

October 2020

Class Focus:

- This first session is not designed to be highly catechetical, but rather to spend the majority of time focusing on your own faith. The key takeaway will be that Jesus' invitation is for everyone.

Materials needed:

- **FORMED video (Please see instructions attached in email on how to create a FORMED account)**
- **FORMED handout for participants**

Lesson:

1. Welcome:

- Thank you for taking part in our Catholic Formation Home Study. Our Home Study is meant to be as a family, but you can also complete this home study individually. Our Home Study program will be following along with what the in-person students are doing in their classes, with modifications made. That way, if at any point you choose to change to in-person class, you be on the same schedule as the other students.
- Students should make sure to turn in their reflection sheet to Amy after they complete their class. You can send via email at krolla@lumenchristiparish.org or drop it off in the Catholic Formation Department anytime the Church is open.

2. Starting together as a family

- If you are together with your family, share with one another what you hope to get out of these classes this year and any questions you may have about faith right now. Share with one another what your quarantine nickname would be. Quarantine nickname is how they are feeling + the last thing they ate (example: exhausted orange).

3. Class Expectations:

- High school students completing the home study option will be participating in the following once a month:
 - One home study Lesson with reflection sheet to ideally be completed as a family.
 - One small group zoom session (please sign up for your zoom if you have not yet-located on LC website or in your parent's email)
 - Amy, Tina & John (High school coordinator) will also be checking in via phone or email once a month with our high school home study students to see how you are doing and to answer any questions.
- Guidelines
 - Our first guideline is **Investment**. Like investing money, what you put in is what you're going to get out. In fact, you often get more out than you put in. If you are open to others and what God has in store for you, you could gain so much. But this requires you to be invested-listen to what everyone has to say, pay attention to the videos, and engage in discussion

(See Reverse Side)

- The second guideline is **honesty**. We want to hear what you think, not what you think we want to hear. Let's be real with ourselves and each other.
- The third guideline is **Respect**. Respect can be simple: not talking over other people on zoom calls, not making fun of someone's answer on zoom calls, listening, & investing in and completing your reflections. I would ask that you respect what each other share in our zoom groups by agreeing to refrain from talking about it outside of this group.

4. Opening Prayer:

Read the theme John 16:7 and then say a prayer of thanksgiving to God, thanking God for any and all blessings in your life that you can think of at this current moment. Invite the Holy Spirit to open everyone up to hear Jesus' invitation to follow him. Conclude with a prayer together such as the Our Father, Glory Be or Hail Mary.

But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you. (John 16:7)

5. Discuss: Belonging (from the FORMED video series)

At this point, please watch the FORMED video assigned to you. Throughout the video, there are opportunities to pause the video and have a discussion with your family. If you are alone, these moments are opportunities for you to pause and answer these questions on your reflection handout. The discussion guide for families/questions to journal about are below. Please answer the questions on your participant guide which is the reflection that will be turned into Amy once completed.

- If you are with your family, please answer and discuss the questions below. Please also use your reflection guide to answer the questions from at least ONE of the sections below and submit them back to Amy.
- If you are completing this lesson alone, please use your reflection guide to answer the questions from at least TWO sections of the videos and submit your reflection back to Amy.

VIDEO:

Create your account with FORMED Or log on.

Click Programs then choose Youth Programs. Click the button that says Y Discipleship. You will see a tab where you can scroll through the different programs. Click the Program entitled Life with the Holy Spirit. Choose video session 1: Belonging.

Section #1

- **Watch** Video segment #1: Nic's Story
 - **In this first segment, we are introduced to our first presenter, Nic Gutierrez. He will tell us his personal testimony, his story of how he came to follow Jesus.**
- **Pause** at the first pause section and discuss the following if you are with your family and/or choose these questions to reflect about on your participant guide.
 - **How would you answer the Question at the end of the video: what things in life do you use to identify yourself?**

- **What is one thing that stood out to you in Nic's story?**

Section #2

- **Watch** Video Segment #2
- **Pause** at the first pause section and discuss the following if you are with your family and/or choose these questions to reflect about on your participant guide.
 - **What is one thing that stood out to you in the video?**
 - **At the beginning, he references a quote from the actor Robin Williams, "I used to think the worst thing in life was being alone. It isn't. The worst thing in life is being with people who make you feel alone."**
 - **Have you ever had an experience like this?**
 - **To best understand the Holy Spirit, we have to understand an essential word in our faith, trinity. The trinity means God the Father, Son and Holy Spirit. This does not mean that we believe in three Gods.**

NOTE:

WHAT the Father is is the same as WHAT the Son is and WHAT the Spirit is. That WHAT is God. But WHO the Father is is not the same as WHO the Holy Spirit is nor the same as WHO the Son is. The WHO is the distinct persons.

The Catechism describes the Trinity as:

- The Trinity is One (CCC #253)
- The divine persons are really distinct from one another (#254)
- The divine persons are relative to one another (#255)

The Trinity is a great mystery, difficult to wrap our human minds around. When we use the word "mystery" in Christianity we don't mean that it's a puzzle to be solved nor do we mean that it is something completely unknowable that you are expected to blindly believe. Instead, think of it this way, you can understand the Trinity on a scale of 0 to infinity. You may have some basic understanding from your family or a class you took, so give yourself a 2. People like St. Thomas Aquinas or St. Augustine were something closer to a 12. Yes, they knew more than you and I probably ever will, but there is still infinity to go! (The numbers are totally arbitrary, but simply meant to illustrate a point.) It can be a big theological concept or an image that is associated with him. The Holy Spirit can be difficult to understand and we can get caught up in abstract things about him like images of doves. But let's keep coming back to this as we prepare for Confirmation: The Holy Spirit is a real, divine person - God - and God is pursuing us to be in a real relationship with him.

Section #3

- **Watch** Video Segment #3
- **Pause** at the first pause section and discuss the following if you are with your family and/or choose these questions to reflect about on your participant guide.
 - **What is something that stood out to you in this scene?**
 - **How have you experienced God's love?**

Section #4

- **Watch** Video Segment #4
- **Pause** at the first pause section and discuss the following if you are with your family and/or choose these questions to reflect about on your participant guide.
 - **What makes you happy?**
 - **What else stood out to you in this scene?**
 - **Is it easy or difficult for you to believe that God can make you happy? Why or why not?**

Takeaways:

- **Say: This week, we want you to give yourself a challenge for your faith. This could be praying more, spending more quiet or meditative time, focusing on being positive etc.**

6. Prayer

Intentions

- Open in the prayer below and then add in your own intentions for the year or anything that you/loved one needs prayer for.

We offer to you, Loving God, the gifts and needs of youth.

Bless them with your guiding grace as they face the challenges and opportunities in their lives. Touch their hearts with the gentleness of your love, that they may know they are valued and valuable beings.

Send your spirit of hope to their lives, that they may believe in themselves and know they are needed in this world. Grace them with the gift of joy that they may celebrate life through laughter and tears alike.

Guide us, as we continue to grow in appreciation of the many gifts of young people, in the ministry opportunities we offer to them, in the journey of faith we walk with them, in our shared mission as a community called to discipleship in the world.

We ask this in Jesus' name. Amen.