

YOUNG ADULT LESSON PLANS

Baptized in the Spirit

LESSON ONE *What do I value?*

Objective: To help young adults look at their beliefs and values as part of discernment for life choices.

Preparation: Provide index cards, a pen/cil for each participant. Arrange chairs around a prayer table. Include candle, Bible, and basket for cards.

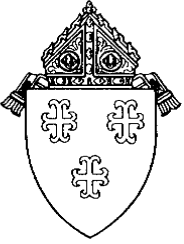
Process: Begin with a simple welcome and introductions. Offer a prayer and read aloud Isaiah 42:1-4, 6-7. Invite people to reflect on what values are needed in God's servant described in this reading. Talk about these values. Distribute 5 index cards/person. Ask participants to reflect on their own values and beliefs. Write one value/belief on each card. Number these from 1-5 with 1 being the most important value/belief. Arrange cards with "5" on top to "1" on the bottom. Lead a reflective process using the suggested questions. With each card help participants focus on the value/belief by asking these or similar questions: *What does this value/belief mean to you? Who has helped you develop this value/belief? When has this value/belief been called forth? How is it apparent to others that you have this value/belief? What would life be like if you did not believe in this value? Let go of this value. You do not believe in this. Let go of this and place that card on the bottom of your pile.* Ask similar questions with each card. Ask participants to sit with the emptiness. Then invite them to take each one back. In dyads or triads share beliefs and discuss. In the large group have them talk about the exercise and what they discovered about themselves. Distribute another index card and ask participants to write a belief, value, or quality they wish to strengthen. Sign it. Discuss these with group. Collect the cards in a basket. Each participant chooses a card and prays for that person regularly. End the session with a creed or vocation prayer and possibly a song.

LESSON TWO *Discovering God at work in the Digital World*

Objective: To create awareness of how our spiritual lives can be enhanced through the digital world of music, internet and community. How can the digital world facilitate the discovery of how you will live out your baptismal call?

Preparation: Duplicate Activity 1 and *Sites to Surf* page. Ask participants to bring their iPods, or a current popular song they enjoy, favorite websites or a book that has cultivated their spiritual lives. Also download a *Pray as You Go* (www.pray-as-you-go.org) meditation.

Process: Begin the session with the podcast as the opening prayer. Ask participants to share about podcasts, websites, and songs that have helped them in their faith and prayer life. If possible get an internet connection on a laptop, display some of the current websites that can help us to develop a deeper prayer life or grow in our Catholic faith formation with particular emphasis on those that would help in their vocation discernment. Distribute Activity 1. Review the suggested activities and invite participants to choose one of them or create something similar. Conclude the session with a YouTube prayer video that is chosen in advance. Consider inviting a priest, brother or sister to come and talk with the group about how they live out their baptismal call.



ACTIVITY 1

Discovering God in the Digital World

Exploring Websites and Music

Highlight/star the ones from the “*Sites to Surf*” that are mentioned by participants. Add addresses of those not on the list. Write down name of musicians and song titles that are helpful.

You Tube Videos

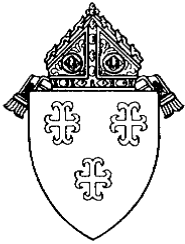
- Do a search for videos that highlight 3 different vocations: priest, lay ecclesial minister, woman religious, brother, deacon. What did you hear?
- Review one or two of *CNN Heroes*, (few minutes clip) and discuss how that person felt called to a particular form of service. What keeps them motivated? What personal gift or charisma does s/he have in order to make a difference?
- Which person won *Hero of the Year* award for December 2009?

Interview for a newscast

Create an interview for *60 minutes* on the *rich young man* 5 years after his encounter with Jesus or create an interview with the *woman at the well* 5 years after her encounter with Jesus.

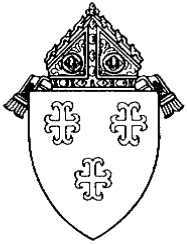
Facebook /Blog

Find a *Facebook* page or blog for a woman religious, priest, deacon, brother, lay ecclesial minister and for Catholic singles and married couples. What did you learn?



Sites to Surf

America (Jesuit publication)	www.americamagazine.org
St. Anthony (American Catholic)	www.americancatholic.org
Busted Halo (Paulist)	www.bustedhalo.com
Catechism of the Catholic Church	www.scborromeo.org/ccs.htm
Catholic Information Center	www.catholic.net
Catholics on Call	www.catholicsoncall.org
Catholic Resources (Directories, etc.)	www.catholic-church.org/cid
Centering Prayer	www.centeringprayer.com
Daily Reflections & Prayer	
onlineministries.creighton.edu/CollaborativeMinistry/daily.html	
Giving Voice (Reflections by younger women religious)	www.giving-voice.org
Good Ground Press	www.goodgroundpress.com
Latino Hispanic Catholics (Vocation Guide and OYE)	www.vocacioncatolica.com www.oyemagazine.org
Liturgical Readings (any year plus great links)	www.easterbrooks.com/personal/calendar
Liturgy of the Hours	www.universalis.com
Mary Page, The	campus.udayton.edu/mary/
Mass Times Everywhere	www.masstimes.org/dotNet/Default.aspx
My Catholic Voice	www.mycatholicvoice.com
National Coalition for Church Vocations	www.nccv-vocations.org
National Conference for Diocesan Vocation Directors	www.ncdvd.org
National Religious Vocation Conference	www.nrvcc.net
Pray as you go (daily prayer for your mp3 player)	www.pray-as-you-go.org
Preaching	www.opreach.org
Prepare the Word	www.PrepareTheWord.com
Priests of the Sacred Heart	www.scjvocation.org
Prepare for Sunday Mass	www.liturgy.slu.edu
Religious Orders and Articles	www.visionguide.info
Sacred Space	www.jesuit.ie/prayer
Serra	www.serraus.org
U.S. Catholic Publication	www.uscatholic.org
U.S. Conference of Catholic Bishops	www.usccb.org
Vocation Match (TrueQuest)	www.vocationmatch.com
Vocations and Prayer (Rogationist publication)	www.vocationsandprayer.org



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