in order.
- Discuss the sequence of the parts of the Mass with the young person.

Cards – 'Parts of the Mass'

The priest, altar servers and readers process into the church.

The Introductory Rites

- Penitential Act
- Gloria
- Collect

The Liturgy of the Word

- Readings and Psalm
- Gospel
- Homily
- Profession of Faith (Creed)
- Prayer of the Faithful

The Liturgy of the Eucharist

- Procession of the Gifts
- Eucharistic Prayer
- Lord's Prayer
- Sign of Peace
- Breaking of Bread
- Communion Procession
- Prayer after Communion

The Concluding Rites

- Blessing
- Dismissal

Mass Series by Archdiocese of Brisbane

Below is a link to the Mass Series by Archbishop Mark Coleridge where we are taken through each aspect of the Catholic Mass.

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

Video **Link 6.5**



Maybe choose one or two clips to watch during the session and encourage the young person to watch others at home.

- Part 1 - Introductory Rites – Greeting
- Part 2 - Introductory Rites - Penitential Act and Gloria
- Part 3 - Introductory Rites - Opening Prayer
- Part 4 - Liturgy of the Word – Readings
- Part 5 - Liturgy of the Word – Homily
- Part 6 - Liturgy of the Word – Creed
- Part 7 - Liturgy of the Word - Prayers of the Faithful
- Part 8 - Liturgy of the Eucharist – Offertory
- Part 9 - Part 10 - Liturgy of the Eucharist - Eucharistic Prayer (Part 1)
- Part 11 - Liturgy of the Eucharist - Eucharistic Prayer (Part 2)
- Part 12 - Liturgy of the Eucharist - Communion Rite, Lord's Prayer
- Part 13 - Liturgy of the Eucharist - Rite of Peace
- Part 14 - Liturgy of the Eucharist - The Fraction
- Part 15 - Communion Rite – Communion
- Part 16 - Concluding Rites

The Mass

Activity Sheet: Parts of the Mass

↓ Cut out the below cards and put them in the correct order.

Prayer of the Faithful

Gospel

Penitential Act

Sign of Peace

Procession of the Gifts

Profession
of Faith/Creed

Collect

Dismissal

Readings and Psalm

Lord's Prayer

Eucharistic Prayer

Breaking of Bread

Communion Procession

Blessing

Homily

Gloria



PRAYER

Aim

- To help the young person explore various forms of Christian prayer and why we pray.

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 the Catechist

One of the ways that people live a Christian life is through prayer. Prayer is another richness of our faith. It sustains us in the good and bad times, in the happy and sad times. Our prayers can take many forms. We can't be the people we are called to be unless we have a prayer life – this involves putting in the time to pray.

There is a lot of information in this session – pay attention to the area or type of prayer that the young person is interested in, and focus the session on that area.

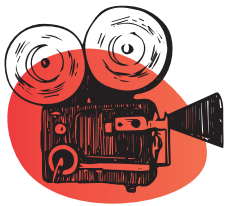
Through our Baptism, we are called to be people of light. We do this by saying “Yes” and bringing God into our life and to the lives of others.



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 7.1**



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 looked at the Mass.

Check to see if there were any questions arising from the session or from the Journal.



Exploring Part 1

Prayer

God loves us and wants us to have a relationship with him. We develop and maintain a relationship with God through prayer. As we do with our friends, we share good things and bad things that happen in our day.

It is one of the ways that people live a Christian life. Prayer is another richness of our faith. It sustains us in the good and bad times, in the happy and sad times. Our prayers can take many forms.

Three types of prayer:

Private prayer Prayer that you do alone, anywhere. You can pray while doing any activity.

Communal prayer Anywhere you gather as a community to pray.

Liturgical Includes Mass or any liturgy that follows ritual.

How can you pray?

Do you pray on the go – such as on the way to an exam or doing some chores?

Where do you pray?

What do you pray about?

Why do you pray?

We pray to create a relationship with the Lord. Start with 5 mins a day – see how that works.

Prayer is opening our hearts in conversation with God. Prayer is a conversation with God and it helps us to have a relationship with God.

We can say prayers of:

Blessing

An example of a Blessing is in the book of Numbers.

 Numbers 6:24-24

The Lord bless you and keep you;

the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace.

Praise

An example of praise is in 1 Chronicles.



1 Chronicles 16:34-36

O give thanks to the LORD, for he is good; for his steadfast love endures forever.

Thanksgiving

An example of thanksgiving is found in the gospel of Luke



Luke 10:21

At that same hour Jesus rejoiced in the Holy Spirit and said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will.



Meister Eckhart

If the only prayer you ever say in your entire life is thank you, it will be enough.

Petition and intercession



The Lord's 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.

Repentance



Prayer of Sorrow or the Act of Contrition

O My God,
I am very sorry that I have sinned against you,
because you are so good,
and with your help
I will not sin again.

Meditative prayers

An example of a meditative prayer is in Psalm 46.

 Psalm 46:10

Be still, and know that I am God!

The website below has a simple three minute daily meditation. The Three-Minute-Retreat is also available as an app for phones and tablets:

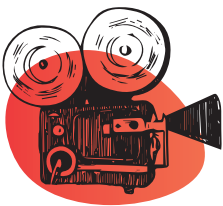
www.loyolapress.com/3-minute-retreats-daily-online-prayer

Resource **Link 7.2** 

Other forms of Prayer

- We can pray by contemplating the scriptures.
- We can pray by journaling as a way to talk to Jesus.
- We can pray when we are inspired through creation.
- We can pray by singing, playing, or listening to music.
- We can pray by sitting quietly and having a conversation with God about things we are grateful for or concerned about.
- We can pray by saying the Rosary.

We can't be the people we are called to be unless we have a prayer life. It's important to put in the time to pray.



Video

Choose one of the videos from below:

Why I pray to God – Brisbane Archdiocese

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

or

Fr Mike Schmidt – Power of Prayer

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

Video **Link 7.3** 

Video **Link 7.4** 

What are your responses to watching this clip?

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



Exploring Part 2

Let us explore one type of prayer.

The Examen

The Examen is a technique of prayerful reflection on the events of the day. The Examen is an ancient practice in the Church that can help us see God's hand at work in our daily living.

St. Ignatius Loyola thought that the Awareness Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. It's a habit that Jesuits, and many other Christians, practice to this day.

Daily Examen

Take a moment to close your eyes and remember the day.

1. Ask God for Light.



Psalm 119:105

Your word is a lamp to my feet and a light to my path.

Talk to God about your day.

2. Give thanks.

What are you grateful for today? Thank God for this.

3. Review the day.

What disappointed you today? Speak to God about this.

4. Consider your choices.

Guided by the Holy Spirit, think about your choices today, is there something you need to say sorry for and ask for God's help?

5. Look toward the day to come.

Being a disciple of Jesus how can you use your gifts in the day ahead? Give thanks to God in your own words.

Here is the link for examples of daily examens:
<https://pray-as-you-go.org/retreat/examen-prayer>

Resource **Link 7.5**





Exploring Part 3



The Lord's Prayer

Matthew 6:9-15

This, then, is how you should pray:
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.

Do you know the Lord's Prayer?

This is otherwise known as the Our Father. This prayer that Jesus gives us is a prayer of hope.

Where do you see hope in this prayer?

Our Father	Reminds us that we are in the same family as God
Hallowed be your name	Recognises the holiness of God.
Give us this day our daily bread	Reminds us that God will take care of us.
Forgive us our trespasses	We ask for forgiveness when we pray.
As we forgive those who trespass against us	If we want God to forgive us, then we should forgive those who have hurt us.



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

Fr Rob Galea sings for Pope Francis and 1 Million Pilgrims: <https://www.youtube.com/watch?v=C-6J2XlxpKM>

Video **Link 7.6**



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



St Thérèse de Lisieux

May today there be peace within.

May you trust that you are exactly where you are meant to be.

*May you not forget the infinite possibilities
that are born of faith in yourself and others.*

*May you use the gifts that you have received,
and pass on the love that has been given to you.*

May you be content with yourself just the way you are.

Let this knowledge settle into your bones.

Let it allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

Let us offer each other a sign of peace.



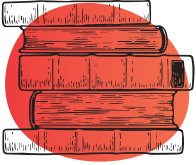
Living it out in the everyday

Journal activity

- ⋮ In your Journal write a letter to Jesus and tell him about your day.

Challenge activity

- ⋮ Spend time in prayer. Choose one type of prayer and practise this each day.



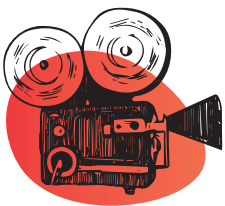
For those who want more

There are so many different ways to pray. In this section we will look at some more formal and informal ways of praying.

The 5 Finger prayer

Using the fingers on your hand, start with the thumb and pray these intentions in this order:

1. On your thumb, pray for those who are closest to you.
2. On the next finger, the index, pray for those who teach you, instruct you and heal you. They need support and wisdom to show direction to others.
3. On the tall finger, pray for our leaders, governors and those who have authority. They need God's guidance.
4. The fourth finger is the ring finger. It is our weakest finger. It reminds us to pray for the weak, the sick or those with problems. They need your prayers.
5. And finally on the smallest finger, pray for you. After praying for the other four groups, you will be able to see your own needs in the proper perspective, and you will be able to pray for your own needs in a better way.



Video

Below are some additional clips about prayer.

A Way to Pray – Fr Rob Galea.

<https://www.youtube.com/watch?v=Est-frjD6JI>

Fr Mike Schmidt – Tips for praying

<https://www.youtube.com/watch?v=yk8In-6KUGc>

Video **Link 7.7**



Video **Link 7.8**



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

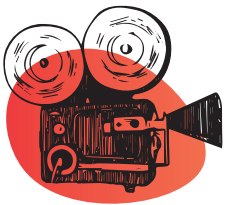
One of the riches of our Catholic faith is that we honour people who have lived God-centred lives. This session will look at Mary, the Mother of God, the saints and real life people who inspire us.



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.



8 MARY AND THE SAINTS

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.

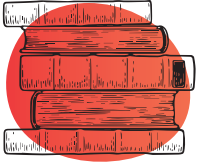
Then draw or write the name of a person who has these qualities and write what they do to inspire you.

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.

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

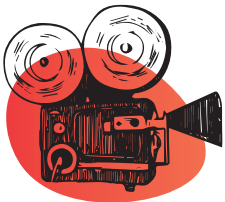
Developing Christian characteristics is becoming the person God created us to be.



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.

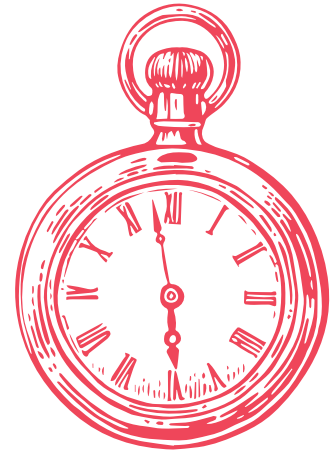


“ Pope Francis

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.blindeyeministries.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

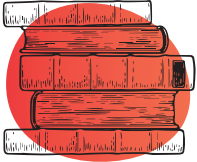
In your Journal, write about the fruit of the spirit that you want to work on in your life.

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.

MISSION

Aim

- To help the young person explore their baptismal call through mission.

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 live your baptismal call and mission? Think of your own stories and be ready to share these.

Background

Information for Catechist

Baptism is not only a gift given to us for ourselves. Through Baptism, we are called to live out God's mission in our world. We are to be the body of Christ in the world today, making his presence real to those around us and making his love felt by everyone we meet.

We are the body of Christ in the world. We are fed at the table of the word and the table of the Eucharist during the Mass, and sent out into the world to live this mission.

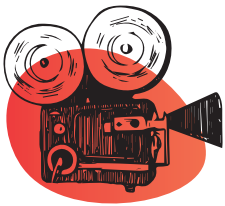


Reflection



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 10.1



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 looked at living a Christian life.

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



Exploring Part 1

Baptism is not only a gift given to us for ourselves. Through Baptism, we are called to live out God's mission in our world.

We live out God's call to mission by making his presence real to those around us and making his love felt by those who need us. We do this during every part of the day wherever we are. When we do this we are the body of Christ in the world.

Let's listen to this prayer:

“ St Teresa of Avila

Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.”

How do we carry this out in our world?

Listen to the gospel of Matthew.

📖 Matthew 25:31-46

Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'

Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'

What message do you hear in this passage?

“ Pope Francis, *The Joy of the Gospel* (Evangeliium Gaudium 183)

An authentic faith – which is never comfortable or completely personal – always involves a deep desire to change the world, to transmit values, to leave this earth somehow better than we found it.



Video

Young adult: Joe Grogan talking about his father:
<https://www.youtube.com/watch?v=6aWOHpenxaM>

Video Link 10.2



Or

Pope Francis washing the feet:
<https://www.youtube.com/watch?v=7wcBcy7JZik>

Video Link 10.3



What are your responses to watching this clip?

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



Exploring Part 2

Circle of Influence

All of us have things we worry about in this world, things we would like to be able to change. These can encompass a wide range of concerns like climate change and war. Many of the things we worry about are not things that we can control. These worries are called our Circle of Concern.

What worries you in this world?

What can't you change?

What can you change?

There are other things that happen in our own lives that are more immediate and which we can influence. Not only can we be concerned about these things, but we can actually do something to change them. This is called our Circle of Influence.

While we can be concerned about things that we have no control over (things in our Circle of Concern) it is most helpful to focus our attention and energy on the things we can influence (things in our Circle of Influence). When we focus on things that we can change, we feel stronger and our circle of influence may expand.

What do you worry about in your own life?

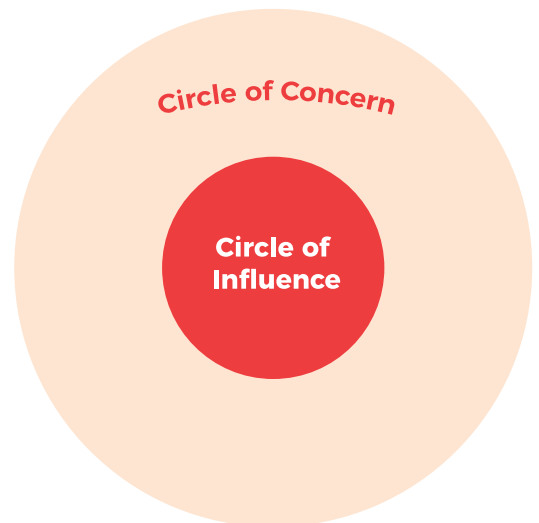
What can you do in your own life to make a difference in the here and now?

“ Saint Teresa of Calcutta

Stay where you are – find your own Calcutta. Find the sick, the suffering, the lonely, right there where you are – in your own homes and in your own families, in your workplaces and schools.

Resources

- Catholic Collective Website
- Catholic Missions
- Caritas
- Social Justice Sunday
- Aboriginal Torres Strait Islander Sunday





Exploring Part 3

What happens at the Rite of Election?

- Presentation of the Catechumens
- Affirmation by Grandparents
- Invitation and Enrolment of Names

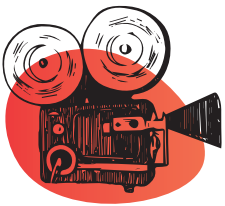
Why is it called the Rite of Election?

Not because we vote in a general election to choose someone but because God chose a person to be his own. The Church and community who are present also witness this choice.

We know that someone is chosen because of how they live their lives. Like we have seen in previous sessions, we see God working in those who live a Christian life.

Why the Enrolment of Names?

The Archbishop asks if you wish to enter fully into the life of the Church through the Sacraments of Baptism, Confirmation and Eucharist. Your response is “I do” and then you are invited to write your name in the Book of the Elect.



Video

Video Link 10.4 

Rite of Election, Archdiocese of Brisbane:

<https://brisbanecatholic.org.au/articles/annual-rite-of-election/>

What signs, symbols and rituals do you notice in the rite?



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

Lord I Need You - Matt Maher:

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

Video Link 10.5



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 Teresa of Avila



Christ has no body now but yours. No hands, no feet on earth but yours.

Yours are the eyes through which he looks compassion on this world.

Yours are the feet with which he walks to do good.

Yours are the hands through which he blesses all the world.

Yours are the hands, yours are the feet, yours are the eyes, you are his body.

Christ has no body now on earth but yours.



Living it out in the everyday

Journal activity

What can I do in my world to make a difference in the world?

Spend some time reflecting on this question and write or draw a response.

Challenge activity

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

For those attending the Rite of Election & Enrolment of Names

The Rite of Election and Enrolment of Names is a celebration where the Church formally approves the catechumen's readiness for receiving the Sacraments of Initiation, and the elect (the catechumens) express desire to receive the sacraments.

Background Information

The Rite of Election ends the Catechumenate period. The Archdiocese of Brisbane states The Rite of Election is for those adults and children over the age of reason who are not yet baptised.

This rite is usually held on the first Sunday of Lent in the Cathedral. If this is not held during Lent or if it is not possible for the young person to attend the Cathedral, a Rite of Election can be held at the local parish.

This step is called election because the acceptance made by the Church is founded on the election by God, in whose name the Church acts. The step is also called the enrolment of names because as a pledge of fidelity the candidates inscribe their names in the book which lists those who have been chosen for initiation. (RCIA 106)

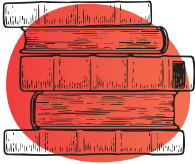
Through the voice of the Church the children feel special. The purpose of the Rite of Election is to transition to the period of Purification and Enlightenment and this happens ritually.

“ RCIA 106

With deliberate will and an enlightened faith they must have the intention to receive the sacraments of the Church, a resolve they will express publicly in the actual celebration of the rite.

During the Rite of Election, the godparents and catechists give witness to the catechumen's intention to be a follower of Christ and the catechumen's readiness to receive the Sacraments of Initiation.

The Rite of Election can be found from RCIA 116.



For those who want more

Catholic Social Teachings

Catholic social teachings are a central component of our faith. They emerged from the teachings of the life of Jesus. They provide a vision and wisdom for providing social justice in our modern world and are the Catholic Church's response to basic modern social problems. Catholic Social teachings below are from the Caritas website. Alongside each teaching there is a YouTube clip from the United States Conference of Catholic Bishops which brings to life the teachings.

Catholic Social Teaching isn't just theory. Rather it contains principles for actions and guidelines to help respond to social responsibility. It helps us to take action for positive change.

Option for the poor and vulnerable

Caring for the poor is everyone's responsibility.

Video CST 101 | Option for the Poor and Vulnerable:
<https://youtu.be/c3gxBjtOzNM>

Video Link 10.6



Dignity of the human person

Every person, regardless of their ethnicity, gender, age or ability should be treated with dignity and respect.

Video CST 101 | Life and Dignity of the Human person:
<https://youtu.be/ABR12ZSs58E>

Video Link 10.7



Stewardship of creation

The earth is part of God's creation so we are called to be responsible for taking care of the world and sharing all the wonders the earth gives us. On Care of Our Common Home (Laudato Si) is Pope Francis' writing on caring for our world.

Video CST 101 | Care for God's creation:
<https://youtu.be/wSnXuCxIHXE>

Video Link 10.8



Subsidiarity and participation

All people should have the right to participate in decision making that affects the community.

Video CST 101 | Call to Family, Community and Participation:
<https://youtu.be/giOgWakrgQs>

Video Link 10.9



The common good

Describes working together for the common good of all.

Video CST 101 Rights and Responsibility:
<https://www.youtube.com/watch?v=OPB6sXj6Fwo>

Video **Link 10.10**



Solidarity

Everyone has the responsibility to promote the rights of all people across the community.

Video CST 101 Solidarity: <https://youtu.be/cteMjwOBPtw>

Video **Link 10.11**



Vocations

When we mention vocation, most people think we are referring to priesthood or religious life. However vocation is much more and is something that we all are called to for. That is the call that we all receive in our Baptism, the call to holiness and to mission.

We all have the vocation to be holy in our own lives. As we develop our relationship with Jesus, we become more Christ like. In the letter to the Romans 8:20, we hear the words “Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.”

Discussion

What do the words from Romans 8:20 mean to you?

Who do you see in your life who lives a holy life?

Do you see holiness in your life?

Do you feel called to become more holy?

God has a vocation for each one of us. Whatever our own vocation is, we are called to live that vocation so that we serve the Church and the world with our own unique gifts.