

Weekend Retreat Outline

Theme: *Redeemed*

Friday

7:00: Arrive at retreat location and get settled

7:30: Go over rules

8:00-10:00 – *Session 1*

Session 1 – God Created us, loves us, and has a plan for us

Preparation

Welcome

Welcome the youth to the retreat and provide an overview on what's going to be happening. This would be a good time to go over logistics, rules, and any general information.

Now would also be a good time to introduce the theme of the retreat which is "Redeemed" and explain the importance of the theme and how it will unfold throughout the course of the weekend.

Opening Icebreaker: Three-legged Race

Split up into pairs. If possible, have the teens partner up with someone they don't know. Tie the legs of each pair of people together. Create a starting and finish line. Begin the race and have everyone try to get to the finish line. The first group to cross the finish line wins

Introductory Small Groups

Divide the group into small groups. This will be the first small group session of the retreat. It's best to keep the same small groups for the duration of the retreat. Below is an icebreaker and some discussion questions that you can use.

Ice Breaker – "Beach ball Toss"

Supplies: 1 beach ball per group

Overview of the game: Each group gets a beach ball. Pass the ball around the group. When someone catches the ball they must answer a question that corresponds to the color I that their right thumb is on. Questions are as follows:

- *Red – If you were stuck on an island with only three people, what three people would you want is to be?*
- *Yellow – Who is your favorite saint and why?*
- *Blue – If you were a lucky charms marshmallow which one would you be and why? (heart, star, horseshoe, clover, blue moon, pot of gold, rainbow, or red balloon)*
- *White – What is your favorite liturgical season and why? (Advent, Christmas, Lent, Easter, Ordinary Time)*

Small Group Questions

- Why are you here at retreat?
- What caused you to come?

- What are you most looking forward to?
- What are you least looking forward to?
- What do you hope to get out of retreat?

Regather the group in the main space.

Proclamation (The proclamation is a key word, sentence, phrase, quote, or Scripture verse that sums up the message for the session. This should be short, easy to remember, and something that is repeated throughout the talk and the session. Below is a suggestion for the session 1 proclamation.)

Genesis 1:27 – *“God created mankind in his image; in the image of God he created them; male and female* he created them.”*

Explanation

Session 1 Talk

Each session of the retreat will have a brief talk or teaching. Below is an outline for the session one talk.

Why are we here? What is the Purpose of Retreat?

- Retreat is a time to remove ourselves from the world and the business of everyday life in order to seek out time with God
- Theme – “Redeemed”

We have all been uniquely chosen by God

- God has created each and every one of us. He has eternally known who we are and what we are called to be.
- His creation is not by chance. Rather, He intentionally created us and made us unique by virtue of our creation.
- Isaiah 43:1 – *“But now, thus says the LORD, who created you, Jacob, and formed you, Israel: Do not fear, for I have redeemed you; I have called you by name: you are mine.”*

We are created in the image and likeness of God

- God has created each of us as a reflection of His divine beauty.
- Genesis 1:27 – *God created mankind in his image; in the image of God he created them; male and female he created them.*
- Because we are made in God’s image and likeness we are set apart from the rest of creation.
- CCC 356 – *“Of all visible creatures only man is “able to know and love his creator”. He is “the only creature on earth that God has willed for its own sake”, and he alone is called to share, by knowledge and love, in God's own life. It was for this end that he was created, and this is the fundamental reason for his dignity”*

Because of our creation we all have an inherent dignity

- Mankind’s creation in God’s image and likeness graces us with an inherent dignity that makes all of us beautiful and allows all of us to have a distinct and important purpose.

- CCC 357 – *“Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone. He is capable of self-knowledge, of self-possession and of freely giving himself and entering into communion with other persons. And he is called by grace to a covenant with his Creator, to offer him a response of faith and love that no other creature can give in his stead.”*
- Our human nature also has dignity and is elevated because of the Incarnation.
- John 1:14 – *“And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father’s only Son, full of grace and truth.”*
- Christ glorifies our own human nature and invites us to share in Him divinity.
- Through our dignity from creation and the Incarnation, we are called to embrace our identity as God’s chosen and empowered to live our His call for us.

Application

Small Group Discussion

Divide back into small groups and use the questions below as a guide for your discussion.

Lectio Divina - Each person in the group will receive a slip of paper with the Scripture passage below on it and a pencil. The group leader or one of the youths should read the passage aloud. Take about 30 seconds to silently think about it. Have it read again. Take about a minute to silently meditate upon it and encourage the group take notes or underline key words that might stick out. Have it read one final time and then begin to discuss.

“When the LORD God made the earth and the heavens—there was no field shrub on earth and no grass of the field had sprouted, for the LORD God had sent no rain upon the earth and there was no man to till the ground, but a stream was welling up out of the earth and watering all the surface of the ground—then the LORD God formed the man out of the dust of the ground and blew into his nostrils the breath of life, and the man became a living being.” – Genesis 2:4-7

Small Group Questions

- What did you get out of this Scripture passage?
- What was one takeaway you had from the talk we just heard?
- How is God’s love for us unique compared to the rest of creation?
- What do you feel is God’s plan for you right now in life?

Celebration

Gather everyone back together for few minutes recapping the opening session. If you have a musician, this would be a good time to play a prayerful song or two. Finish the session by giving direction on what will take place next.

10:00 – Large Group Game

Capture the Flag

Supplies: cones to mark boundaries, flags

Overview of the game: Divide into 2 teams and place teams on two sides of a large field or area. Create a center line using cones. Each team will receive a flag to place in visible sight of the other team. When the game begins, each team must attempt to successfully capture the other flag and return it to their side. If you are tagged while on the other side, you are placed in the other team's jail where you can only leave if tagged by someone on your own team. The first team to successfully bring the flag to their one side wins.

10:45 – Night Prayer

Invite one of your Adult volunteers to lead a brief night prayer. Night prayer can range from anything to music to a guided meditation to liturgy of the hours. Below is a simple suggestion.

Gather music

Gather everyone in a church or chapel if possible. If that is not an option then gather back in the main meeting space. Lower the lights and have soft music playing as everyone enters. Hand out a pen and a slip of paper to each person as they enter

Read the following Scripture passage

Jeremiah 1:4-9

The word of the LORD came to me: Before I formed you in the womb I knew you, before you were born I dedicated you, a prophet to the nations I appointed you. "Ah, Lord GOD!" I said, "I do not know how to speak. I am too young!" But the LORD answered me, Do not say, "I am too young." To whomever I send you, you shall go; whatever I command you, you shall speak. Do not be afraid of them, for I am with you to deliver you—oracle of the LORD. Then the LORD extended his hand and touched my mouth, saying to me, See, I place my words in your mouth!*

Reflection Questions

Read out loud the following questions and invite the teens to write down their answers. Instruct them not to put their names on it.

- What are some gifts that God has given you that He is calling you to use?
- What is a weakness of yours that you struggle with?

Invite the teens to bring up their paper and place it in a basket that is in front of a cross. Explain that this weekend is all about recognizing our identity in God and placing ourselves in front of Him so that He can perfect and glorify our gifts and weaknesses.

Close with and Our Father, Hail Mary, and Glory Be

11:00 – get ready for bed

11:30 – lights out

Saturday

8:00 – wake up

8:30 – Breakfast

9:30-11:30 – Session 2

Session 2 – Sin Separates us from God’s Love

Preparation

Morning Energizer: Troll, Wizard, Giant

Supplies: None!

Overview of the Game: This game is a variation of Rock, Paper, and Scissors. You will need a lot of space for this so use an open field or a gym. Break up into 2 large groups on 2 different sides of the room/field. Each group will huddle up and decide if they want to be a troll, a wizard or a giant. Once each group has selected, they will form two lines facing each other at the center. On the count of 3, each group will do an action corresponding with their choice (troll crouches, wizard pretends to wave a wand, and giant sticks their hands in the air). Troll defeats wizard, wizard defeats giant, and giant defeats troll. The team that has the losing choice must try and run back to the end line on their side while the other group chases them and tries to tag them. If someone is tagged, they must join the other team. Repeat until one team is completely eliminated.

Gather/Morning Prayer

Gather everyone back in the main meeting space and have music playing as everyone enters. If you have a musician, do 2 or 3 praise and worship songs. Introduce the session and invite everyone to prayer. Read the following verse and invite everyone to reflect on it.

“The woman saw that the tree was good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they knew that they were naked; so they sewed fig leaves together and made loincloths for themselves.” – Genesis 3:6-7

Proclamation (The proclamation is a key word, sentence, phrase, quote, or Scripture verse that sums up the message for the session. This should be short, easy to remember, and something that is repeated throughout the talk and the session. Below is a suggestion for the session 1 proclamation.)

Romans 6:23 – *“For the wages of sin is death.”*

Explanation

Session 2 Talk

Below is an outline for the session 2 talk.

By virtue of our creation, we were uniquely chosen by God and destined for an eternity in the presence of the love of God

- In the beginning when God created man, He created us in His image and likeness and set us apart from all of creation. He elevated us and invited us to choose an eternity with Him.

- 1 Peter 2:9 – *“But you are ‘a chosen race, a royal priesthood, a holy nation, a people of his own, so that you may announce the praises’ of him who called you out of darkness into his wonderful light.”*

However, through the sin of Adam, God’s plan for mankind was destroyed and we were destined for an eternity of separation from God.

- Genesis 3:6-7 – *“The woman saw that the tree was good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they knew that they were naked; so they sewed fig leaves together and made loincloths for themselves.”*
- Through the Original Sin of Adam and Eve our human nature fell and became broken.
- We participate in their sin in our own lives and fall to temptation because of our fallen nature.
 - o Romans 5:12 – *“Therefore, just as through one person sin entered the world, and through sin, death, and thus death came to all, inasmuch as all sinned”*
- When we sin, we chose to turn away from God and reject His love for us.
 - o What is Sin?
 - YOUCAT 67 – *“At the core of sin is a rejection of God and the refusal to accept his love. This is manifested in a disregard for his commandments.”*
 - o Mortal and Venial Sin (Glossary of the CCC)
 - Venial Sin – *Sin which does not destroy the divine life in the soul, as does mortal sin, though it diminishes and wounds it (1855). Venial sin is the failure to observe necessary moderation, in lesser matters of the moral law, or in grave matters acting without full knowledge or complete consent (1862).*
 - Mortal Sin – *A grave infraction of the law of God that destroys the divine life in the soul of the sinner (sanctifying grace), constituting a turn away from God. For a sin to be mortal, three conditions must be present: grave matter, full knowledge of the evil of the act, and full consent of the will (1855, 1857).*
- Sin destroys God’s unique and loving plan for our lives and creates a barrier between us and Him. On our own, we cannot overcome this barrier and return to the Father.

God did not abandon us, but rather, made a promise to redeem and save us.

- Jeremiah 30:17 – *“For I will restore you to health; of your wounds I will heal you, says the LORD. ‘The outcast’ they have called you, ‘with no avenger.’”*

Application

Small Group Discussion

Divide back into small groups and use the questions below as a guide for your discussion.

Lectio Divina - Each person in the group will receive a slip of paper with the Scripture passage below on it and a pencil. The group leader or one of the youths should read the passage aloud. Take about 30 seconds to silently think about it. Have it read again. Take about a minute to silently meditate upon it and encourage the group take notes or underline key words that might stick out. Have it read one final time and then begin to discuss.

“The woman saw that the tree was good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they knew that they were naked; so they sewed fig leaves together and made loincloths for themselves.” – Genesis 3:6-7

Small Group Questions

- What did you get out of this Scripture passage?
- What was one takeaway you had from the talk we just heard?
- If you were in Adam and Eve’s place do you think you would have made the same decision?
- Sometimes it’s easy to look back on the Fall and wonder how they could have possibly done that. But think about the fruit not as an actual fruit, but as a temptation and a personal weakness. What does the fruit look like in our own lives?
- How do we overcome temptation and sin?

Celebration

Gather everyone back together for few minutes recapping the opening session. If you have a musician, this would be a good time to play a prayerful song or two. Finish the session by giving direction on what will take place next.

11:30-11:50 – Break

11:50-12:30 – Large Group Game

Human Battleship

Supplies: dodgeballs or soft objects that can be thrown, blindfolds (if no blindfolds, participants can close their eyes)

Overview of the Game: Gather everyone Divide everyone into groups of 5-10 with at least 3 groups. Have each group line up in a single file line. Each person in line will be blindfolded exception of the last person in the line. Spread out dodgeballs (or equivalent soft objects). When the game begins, each team must go around and try to find a ball. Only the person at the end of the line who is not blindfolded may talk. This person will direct the group. Upon reaching a ball on the ground, only the person at the front may pick it up. It is then up to the person in the back to direct the group in position to throw their ball at another group. If a person is hit, they are out. If the person at the end of the line is hit, the whole group is out (the ship is sunk). Last team in wins.

12:30 – 1:30 – Lunch

1:30 – 2:00 – Large Group Game

Random Shapes

Supplies: None!

Overview of the Game: Divide the groups into teams of 4-10. Yell out a random person, place, or object. Each team will then have 30 seconds to sketch out on the floor the thing using their bodies. Have core members judging to determine which group was the closest. The group that did the best gets a point. The team with the most points at the end, wins.

2:00 – 3:00 – Guys/Girls Session

Break up the guys and girls. Invite a couple of adult leaders to give a talk on our identity as men and women of God. Then open up the second half of the session for questions and answers and group discussion.

3:00-5:30 – Free Time

Retreats are often packed with a lot of activity and information. This can often times be tiring and overwhelming. A good idea in the middle of the retreat is to offer a few hours for some free time. However, it is important to offer some optional structured activity. Have a couple of large group games going on like kickball or Frisbee. Have some board and card games available as well. Make sure there is a prayer space such as a chapel available. Encourage the teens to use this time for recreation, prayer or rest.

5:30 – Dinner

6:30-9:30 – *Session 3*

Session 3 – Christ Redeemed Us

Preparation

Icebreaker: Cheeseball Toss

Supplies: Cheese balls, shaving cream or whipped cream, trash bags

Overview of the Game: Outside, or in a separate location from the main meeting space divide the Groups into as many teams as you can. Try to have at least 4 or 5 people on a team but probably no more than 8 or 9. Designate one person (preferably an adult core member) to cover their face in shaving cream. The same person should take a trash bag (with a hole cut into the top) and place it over them to act as a covering. Each team will form a single file line with the first person standing about 10 feet or so from the person with the shaving cream. When the game starts, each person in line will get a chance to throw a cheese ball at the person with the shaving cream. Each person may only throw one at a time then move to the back of the line. The team that sticks the most cheese balls to the person's face in 2 minutes wins.

Processing the game/Transition

Use the game to focus on the theme of humility and use that theme to transition to the humility of Christ who came to redeem us.

Proclamation (The proclamation is a key word, sentence, phrase, quote, or Scripture verse that sums up the message for the session. This should be short, easy to remember, and something that is repeated throughout the talk and the session. Below is a suggestion for the session 1 proclamation.)

Romans 6:23 – *“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus the Lord”*

Explanation

Session 3 Talk

Below is an outline for the session 3 talk.

Through sin, we were dead and destined to an eternity of death apart from God.

- When Adam and Eve sinned, an insurmountable gap was formed between mankind and God.

- Genesis 2:16-17 – *“The LORD God gave the man this order: You are free to eat from any of the trees of the garden except the tree of knowledge of good and evil. From that tree you shall not eat; when you eat from it you shall die.”*

However, because God loved us, He did not abandon us to our own sin and suffering. Instead, He sent us His only Son to enter into our darkness and save us.

- John 3:16 – *“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.”*
- Sin caused mankind to live in a world of suffering and darkness. All the sufferings and evils in all of our lives are rooted in the sin of man. But God loved us and desires us so much that He became one of us. He took on our human nature and entered into our suffering and darkness so that He could bridge the gap for us.
- YOUCAT 76 – *“In Jesus Christ, God reconciled the world to himself and redeemed mankind from the imprisonment of sin. ‘God so loved the world that he gave his only-begotten Son’ (Jn 3:16). In Jesus, God took on our mortal human flesh (Incarnation), shared our earthly lot, our sufferings, and our death, and became one like us in all things but sin.*

Through Christ’s death and resurrection, our own death through sin has been destroyed and we are invited to share in Christ’s divine life.

- Through sin we have died. However, when Christ took on our sinful nature, He died with us in order to destroy sin and rose from the dead so that we too may rise from our own death.
- John 11:25-26 – *“I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die.”*
- Through Christ’s death and resurrection, our sin is destroyed. We are then in turn invited to partake in the resurrection. Christ gives us the invitation to accept Him into our lives and if we do, we are able to live in the resurrection and rise above the sin and evil of this world.
- CCC 1019 – *“Jesus, the Son of God, freely suffered death for us in complete and free submission to the will of God, his Father. By his death he has conquered death, and so opened the possibility of salvation to all men.”*

Application

Trust Walk

Begin Small group with an opening prayer

- Take a moment to explain that they will be taking part in a very prayerful experience in the next few minutes. It might be a good idea to have your small group enter into some silent prayer for a minute or some sort of brief exercise that gets them to quiet down and enter into a spirit of prayer

Read the story of the Fall

A Reading from the Book of Genesis

Now the snake was the most cunning of all the wild animals that the LORD God had made. He asked the woman, “Did God really say, ‘You shall not eat from any of the trees in the garden?’” The woman

answered the snake: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, or else you will die.'" But the snake said to the woman: "You certainly will not die! God knows well that when you eat of it your eyes will be opened and you will be like gods, who know good and evil." The woman saw that the tree was good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it.

Quietly have the teens form into a line and be blindfolded. Take one more chance to remind the teens that they will be participating in a prayerful experience so they should not be talking to anyone. Encourage them to pray and meditate silently on the Scripture.

Guide your line outside and ultimately to the church or a prayerful place. You can take whatever route you'd like just as long as you don't take too long. While walking, stop periodically to read one verse (below) at a time. Be sure to read the verses in order:

Genesis 3:14-15 – *Then the LORD God said to the serpent: "Because you have done this, you shall be banned from all the animals and from all the wild creatures; On your belly shall you crawl, and dirt shall you eat all the days of your life. I will put enmity between you and the woman, and between your offspring and hers; He will strike at your head, while you strike at his heel."*

Genesis 9:9-12 – *God said to Noah and to his sons with him: "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you: all the birds, and the various tame and wild animals that were with you and came out of the ark. I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth." God added: "This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you*

Genesis 17:5, 6-7 – *No longer will you be called Abram; your name will be Abraham, for I am making you the father of a multitude of nations... I will make nations of you; kings will stem from you. I will maintain my covenant between me and you and your descendants after you throughout the ages as an everlasting covenant, to be your God and the God of your descendants after you.*

Exodus 3:5-6, 13-14 – *"God said: Do not come near! Remove your sandals from your feet, for the place where you stand is holy ground. I am the God of your father", he continued, "the God of Abraham, the God of Isaac, and the God of Jacob." Moses hid his face, for he was afraid to look at God... "But," said Moses to God, "if I go to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what do I tell them?" God replied to Moses: **I am who I am.** Then he added: This is what you will tell the Israelites: **I AM** has sent me to you.*

Exodus 12:12-14 – *For on this same night I will go through Egypt, striking down every first-born of the land, both man and beast, and executing judgment on all the gods of Egypt-I, the LORD! But the blood will mark the houses where you are. Seeing the blood, I will pass over you; thus, when I strike the land of Egypt, no destructive blow will come upon you. "This day shall be a memorial feast for you, which all your generations shall celebrate with pilgrimage to the LORD, as a perpetual institution.*

1 Samuel 17:37, 49-50 – *David continued: "The same LORD who delivered me from the claws of the lion and the bear will deliver me from the hand of this Philistine." Saul answered David, "Go! the LORD will be with you." ... David put his hand into the bag and took out a stone, hurled it with the sling, and struck the Philistine on the forehead. The stone embedded itself in his brow, and he fell on his face to the ground.*

Thus David triumphed over the Philistine with sling and stone; he struck the Philistine dead, and did it without a sword in his hand.

2 Samuel 7:8-11 – *Now then, speak thus to my servant David, Thus says the LORD of hosts: I took you from the pasture, from following the flock, to become ruler over my people Israel. I was with you wherever you went, and I cut down all your enemies before you. And I will make your name like that of the greatest on earth. I will assign a place for my people Israel and I will plant them in it to dwell there; they will never again be disturbed, nor shall the wicked ever again oppress them, as they did at the beginning, and from the day when I appointed judges over my people Israel. I will give you rest from all your enemies. Moreover, the LORD also declares to you that the LORD will make a house for you*

Isaiah 43:1, 49:16 – *I have called you by name; you are Mine! ... Behold, I have inscribed your name on the palm of My hands*

Jeremiah 29:11 – *For I know the plans that I have for you, plans for your welfare and not your woe*

John 14:12 – *He who believes in Me, and the works that I do, he will do also; and greater works than these he will do*

Revelation 21: 4 – *“Behold, God’s dwelling is with the human race. He will dwell with them and they will be his people and God himself will always be with them [as their God]. He will wipe every tear from their eyes, and there shall be no more death or mourning, wailing or pain, [for] the old order has passed away.” The one who sat on the throne said, “Behold, I make all things new.”*

Celebration

Eucharistic Adoration

At the end of the trust walk, groups will conclude in the church or chapel. Try to make the environment for this as prayerful as possible. Turn down the lights and have a lot of candles.

Teen Witness

Invite one of the teens to give a witness about redemption and about their own personal encounter with Christ, preferably an encounter in Eucharistic Adoration. Meet a few times before the retreat to talk about and rehearse their witness.

Following the witness, briefly explain what Adoration is and emphasize Christ’s resurrected and redemptive presence.

Eucharistic Adoration

Enter into a time of Eucharistic Adoration. If possible, invite a musician to lead some music during this time. It would also be a good idea to try and offer the Sacrament of Reconciliation.

9:30 – snacks and free time

Offer some lighter activity to wind down from Session 3. Have snacks and games available or even offer a bonfire if possible

11:00 – Night Prayer

Regather for a very simple night prayer. Adoration will serve as the main night prayer for the evening but it would be a good idea to gather for a brief time of intentions followed by a Hail Mary.

11:15 – get ready for bed

12:00 – lights out

Sunday

7:30 – Wake up

7:45 – Morning Prayer

8:00 – Breakfast

8:30 -10:30 – *Session 4*

Session 4 – We are Called to Witness through the Holy Spirit

Preparation

Morning Energizer: Prayer Clumps

Supplies: None

Overview of the Game: Gather everyone into a large space. The leader will yell out random commands. As each command is yelled, participants must do as the commands say. Commands will consist of a prayer position and a number of people that will be in that position. Here are some examples:

- Everyone lie prostrate
- 2 people meditating
- 3 people kneeling
- 4 people praying the Our Father
- 5 people praising

The last person or group of people to do the command or a person who cannot find a group will be eliminated. The leader will continue to call out command until there are 2 people remaining and those people will be the winners.

Gather/Morning Prayer

Gather everyone back in the main meeting space and have music playing as everyone enters. If you have a musician, do 2 or 3 praise and worship songs. Introduce the session and invite everyone to prayer. Read the following verse and invite everyone to reflect on it.

“You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.” – Matthew 5:13-16

Proclamation (The proclamation is a key word, sentence, phrase, quote, or Scripture verse that sums up the message for the session. This should be short, easy to remember, and something that is repeated throughout the talk and the session. Below is a suggestion for the session 1 proclamation.)

Matthew 5:13-16 – *“Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”*

Explanation

Session 4 Talk

Below is an outline for the session 4 talk.

Through Christ, we have been redeemed.

- Christ’s Incarnation, life, death, and resurrection have allowed our human lives and our human nature to be elevated. We are able to step out of the darkness of sin in our lives and embrace His light.
- Ephesians 1:7-10 – *“In him we have redemption by his blood, the forgiveness of transgressions, in accord with the riches of his grace that he lavished upon us. In all wisdom and insight, he has made known to us the mystery of his will in accord with his favor that he set forth in him as a plan for the fullness of times, to sum up all things in Christ, in heaven and on earth.”*

In order for us to embrace His redemption, we must follow in His footsteps and embrace the gospel message.

- Christ’s act of redemption does not automatically allow us to be holy and to live an eternity with God. We have the free choice to accept it.
- To live this out we must do as Christ did and follow Him in every moment of every day of our life. We must allow Him to live in and through us.
- Galatians 2:19-20 – *“For through the law I died to the law, that I might live for God. I have been crucified with Christ; yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me.”*

Living the gospel is a life-long process of continual conversion

- We are called to embrace the gospel message in our lives. This is the only way to truly love and follow God.
- Matthew 5:13-16 – *“You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”*
- The path to holiness is a life-long process of ongoing conversion. Every day we have the opportunity to be holy and to embrace the gospel. As we go into the world let us not let our experience with God be a one-time occurrence. Rather, let us aim to do His will every day.

Application

Small Group Discussion

Divide back into small groups and use the questions below as a guide for your discussion.

Lectio Divina - Each person in the group will receive a slip of paper with the Scripture passage below on it and a pencil. The group leader or one of the youths should read the passage aloud. Take about 30 seconds to silently think about it. Have it read again. Take about a minute to silently meditate upon it and encourage the group take notes or underline key words that might stick out. Have it read one final time and then begin to discuss.

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Small Group Questions

- What did you get out of this Scripture passage?
- What was one takeaway you had from the talk we just heard?
- How have you been impacted this weekend?
- How do you plan to take what you’ve received here and put it into your lives?

Praying over the group

Invite each member of the small group to be briefly prayed over. The leader should lead the prayer, open up the group for any more prayer, and then conclude.

Celebration

Regather everyone and offer some final words for the retreat to wrap things up.

10:30 – 11:30: Clean up/pack

11:30 – 12:00: Prepare for Mass

12:00: Close with Sunday Mass