

# EXPERIENCES OF GOD

## 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

- Journal
- Fuel – The Daily Catholic App

## Preparation for Catechist

Spend some time in prayer for the young person.

Consider your experiences of God. Be willing to share these with the young person.

## Background Information for Catechist

This session will explore how the young person sees God in their life. The session will also explore God's love for us.



## Exploring

What brings you here?

God loves us - Each of us is uniquely gifted and talented.

Where do you see God's love in your life?

We can experience God's love in the love we receive from our parents, families, in nature and in the world around us.

What is God's plan for us?

## Scripture

Have the young person read each passage below out loud and take a moment to reflect on the passage and discuss what it means to them.

Below are several scripture references showing God's love for us:



Psalm 86:15

But you, O Lord, are a God merciful and gracious, slow to anger and abounding in steadfast love and faithfulness.



Isaiah 43:1

I have called you by name, you are mine.



Isaiah 43:15

For I, the LORD your God, hold your right hand; it is I who say to you, "Do not fear, I will help you."



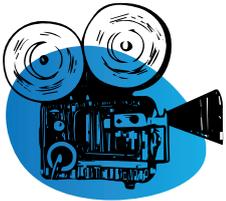
Romans 8:38-39

For I am convinced that 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.



John 3:16

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.



## Video

God loves each of us and knows each of us by name.  
Watch this YouTube clip.

Fr Mike Schmitz – Why God Loves You  
<https://youtu.be/52Vm3YTDQ0s>

Video **Link 1.1**



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

## Activity

In your Journal, draw a timeline. Add all the major events in your own life.

Where was God walking with you?

Listen to the following poem:

### “ **Footprints in the Sand**

Mary Stevenson

One night I dreamed a dream.  
I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
one belonging to me and one to my Lord.  
After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.  
This really troubled me, so I asked the Lord about it.  
“Lord, you said once I decided to follow you,  
You’d walk with me all the way.  
But I noticed that during the saddest and most troublesome times of my  
life, there was only one set of footprints.  
I don’t understand why, when I needed You the most, You would leave me.”  
He whispered, “My precious child, I love you and will never leave you,  
never, ever, during your trials and testings.  
When you saw only one set of footprints,  
it was then that I carried you.”

Looking back in your life, are there times when you know that God was with you?



## Scripture and Prayer

### Scripture

Light a candle before reading the scripture and let the young person know that we light a candle as Jesus is the light of the world.

Christians use scripture to get to know God more deeply and use God's word to lead them on their journey through life.

Ask the young person to be still, close their eyes and listen closely to the words from scripture.



#### Psalm 139

O LORD, you have searched me and known me.  
You know when I sit down and when I rise up;  
you discern my thoughts from far away.  
You search out my path and my lying down,  
and are acquainted with all my ways.  
Even before a word is on my tongue,  
O LORD, you know it completely.  
You hem me in, behind and before,  
and lay your hand upon me.  
Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.

### Music

I Surrender - Hillsong Live

[https://www.youtube.com/watch?v=ukF\\_x-Xd0E](https://www.youtube.com/watch?v=ukF_x-Xd0E)

Video **Link 1.2**



### Prayer



***Loving God,  
You know all our ways.  
Be with us as we journey together  
getting to know you.  
We ask this prayer through your Son Jesus.  
Amen.***