



LIFE TEEN

CORE Team Training

Prayer:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

Vision for Youth Ministry:

St. Peter's Youth Ministry is dedicated to helping teens encounter Christ and His Church, to grow in relationship and virtue with Core members and each other.

Mission for Youth Ministry:

To help teens encounter Christ and His Church and to grow in relationship with Him.

What is a Life Night?

Gather— goals of Gather are to foster community, introduce the topic in a creative way, and prepare the teens to hear the Good News presented in the Proclaim. Engage with the teens, ask them what's going on in their life and genuinely be interested in it. Be engaged in the game or activity, if you are having fun and enjoying yourselves they will be too.

Proclaim— is the talk, video, or presentation of the Good News. It is no more than ten to fifteen minutes long. Myself or a Core Member will use the Proclaim found in the Life Night to craft our own talk with our own personal stories. Even if you are not giving the Proclaim I ask that every Core Member read it in advance while asking, "How is this Good News to me?" "How does this affect my life?"

Break— application step. It gives teens the opportunity to apply the Good News to their lives. It is often in small group discussion, but may be in large group sharing, partner talks or silent reflection. If it's small group I ask that you read and answer them for yourselves before arriving at the Life Night. We must discover the truth and goodness for ourselves before we bring it to others.

Send— is the time of prayer and when we pray, Jesus shows up. Jesus will always show up. In the Gather He can show up in meaningful conversations and testimonies. In the Proclaim, He can show up through the truth presented and testimony of the speaker. In the Break, the teens can discover Him working in their lives and how to include Him in their lives. In the Send, we pray and ask Him to be present; during the Send I ask that you model authentic prayer.

Goal of Life & Edge Nights:

To lead teens closer to Christ, which can be accomplished by being present to what we are doing and why.

To lead teens to Jesus, we must first be in a relationship with Jesus.

A Core Member must be committed to a relationship with Jesus, to living an authentically Catholic life, and intentional relationships with teens.

Scripture & CCC:

“Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.” —
Matthew 28: 19-20

“Once again he went out along the sea. All the crowd came to him and he taught them. As he passed by, he saw Levi, son of Alphaeus, sitting at the customs post. He said to him, “Follow me.” And he got up and followed him. While he was at table in his house, many tax collectors and sinners sat with Jesus and his disciples; for there were many who followed him. Some scribes who were Pharisees saw that he was eating with sinners and tax collectors and said to his disciples, “Why does he eat with tax collectors and sinners?” Jesus heard this and said to them [that], “Those who are well do not need

a physician, but the sick do. I did not come to call the righteous but sinners." -- Mark
2:13-17

"So do not be ashamed of your testimony to our Lord, nor of me, a prisoner for his sake;
but bear your share of hardship for the gospel with the strength that comes from God."
— 2 Timothy 1:8

851 *Missionary motivation.* It is from God's love for all men that the Church in every age receives both the obligation and the vigor of her missionary dynamism, "for the love of Christ urges us on." Indeed, God "desires all men to be saved and to come to the knowledge of the truth"; that is, God wills the salvation of everyone through the knowledge of the truth. Salvation is found in the truth. Those who obey the prompting of the Spirit of truth are already on the way of salvation. But the Church, to whom this truth has been entrusted, must go out to meet their desire, so as to bring them the truth. Because she believes in God's universal plan of salvation, the Church must be missionary.

1268 The baptized have become "living stones" to be "built into a spiritual house, to be a holy priesthood." By Baptism they share in the priesthood of Christ, in his prophetic and royal mission. They are "a chosen race, a royal priesthood, a holy nation, God's own people, that [they] may declare the wonderful deeds of him who called [them] out of darkness into his marvelous light."
Baptism gives a share in the common priesthood of all believers.

Relational Ministry:

What it is: personal invitation and investment into their lives.

How To's

Relational Ministry is developing Christ-centered relationships. For Core Members, it starts by taking an interest in the the teens. Saying "hi" to them before or after mass. At a Life Night, asking thme, "How are you?" "How was your day?" Not settling for "fine" or "good" but following up with "What was

good about it?" "Why?" It's remembering what you talked about with a teen last week and checking in with them about it this week. "How did that test go that you were so stressed about?" "Did you make Varsity Soccer?"

You are communicating that you care about them.

You care more about who they are at Life Nights.

You care because you know you are loved by a God who loves you more than you could ever know.

Strategies for Relational Ministry:

Strategy #1— Take an Interest in Them

Ask about themselves and their interests. Check out what they are wearing, what sport they like, etc.

Strategy #2— Have Questions Prepared in Advance

Would you Rather or Ice Breaker questions prepared for discussion. Then go and ask some kids why they picked their answer.

Strategy #3— Have Fun During Any Game

Having fun allows teens to open up and relax in order to have fun themselves.

Strategy #4— Know Your Goal

To create a relationship w/ teens in which they feel welcomed, known, and cared for.

When Something Goes Wrong:

When/If a teen approaches you and discloses any situation that put them or another person in harms way you MUST notify me (Tori).

When a teen discloses that he/she is harming themselves it means they trust you enough to tell you.

Don't panic. Thank them for coming to you and trusting you. Be clear that you cannot keep this a secret and that you have to tell me. Tell them that you will accompany them while telling me and that we will work it out to help them and keep them safe.

Small Groups: *Use Handout from AOD*

Four Strategies for Small Groups:

- 1) **Start with an Icebreaker Question.** This can be a Whip Around, a Would You Rather, or any question whose intention is to get everyone to speak. Once a teen speaks for the first time, they are much more likely to speak again. A Whip Around is a question that can be answered in one word or phrase and everyone must answer in the order they are sitting. The question goes around the circle. For example, "What was the best part of your day?" (Friends, lunch, coming to Life Teen, got an A on the test.) "What's your current 'go to' Youtube channel? A Would You Rather is a question that gives two bad or funny answers... "Would you rather live without your phone or food for three days?" Sometimes Icebreaker Questions are written into the small group questions, sometimes you might have to come up with them on your own. The small group questions

will always start broad and be easier to answer and then get more focused and personal.

- 2) **Allow for silence before answering.** Ask the question, let the teens know you are giving them time to silently think about their answer. Then, ask for a response. This will help them think about their answer, not on the reality that no one is talking and it feels awkward.
- 3) **Prepare the Core to speak first.** A Core Member sharing vulnerably and authentically at the beginning of the small group can help the teens share authentically. Also, the jokesters will take the small group discussion more seriously.
- 4) **Be a good human.** Say “Thank you for sharing.” Say “I understand.” Ask follow up questions. Don’t follow the questions in the Life or Edge Night strictly. Lead a conversation, don't proctor a test. The goal isn't to check for understanding, but help the teens process and apply.
- 5) **Questions.** A teen may ask you a question you don’t know the answer to. That’s okay. You don’t need to know the answer to every possible Catholic question. Be comfortable saying “I don’t know, but I can get back with you next week.” Or challenge the teen to look it up during the week too and then discuss your findings at the next Life Night.

Different Tips for Different Teens:

The teen who overshares or can't stop talking...

- After they share say, “I understand,” or “I hear you.” This lets them know they are heard and can help prevent them from saying the

same thing over and over.

- If they keep talking say, “Thank you for sharing, does anyone else have something to add or share?” or “Can anyone relate to what (teen name) shared?”
- Call on other teens by name.
- Speak to them in advance and ask them to help you lead the conversation. As a leader, instruct them to listen to the other teens before sharing their own answer.
- Speak to them in advance and explain that you value his or her input, but you really want everyone to have equal time to contribute to the conversation.
- If what they share is concerning and needs to be discussed more, thank them for sharing, say “what you contributed is really important and I would like to talk to you more at the end of the Life or Edge Night.” Remember to check in on them after the Life Night.

The teen who doesn't talk...

- Give them a small group questions in advance, maybe even before the Proclaim, so they have time to think about it.
- Allow for ten minutes of journaling time before the small group discussion begins.

- During the small group, gently say “It looks like you are thinking about something. What are you thinking about?”

The teen that doesn't want to be there....

- Spend time with them in the Gather. They need relational ministry.
- When they do contribute, thank them.

Prayer:

Like our relationships with others, to be in a relationship with God we have to spend time with Him, talk to Him, be ourselves around Him, trust Him and be vulnerable. We call this prayer. Prayer is not part of our relationship with God it is our relationship with God.

CCC 2565— In the New Covenant, prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit. The grace of the Kingdom is "the union of the entire holy and royal Trinity ... with the whole human spirit." Thus, the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. This communion of life is always possible because, through Baptism, we have already been united with Christ. Prayer is *Christian* insofar as it is communion with Christ and extends throughout the Church, which is his Body. Its dimensions are those of Christ's love.