

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

(See Reverse Side)

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

- 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 verse Acts 1:8 below 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 you will receive power when the Holy Spirit comes upon you, and you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth (Acts 1:8)

5. Discuss: Empowered (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 3: Empowered.

Section #1

- **Watch** Video segment #1: Sarah's story
In this segment, we are introduced to our first presenter, Sarah. She will tell us her personal testimony, her 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 Sarah asked at the End: What in your life might change if you said ‘yes’ to the Holy Spirit?
- Is the thought of change exciting or scary to you (or maybe both!) Why?
- Ask: What else stood out to you in her 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?
 - Sarah quotes St. Pope John Paul II who said we can live like ‘practical Atheists’ -believing in God, going to Church, but that belief having little or no impact on the way we live. How have you seen this to be true?
 - Do you ever feel like you are going through the motions and not totally in?
 - What in your life may be holding you back from an authentic relationship with God?

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.
 - Have you ever had a parent or teacher ask you to cooperate with them? Think about what that has looked like in your life.
 - Ask: How might this translate into cooperating with the Holy Spirit?
 - Note: It is important to note that most people will report “not feeling any different” after something like confirmation or other sacraments. Some people, however, don’t feel different but they later notice a difference when they begin to cooperate with it.
 - Sarah tells a story of someone being actually healed when she prayed over them. Have you ever heard a story of a miracle in modern, everyday life? It could be something that happened to you or someone you know.
 - Note: Some may argue that praying for healing isn’t Catholic, but the Catechism teaches, “The Holy Spirit gives to some a special charism of healing so as to make manifest the power of the grace of the risen Lord. But even the most intense prayers do not always obtain the healing of all illnesses. Thus, St. Paul must learn from the Lord that ‘my grace is sufficient for you, for my power is made perfect in weakness,’ and that sufferance be endured can mean that ‘in my flesh I complete what is lacking of Christ’s afflictions for the sake of his Body, that is, the Church.’” ([CCC 1508].)
 - If we really have access to the same power of the Holy Spirit that was given to the apostles, why do you think we don’t see more things like Sarah was talking about?

- Think back to the analogy of the Dead Sea: “It is the same with us, we have been given something incredible with the Holy Spirit, but if we just sit on that gift, if we don’t do something with it, we will be like the Dead Sea.”
- **Sarah also talked about how often the bigger miracles is having the courage to live our faith in our school or family. What is an “ordinary” area of your life where you need a miracle? Where do you need the power of the Holy Spirit?**

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 is one thing that stood out to you in that video?**
 - **Who in your life might the holy spirit be nudging you to share your faith?**

Takeaways:

- **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.