

## Life Sunday Catechesis for High School Students “Becoming a joyful witness”

**Expected Time:** 30-40 minutes

**Materials:** PDF document (provided) and Bible

**Media:** Youtube (TV/Projector)

**Goal:** Accepting our identity as a beloved child of God and to joyfully live that out.



### Notes for the presenter:

The content is divided and elaborated under 3 main points. The aim of the presenter is to start bringing the group to the reality that they are loved the way they are, uniquely and personally by God, our creator. With that realization they should be led to experience freedom as a child of God. And in that freedom, they should be prepared to share the goodness of God's love to others, making their life a joyful witness.

### 1. You are loved into existence

How do you define yourself? Are you good enough? How many times have you told yourself - that I am not smart, I am not popular, I am not wanted, I am not beautiful, I am not tall, I am not skinny enough?

#### Questions for students

- What are the traits that make someone admirable?

The reality is that:

- God's love is not dependent on who you are. Regardless of who you are, you are God's beloved son/ daughter.
- Your body, appearance, voice, nature... all your uniqueness is precious in God's eyes. You are gifted and worthy. There is no one to replace you in this world. You don't need to be someone/ something else. God loves you the very way you are.
- You have a special place and mission in this world. And finding your identity as God's child will help you find the same identity in others.
- Start seeing God's wonder in you and you will see God's wonder in others.

**Video:** You're Kind of A Big Deal: (<https://goo.gl/Xjnxdp>)

#### Refer:

“Our body is a monsternace: through its crystal the world should see God”. ~ St. Gianna Molla

“For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving.” ~ 1 Timothy 4:4

### 2. Allow the truth to set you free

- Make the frequent receiving of Sacraments be part of your life. You can be a pro-life witness only when you allow God's love to surge through you. Action without love won't bear fruit. [1]
- Many of us are deceived by lies. We need to know the truth. Listed below are some of the evils against human life we see in today's culture:
  - Objectification of a human person in different forms.
  - Sins against our own and other's bodies. E.g. abortion, pornography, sexual sins etc. [2]
  - Treating people as a means to an end or as a ticket to my selfish needs. Using others to achieve something and discarding them once the need is met. This can be even for something simple as using our friendship for our own personal gains...

**The Truth About You:** <https://goo.gl/FM33KF>

**Refer:**

- [1] “..where the Spirit of the Lord is, there is freedom” ~ 2 Corinthians 3:17
- [2] “...a human being is always sacred and inviolable, in any situation and at every stage of development.” ~ Pope Francis (Evangelii Gaudium, 213)
- "Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect." ~ Romans 12:2

**3. Share the truth in the context of Love**

- We all know that if we share truth without love it will turn people away. It is very important to see all issues in the context of love. People should be able to know that they are loved by God and they are valuable. Then, things that we speak will make sense to them. Pope Francis reminds us about this way of sharing the truth.
- All lives are precious and dignified in all its stages from conception to natural death.
- Pray for the person before you engage on any pro-life conversation. Pray that Holy Spirit may guide you as you speak.
- Judgement has no place when it comes to conversations like this. Mercy and kindness is the way to go.
- Speak truth with clarity. Do not be wishy washy. Be clear and gentle. But again, talk in the context of Love.

**Refer:**

*For those who need more understanding on how to engage in pro-life conversations, this video can be helpful (Stephanie Gray: "Abortion: From Controversy to Civility"):* <https://goo.gl/MwnG4u>

**Group Discussion** (Note that each group is recommended to have a mature group moderator. If not, for all the groups there should at least be a common moderator to collect the points of discussions and answer/clarify them):

Divide into groups and practice how to engage in pro-life conversations. Some of these points may be useful in GD:

- How to use social media to spread the joy of living as a pro-life youth.
- How to build bridges with your friends who does not believe what you believe as a pro-life. How can you lead them to knowing the truth.
- What are some of the simple things you can do to develop a character of kindness and generosity.
- How to overcome the fear of isolation and depression.

**Closing Prayer:** Dear God, we surrender ourselves into your loving hands.



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