

# LIFE OF A DISCIPLE

## Session 3: Sacraments

### Brought into Communion

**Goal:** To encourage the teens to avail themselves of the sacraments, particularly the Eucharist and Reconciliation, in order to participate in God's divine life.

**How to Use This Document:** Below, you will find an outline for a sample youth night on *Sacraments*. This outline is meant to be flexible and adapted to your ministry. You may either choose to adapt this outline to be part of a large group youth night or use it as a standalone small group event.

**Note:** *If adapting for a large group, have a teen share a witness on how they encountered the Lord in the sacraments, particularly the Eucharist and Reconciliation, to close out the event.*

**Supplies:** Prior to the youth night, print out the Mass and Confession schedule for your parish and, if possible, surrounding parishes. Have one printout for each person attending. In addition, have one Examination of Conscience for each teen in your group.

#### Preliminary Small Group

30 minutes

**Objective:** To recap last week's small group on *Accountability*, follow up on the given challenge, and introduce the theme for this week, *Sacraments*.

**Note:** *One way to adapt this outline for your small group is to first have the teens discuss the questions in this "Preliminary Small Group" section with their accountability partners. Then, come back together and discuss as a small group.*

*Around the Circle:* Share one thing from this past week that was positive, one thing that was difficult, and one thing you're looking forward to this upcoming week.

*Around the Circle:* Who completed their challenge from last week and followed up with their accountability partner?

- *If they didn't:* Why didn't you complete the challenge? What was difficult? Did you experience fear or hesitation? What can you do this upcoming week to ensure you complete the challenge?

**Note:** *Always encourage the teens that they can still complete the challenge in the upcoming week.*

- *If they did:* Was the challenge still difficult? Why or why not? Is this idea of accountability new to you and your friends? What did you learn from the experience? What did you learn about God? What did you learn about yourself?

#### Small Group Discussion/Survey

In this section, we want to help the teens learn that we notice the work of the Lord when we make time for him and give him the space to work, particularly in the sacraments.

*Thumbs Up/Thumbs Down:* Would you say you experienced the Lord in some way, big or small, at the youth conference/retreat?

*Thumbs Up/Thumbs Down:* Would you say you often encounter the Lord regularly throughout the year?

- *If there's a discrepancy:* Why do we tend to have an easier time encountering God on retreat than we do in our everyday life at school, home, with friends, etc.?
- *If there's no discrepancy:* What do you do to ensure you continue to encounter the Lord after a retreat?

**Video: 'Sacraments' by Sr. Miriam James  
Heidland, SOLT**

5 minutes

### Small Group Application

15 minutes

*Objective:* For the teens to establish a routine and habit of frequenting the Mass and the confessional.

### *Praying with Scripture*

Read aloud and silently reflect for a few moments on John 10:1-11, with a particular focus on John 10:10.

### *Discuss*

*Ask a Few:* In John 10:10, Jesus promises us abundant life. What does it mean to live abundantly? Have you ever experienced life in abundance? What was that like?

*Ask a Few:* How did you experience abundant life over the conference/retreat weekend?

*Ask a Few:* What makes a retreat weekend different from other weekends?

- *Ideas:* availability to God, taking time for prayer, availing yourself of the sacraments

*Ask a Few:* How can we allow ourselves to become more available to God this upcoming week?

### *Brief Teaching (key points)*

- We notice the Lord working when we allow ourselves to be available to him.
- During a retreat, we make ourselves radically available to the Lord.
- The Lord desires that we are always available to him, not just on a retreat.

### Closing

5 minutes

Send the teens home with a challenge to complete before you meet again next week.

*Note: Before diving into the challenge, make available the Mass and Confession times for your parish and, if possible, surrounding parishes. Have a printout for each person. In addition, if it has been a while since the teens in your group went to Confession, consider providing or walking through an Examination of Conscience.*

**Challenge:** Continue to revisit the challenges from the previous weeks:

- Take initiative with availability.
- Build a relationship with your accountability partner.

In addition, this week, find a time with your accountability partner when you both can meet to attend a Mass or go to Confession together. Then, reach out to others and invite them to receive the sacraments with you. Some ideas:

- Saturday Confession at your parish, followed by attending the vigil Mass.
- Find a parish that has a morning Mass during the week you can attend before school.
- Find a parish that has an evening Mass during the week. Go out to a restaurant or over to someone's house together afterwards.

**Bonus:** Make this a weekly event you do with your friends. Remember, an aspect of a good community is availability!