

### **Habit 1: Setting A Vision:**

*You can't go anywhere on your faith journey  
if there is no destination*

#### **Outline:**

- Start out with prayer (Sponsor or Candidate lead)
- Share with each other what's gone on since the last time you met.
- Explain and Tackle– “Crafting Your Vision” exercise.
- Come up with an action plan to review their Vision and Values Statement.
- Close in prayer (Sponsor or Candidate lead)

#### **Materials:**

- Leader's Guide and Candidate Handout
- Bible (book or app)
- Writing utensil
- Paper
- Your own Vision and Values statement (if you choose to share it with your candidate)

## Crafting Your Vision

### Opening Prayer:

<p><i>Psalm 139: 1-18</i></p> <p>1 LORD, you have searched me, you know me:</p> <p>2 you know when I sit and stand; you understand my thoughts from afar.</p> <p>3 You sift through my travels and my rest; with all my ways you are familiar.</p> <p>4 Even before a word is on my tongue, LORD, you know it all.</p> <p>5 Behind and before you encircle me and rest your hand upon me.</p> <p>6 Such knowledge is too wonderful for me, far too lofty for me to reach.</p> <p>7 Where can I go from your spirit? From your presence, where can I flee?</p> <p>8 If I ascend to the heavens, you are there; if I lie down in Sheol, there you are.</p> <p>9 If I take the wings of dawn and dwell beyond the sea,</p> <p>10 Even there your hand guides me, your right hand holds me fast.</p>	<p>11 If I say, "Surely darkness shall hide me, and night shall be my light"—</p> <p>12 Darkness is not dark for you, and night shines as the day. Darkness and light are but one.</p> <p>13 You formed my inmost being; you knit me in my mother's womb.</p> <p>14 I praise you, because I am wonderfully made; wonderful are your works! My very self you know.</p> <p>15 My bones are not hidden from you, When I was being made in secret, fashioned in the depths of the earth.</p> <p>16 Your eyes saw me unformed; in your book all are written down; my days were shaped, before one came to be.</p> <p>17 How precious to me are your designs, O God; how vast the sum of them!</p> <p>18 Were I to count them, they would outnumber the sands; when I complete them, still you are with me.</p>
--	---

### How to Pray:

- Prayer can be difficult in front of others, but what we hope you'll learn through this process is prayer is a conversation with God. Be aware that God's not focused on the words, but the heart's intent of the prayer is heard.
- **Basic outline for how to pray is:** Name God, Thank God, Hit Him up for something, and end "in Jesus name we pray".
  - **Example:** Dear God, I want to thank you for such an amazing day. Please continue to guide and bless us on our journey, in Jesus name we pray.
  - **Example:** Heavenly Father, we come to you with gratitude for such love you show us. Please continue to be with our families and those we love, in Jesus's name we pray.

## **Get to know each other:**

It's incredibly important to find a common ground to start the foundation of trust. A fun way to do this is by guessing your partner's experiences. So situate yourself where your hands are not visible. Read the statement out loud. If the statement is something you think your partner has done, you'll quietly put a thumbs UP without showing them. If the statement is something you don't think your partner has done, then put a thumbs DOWN, again without them seeing it. At the count of 3, you will show your decision to see what your partner thought and reveal what you thought. (this is a fun exercise that when you have 4 people, you can go in pairs, and if you have a 3, you can form a triangle, using both sets of thumbs). After each revealed answer, talk about that question. Why? How was it? Favorite memories?

Questions: Each question begins with "My partner(s)"

1. has eaten Sushi and LOVE IT
2. has been to Disney World
3. would rather go to the beach over the mountain range
4. loves watching sports
5. was baptized as a baby in the Catholic Church
6. likes salty flavors over sweet flavors
7. loves the Colts
8. has been to Reconciliation (confession) in the past 2 months
9. has gotten in an argument on social media
10. attends Mass every Sunday (*be honest on why or why not*)
11. is excited to be a part of this Confirmation process

**Hopefully you've gotten to know more about each other.** As this process continues, the sponsor/mentee relationship is meant as an opportunity to ask questions, openly discuss any troubles, and walk with each other to hopefully make each other a better person while the mentee is continuing their journey to Confirmation. We hope that, in time, you'll find a friendship that will encourage growth on both sides, bringing out the best in each other while enjoying celebrating mass and serving together here at St. Louis de Montfort.

## **GET OUT STUDENT WORKSHEET to craft VISION:**

### **Explanation:**

Because God has a purpose for our lives, the first thing we need to figure out is where He wants to take us. This is where a vision statement or a mission statement is so important to our lives. To help you craft your vision we want to look at the values you have, and how Scripture affirms them. Any expectation that a vision statement made it high school is going to hold up throughout all of life is unrealistic. Let's aim for the present. This year, and in 2 years. If you're a strategic planner, try making a 5-10 year statement, but know that God's plans

for you might not fully be revealed. Be open to growth over time, but keep God's plans as your focus.

### **Start Off By:**

- Asking the candidate who he/she wants to be in 1 year, 2 years, or 5-10 years.  
(Make sure it's who they want to **be** and not what they want to **do**.)
- What do your parents want you to be? How about your friends?
- What do you think God wants you to be?

### **Then:**

- How does it feel to know that God knows all the desires of your heart?
- How does it feel that God has a purpose and a plan for your life?

### **Let's start writing:**

Here's how to start thinking about your mission/visioning statement. What are you passionate about? What are your talents? Have you ever imagined yourself working for a period of time on making the world a better place? You may want to take a personal inventory informally or formally before writing down a simple one- or two-sentence mission statement. Consider idea starters like:

- My greatest passion is to . . .
- I have always wanted to . . .
- My greatest abilities are . . .
- The kinds of things I am least interested in are . . .
- My greatest weaknesses are . . .
- What does the world need that could be met by my passion . . .
- My favorite hero/heroine is . . .
- The Catholic Church could benefit from my ability to . . .

While getting started, it also helps to talk to people you trust who know you well enough to reflect about the questions. To formalize the process, use one or more of the resources listed at the end of this article.

Then in a sentence or two seek to match your passion with the world's need. This becomes your mission statement.

Following are some real mission statements written by teenage students I have worked with. I hope these samples help inspire you to write your own mission statement. Please view your mission statement as a revisable work in progress.

### **Real Mission Statements from Teens (as examples if needed)**

*My vision is to make amazing music that will make people happy or think, and bring glory to God. —Tucker*

*My mission is to study Geophysics and help to start a massive reform of the scientific society. Perhaps even show that bringing Christ into the equation could better explain previously unexplainable events. —Matt*

*My vision is to further the truth and further the love of God to young people through writing especially to Italy and Russia, but hopefully to the youth of the entire world. —Rachel*

## **Relax and see what you come up with.**

Make sure that their mission/vision statement is:

- **Clear** - It should be something so that when another person hears it they know what it is saying.
- **Memorable** - A vision statement forgotten is pointless so make sure it's something they can easily memorize.
- **Emotional and Specific**- It just can't be, "I want to be great." The vision should be personal. Something that they are proud and passionate about achieving.

## **Give Them a few Minutes to Write One Out:**

It is okay if they need more time for a vision or want to work on it after the meeting. You will follow up with this vision statement at each session. Now that you've had them write out theirs, feel free to share yours with them. Give them a copy and encourage them to use it as a guide. Make sure you both revisit this each time you meet with them.

## **Next Activity – See the gifts in yourself**

Have them write out 5-10 values, that they have or that they admire in others.

After they've done that, look at structuring them in the following way: **Use "I AM" Statements** - An "I AM" statement will give you the confidence to not only say it but believe it. Words and thoughts are powerful

Example: Value – Honest, Hardworking, Kind... Re-written to, "I AM Honest" "I AM Hardworking" & "I AM Kind" ... See if those together we can help those values they admire can become a part of who they are.

Becoming what we admire, is always in us to achieve, but we have to believe that God put those values in us as a goal of what to aim for. We admire them because we know we can do that! Faith is not meant to limit what you can do, but rather, when done properly, faith can allow you to fly higher and become the BEST version of yourself!

**END IN PRAYER** (see prayer starters on page 2)