

GIVEN/ENTREGADO

“THIS IS MY BODY, GIVEN UP FOR YOU.”

Luke 22:19

Summary	What are the different ways our life is GIVEN away? Like the sacraments, our vocation is a gift from God where we are both loved by Him and become like Him. Give yourself to Jesus and he'll show you how to give yourself to others.
Objective	Participants will be able to... 1) learn about Jesus' self-gift as a model for us. 2) discuss different kinds of vocations and ways to love. 3) reflect on our personal/communal call to holiness as we prepare for NCYC.
Administrative Tasks	If this session is completed between October and November, you may have additional housekeeping items to take care of such as distribution of parish gear, selection of workshops, trading items, etc. Finalized Packing List and Travel Itinerary, including details on meals. Participant journals (if desired). For the game, you will need a circle of ~10 chairs visible for others to watch.

LESSON PLAN

OPENING PRAYER *All powerful and ever-living God,
 You call each us to a life of love poured out for others.
 When you gave your body for us, it was an invitation to eternal life and joy.
 There is no greater joy than leading others to You, Jesus.
 Jesus it is in you that we are given all that we have.
 We long to give it all back to you and your Church in gratitude.
 Loved by you, we long to love others and to help them o know you.
 This world needs your hope and peace, Lord.
 As NCYC draws near, help me prepare my heart to be a beacon of hope for others.
 We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.*

ICEBREAKER **Pulls Ups (from Youth-Pastor.com)**
Objective: Socialization. For a more catechetical game that ties into the Given theme, see page 3.
Supplies Needed: Chairs

“Put the group into a large circle of chairs. Pick 5 boys and 5 girls (you can pick more or less depending on the size of your group) to come into the center and remove their chairs. Have music ready. Instruct them that when the music starts they must find someone of the opposite sex and pull them up out of their chair, and sit in it - quickly. This person then must do the same, moving at least 3 chairs away from his/her previous position. Everyone must stop when the music stops. The winner is the group that has the fewest members in the circle. After a few rounds, have some helpers remove chairs before people sit down in them to make it a little more chaotic. It helps to set some rules about how hard to pull up people. Guys can't jerk girls' arms out of their sockets and also must allow themselves to be pulled up, etc.”

Continue playing until everyone has had a chance in the center.

MESSAGE

(Group leaders should be prepared to share a summary of the following information with their participants. It is best not to read it all word-for-word, but to deliver the information in an informal, casual way.)

In the final part of the Eucharistic prayer in Corinthians, the bread is given to others to take and eat. Self-gift is the essential hinge of the Christian life, for “if we do not behave as we believe, we will believe as we behave.” (Vulnerable Fulton Sheen)

((Review)) THE RIPPLE EFFECT (Journal Page 1)

The heart of this year’s NCYC is the Eucharistic Spirituality of our Church. We believe in the true presence of Christ in the bread and wine of Christ – not a symbol, or a sign, but that Christ is truly present, and faith helps us live this mystery even “when our human senses fail” (St. Thomas Aquinas.)

“In His Eucharistic presence he remains mysteriously in our midst as the one who loved us and give himself up for us (Galatians 2:20). CCC 1380

We also believe that we become His Body in the world upon receiving the Eucharist: blessed, broken and given. This encounter with Jesus – receiving Him into our own body and blood – has a Ripple Effect on the whole world. He takes the bread, blesses, breaks and gives it to us for our salvation. Because of this great love, we are able and miraculously willingly to take our own lives, allowing them to be blessed, broken and given out of love.

In the words of St. Augustine, “Let us rejoice then and give thanks that we have become not only Christians, but Christ himself.” (St. Augustine [CCC 795]) Loved by Him, we are able to love like Him. “Love is the free self-giving of the heart,” (YouCat 402) and it is through love - whether dedicated to another in marriage, the wide love of religious or single celibate life – that we find our deepest happiness.

We experience this bread for the journey, the courage and example of how to love, in Christ’s example & grace instituted in the sacraments. “Above all through the Sacraments of Baptism and Holy Eucharist, an inseparable union comes about between Jesus Christ and Christians. The union is so strong that it joins him and us like the head and members of a human body and makes us one.” (YouCat 126 [CCC 787-795])

“God is love. He longs for our love also. One form of loving surrender to God is to live as Jesus did – poor, chaste and obedient. Someone who lives in this way has head, heart and hands free for God and neighbor. In every age individual Christians let themselves be completely taken over by Jesus that for “for the sake of the kingdom of heaven” (Mt 19:12) they give everything away for God – even such wonderful gifts as their own property, self-determination, and married love. This life according to the Evangelical Counsels in poverty, chastity and obedience shows all Christians that the world is not everything. Only an encounter with the divine BRidgeoom “face to face” will ultimately make a person happy.” (YouCat 145 [CCC 914-933, 944-945])

As teenagers, you are discerning your future vocation by asking yourselves the questions recommended by Fr. Jon: *What do others see in me? What is my deepest passion? Where am I needed?* Your vocation now is to keep your eyes open to the needs of the world around you and consider how the Holy Spirit is urging you to respond. Evangelization is our universal call to holiness no matter how old we are. We must share the hope and Good News of Christ wherever,

whoever, we are, through our blessings and our brokenness. United with the Holy Spirit through the sacraments, you receive the eyes and heart of God. Your vocation now, as a single person, is to 'keep vigil' for those who need Jesus, because "closing our eyes to our neighbor also blinds us to God." (Pope Benedict, *Deus Caritas Est*, 16)

**SUPPLEMENTAL
 QUOTES**

- "It is unthinkable that a person should accept the Word and give himself to the kingdom without becoming a person who bears witness to it and proclaims it in his turn." (*Evangelii Nuntiandi*, no. 24)
- "The worst thing is not to commit crimes but, rather, not to accomplish the good that one could have done." (Leon Bloy)
- "We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace." (Pope Francis)
- Creation is released when God's gifts are no longer squandered, ravaged, and abused; human lives are unshackled when bodily and mental illness and psychological traumas are healed; when touched by grace, souls are liberated from bondage to sin, and death's sting is destroyed (1 Cor 15:55). (Fr. John Neulle)
- "The Eucharistic presence of Christ begins at the moment of consecration and endures as long as the Eucharistic species subsist." (CCC 1377)
- In receiving Holy Communion, we are united with the Lord, we are separated from sin, preserved from future sin, committed to the poor, united to the entire Church (CCC 1391-1398.)
- The essence of love is mutual self-giving without reservation. (YouCat 263)
- Holy Eucharist is the Sacrament in which Jesus Christ gives his body and blood himself for us so that we too might give ourselves to him in love and be united with him in Holy Communion. (YouCat 208 [CCC 1322, 1324, 1409, 1413])
- Complacency is seductive; it tells us that there is no point in trying to change things, that there is nothing we can do, because this is the way things have always been and yet we always manage to survive. By force of habit we no longer stand up to evil. We "let things be", or as others have decided they ought to be. Yet let us allow the Lord to rouse us from our torpor, to free us from our inertia. Let us rethink our usual way of doing things; let us open our eyes and ears, and above all our hearts, so as not to be complacent about things as they are, but unsettled by the living and effective word of the risen Lord (Pope Francis)
- The Eucharist, although it is the fullness of sacramental life, is not a prize for the perfect but a powerful medicine and nourishment for the weak. (Pope Francis)
- God's word, listened to and celebrated, above all in the Eucharist, nourishes and inwardly strengthens Christians, enabling them to offer an authentic witness to the Gospel in daily life. (Pope Francis)
- Every human being is the object of God's infinite tenderness, and he himself is present in their lives. Jesus offered his precious blood on the cross for that person. (Pope Francis)
- He or she invites others to let themselves be healed, to take up their mat, embrace the cross, leave all behind and go forth ever anew to proclaim the Gospel. (Pope Francis)
- In today's world too, we are called to follow the path of spiritual wisdom proposed by the prophet Isaiah to show what is pleasing to God. "Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from

your own kin? Then your light shall break forth like the dawn” (58:7-8). (Pope Francis)

- Confirmation gives us a “more intimate union with Christ and a more lively familiarity with the Holy Spirit – his actions, his gifts and his biddings.” (CCC 1309)

**REFLECTION/
DISCUSSION**

Found in Journal, Page 15.

When Pope Francis speaks to the world, he calls us to be “spirit-filled evangelizers” or missionary disciples. None of us are perfect and all of us are in need of God’s mercy. Did you know he received his vocation as a teenager? One day he was wandering the streets and saw a parish with open doors, offering Reconciliation that afternoon. He stepped into the confessional and felt he received his call to the priesthood that very day. Receiving the mercy of God, we are changed. We desire to bring His mercy to everyone we meet, becoming ministers of mercy ourselves.

A minister of mercy is someone who sees the invisible people in our high school hallways, workplaces, parishes, even youth groups. They don’t ignore people who need God – they feel it is their duty to respond (their response-ability) to give them Jesus.

Spend some time with each of the following quotes from Pope Francis. How do the Holy Father’s words challenge you? What situations in your life do they bring to mind? How might you be a minister of mercy?

- *“The Lord does not disappoint those who take this risk; whenever we take a step toward Jesus, we come to realize that he is already there, waiting for us with open arms.”*
- *“Jesus’ sacrifice on the cross is nothing else than the culmination of the way he lived his entire life. Moved by his example, we want to enter fully into the fabric of society, sharing the lives of all, listening to their concerns, helping them materially and spiritually in their needs, rejoicing with those who rejoice, weeping with those who weep; arm in arm with others, we are committed to building a new world. But we do so not from a sense of obligation, not as a burdensome duty, but as the result of a personal decision which brings us joy and gives meaning to our lives.”*
- *“Sometimes we are tempted to be that kind of Christian who keeps the Lord’s wounds at arm’s length. Yet Jesus wants us to touch human misery, to touch the suffering flesh of others. He hopes that we will stop looking for those personal or communal niches which shelter us from the maelstrom of human misfortune and instead enter into the reality of other people’s lives and know the power of tenderness. Whenever we do so, our lives become wonderfully complicated and we experience intensely what it is to be a people, to be part of a people.”*
- *“Christian triumph is always a cross, yet a cross which is at the same time a victorious banner borne with aggressive tenderness against the assaults of evil.”*
- *Christianity is “... an authentic leaving ourselves behind ... in order to carry out the mission to which he has called us, for the good of our brothers and sisters.”*
- *“Anything done out of anxiety, pride or the need to impress others will not lead to holiness.”*
- *“We must Say No to ‘a world that thinks it can keep something for itself.’ ”*

Optional Video

Discerning God’s Will for your Life, Nashville Dominicans, Ascension Presents

<https://www.youtube.com/watch?v=80msIR5Zs6s&list=PLeXS0cAkuTPrHPAveZQtnRXDoINjqovfc&index=5&t=0s>

Optional Game

Given: A Game on Religious Orders

Objective: To introduce teens to major religious orders who have given themselves “for the sake of the kingdom” and their charisms.

Supplies Needed:

- Information on the religious orders can be used from posters available here from Catholic Link: https://catholic-link.org/9-Infographics-religious-orders/?fbclid=IwAR3nnt_dOw2GT-KSxTj-UfsGQw4X1tPdnkJPCyZdnVodA26P06Bs3GVErW8
- Utilize trivia below however you see fit! The same trivia questions are also available on Kahoot! here: <https://play.kahoot.it/#/k/3def00c2-83a1-4e15-aab2-f265db7d57f4>

Give each team a chance 5 minutes to review the different religious orders on their table, or present the information as part of your Message.

When the game begins, the table can keep 3 of the orders flipped right side up. (The game then becomes “easier” as they learn which orders have already been “covered” in previous rounds.)

1. Which order is NOT a mendicant (begging) order: Augustinian, Carmelite, Benedictine or Franciscan? (Benedictines are monastic.)
2. St. Teresa of Avila, St. Therese of Lisieux and St. Edith Stein were _____. (Carmelites)
3. Whose motto is “The cross is steady while the world is turning.” (Carthusians)
4. Name one famous Jesuit. (Pope Francis, St. Francis Xavier, St. Ignatius Loyola, St. Aloysius Gonzaga, etc.)
5. The Benedictine motto is _____. (Ora et Labora, Prayer & Work)
6. Most habits are brown, black, grey or white. Which orders do not wear a habit? (Salesians/Jesuits)
7. This order’s founder’s legacy was care of young people. (Salesians)
8. The Missionaries of Charity are easily identified by their “habit”, a sari featuring which two colors? (White & Blue)
9. This order is known for their ability to preach and teach. (Dominicans)
10. Which order is known for its practice of spiritual discernment? (Jesuits)

Optional Bible Studies

“Solitude” from Saturday or Sunday’s Given/Return section in the Participant Journal
 Daily Readings from November 23 or 24 in the Participant Journal

Optional Reflection

A Note from the Vocations Director, Page 3 of Participant Journal

CLOSING PRAYER

All powerful and ever-living God,
Your Son spared nothing when He gave up your body for us.
There is no greater joy than showing others the Way to Christ,
the Way of Christ.
May the life you offer us bring me greater joy.
Help me not to count the cost but count the ways I have been blessed, broken and
given to the world,
For Someone I believe in and love. You.
Nothing compares to the promise I make to follow you.
May NCYC fuel my faith this year, guiding me as I try to love my family, friends,
strangers and enemies.
We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and
the Holy Spirit, one God, for ever and ever.