

Faith Fest

SOMETHING BEAUTIFUL FOR GOD

VOLUME II
2022



Department Of Catechesis
Syro Malabar Eparchy Of St Thomas The Apostle, Melbourne

DAY 1



FAITH



DAY 2



SACRAMENTAL LIVING



DAY 3



CHURCH LIVING



FAITH FEST 2022



YEAR 7 & 8 **TEAM** CAPERNAUM

DAY 1 - Faith: The Primary Theological Virtue

DAY 2 - Discover Yourself in the Ecclesial Living

DAY 3 - The Word: Loving Letter from God

Department of Catechesis
Syro Malabar eparchy of St Thomas the Apostle
Melbourne



Day 1
FAITH - The Primary Theological Virtue
RUN SHEET

#	Item	Duration	Time
1	Introduction: Session 1 – What is Faith?	5 mins	10:30 am
2	Icebreaker - Balloon Caterpillar	10 mins	10:35 am
3	Theme presentation & - Activity - Experiment	10 mins	10:45 am
4	Team formation and slogan making	10 mins	10:55 am
5	Activity - Feather Game	10 mins	11:05 am
6	Activity - Blind Folded Drawing	15 mins	11:15 am
7	Session 2: – Faith liberates us from fear Icebreaker – Trust Toss Game	20 mins	11:30 am
8	Activity – Armor of God	20 mins	11:50 am
9	Activity – Bodyguard	10 mins	12:10 am
10	Lunch Break	45 mins	12:20 pm
11	Session 3 : Hold on to Faith in testing times Ice breaker – Ping pong ball game	20 mins	1:20 pm
12	Activity – People of Faith	20 mins	1:25 pm
13	Final Team Presentation & Poster Display & Prize distribution	25 mins	1:45 pm
14	Summary and Homework	10 mins	2:05 pm
	Finale Practice	20 mins	
	Total	3 hour 30 minutes	2:20 pm finish



SESSION 1 – INTRODUCTION – WHAT IS FAITH?

Item	Duration	Description or Details
Introduction	00:05	Welcome the children Explain the day plan, rules, expectations etc.
Ice breaker	00:10	Balloon Caterpillar
Theme Presentation	Video: 2:48 PPT: 5:00 Experiment: 5:00	<p>Intro into the theme with a video of an athlete running while the audio refers to several bible verses about faith. https://youtu.be/Nhk_5c6H-yc</p>  <p>Share a PowerPoint presentation with the following information.</p> <p>The theological virtues are:</p> <ul style="list-style-type: none"> • Faith (Belief) 🙏 • Hope (Trust) 🙌 • Charity (Love) ❤️ <p>The cardinal virtues are:</p> <ul style="list-style-type: none"> • Prudence (Wisdom) 🧠 • Fortitude (Courage) 💪 • Temperance (Self-control) 🍷 • Justice (Fairness) ⚖️ <p>Gifts of God</p> <p>Faith, hope, and love are gifts flowing from God's love for us. We can't create or obtain them on our own, but they do depend on our openness and our readiness to choose them and say, "yes" to them.</p> <p>Heb :11/1 <i>Faith is the realization of what is hoped for and evidence of things not seen.</i></p> <p>Hebrews 11:6 tells us why faith is so important to God: <i>"But without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who diligently seek Him."</i></p>



		<p>How do we receive and exercise these gifts?</p> <p>They are free gifts from God, but we can ask for them in prayer. We keep our mind and heart open, especially through difficult times. Sometimes it's when everything seems to be going wrong that our faith grows. Can we believe that Jesus, who promised to be with us always, really is with us, even though we can't see him?</p> <p>We must exercise faith to keep it strong and growing. Jesus said he could not heal or perform miracles in certain places because of the lack of faith he found there. However, some of his miracles happened because ordinary people like you or I had faith.</p> <p>Experiment: Paper clips floating in water (Object lesson about faith) or 2 Books and sheet of paper holding a cup</p>
Activity	00:10	Feather Game
Activity	00:10	Blind folded drawing
Summary / Recount	00:05	<p>How to grow in faith?</p> <ul style="list-style-type: none"> • Read Scripture (Read and meditate) • Prayer (Communion with God, Daily Mass, Rosary) • Love (Faith in Action, Fruit of faith is Love and fruit of Love is Service) • Exercise or practice faith in small things
Conclusion		<p>Life for us Christians is a faith Journey. Starting from our parents, through church, teachers, friends, family, community until we reach the creator in Heaven. There are times we can practice with others and individually. How well we practice and apply in our lives. That helps us continue our journey fearlessly regardless of our life situations.</p>
References		https://youtu.be/Nhk_5c6H-yc



ICEBREAKER - BALLOON CATERPILLAR

Age Category: 10+

Duration: 10 -15 Minutes



MATERIALS REQUIRED:

Big Balloons

PREPARATIONS FOR THE ACTIVITY:

Ready with same size blown balloons.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Split children into groups of 3 or 5 (they can choose the teams). Give them one balloon less than the group size. They need to walk from one end to another end, keeping balloons between them.

Rules: The children cannot touch each other; the balloons cannot fall. If the balloon falls or the kids touch each other they need to start from the starting line again. The team that finishes first wins the challenge..

MESSAGE FROM THE ACTIVITY

It's an ice breaker, just to shake the children up and shows them the fun of being together and achieving something..

REFERENCES

[FUN OUTDOOR TEAM BUILDING ACTIVITIES | Youth Group Outdoor Party Games – YouTube](#) (Game 1)



BIBLE VERSES

NA



ACTIVITY - EXPERIMENT - OBJECT LESSON ON FAITH

Age Category: 8+

Duration: 5 Minutes



MATERIALS REQUIRED:

Show the video or Bowl of water, paper clips, dish washing liquid, towel.

PREPARATIONS FOR THE ACTIVITY:

Practice the experiment beforehand.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Take a bowl of water. Gently place the paper clips (refer to video on how). Once a few of the clips are floating, then add dishwashing liquid. Observe how all the clips sink into the bowl.

MESSAGE FROM THE ACTIVITY

The experiment shows our faith and what doubt will do to our faith. We can have faith in Jesus that he will do marvelous things, impossible things! But when we allow doubt to get hold then we do not allow the power of the Holy Spirit to work in our life and we will start to sink. Faith will make impossible things possible.

REFERENCES

<https://youtu.be/ggQB5PU7GCs>

<https://youtu.be/P1DTMG4pUaE>

BIBLE VERSES

NA



ACTIVITY - FEATHER GAME

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

Feathers.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:



Invite a group of volunteers. On the whistle the kids need to blow the feathers and the one who can hold the feather longest will be the winner.

MESSAGE FROM THE ACTIVITY

Ask the kids what was holding the feathers in the air? We can mention that we couldn't see the air, but still it was holding the feathers. We could feel the wind. In the same way God exists, we can feel and experience him every day. We can find God in his

beautiful creations, things, people. Each one of you are God's masterpiece. We find God in what we give and what we do for others.

So how to find Faith to believe?

Faith comes by hearing and hearing by word of God (Romans 10:17)

Psalm 116:1-2

Also, by spending time with friends, by going to church and practising our faith by doing good to others.

REFERENCES

<https://youtu.be/Ae3SaYMc0KE>

<https://youtu.be/uCt-kfF7wE8>

BIBLE VERSES

NA



ACTIVITY - BLIND FOLDED DRAWING

Age Category: 10+

Duration: 10 -15 Minutes



MATERIALS REQUIRED:

White Board, Marker.

PREPARATIONS FOR THE ACTIVITY:

List of items to draw. Ex: Cloud, Cross, House, Person etc.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Split children into groups. One of the team members will be blind folded. Another team member will be given the name of a thing to draw, for example a house. The person must guide the blind folded person to draw without revealing what he/she has to draw.

Ex: Say draw a horizontal line, vertical line, circle etc. within the time limit.

Once completed the rest of the team members must guess the drawing, if they got it right, they get points, if other teams can guess correctly, they will get points.

Time to draw: 2 mins

Time to guess: 1 min

Current guess: 100 points, if other teams guessing then 80 points.

MESSAGE FROM THE ACTIVITY

The game explains the importance of listening and trusting God and the Holy Spirit. How to progress in faith one step at a time..

REFERENCES

NA

BIBLE VERSES

NA



SESSION 2 – FAITH LIBERATES US FROM FEAR

Item	Duration	Description or Details
Introduction	00:05	<p>What are some things people may be afraid of? (Invite student responses.)</p>  <p>God knew that we would be people who struggle with fear. He knew that in our world darkened by sin, there would be many things to be afraid of. If you search the Bible, the word “Do not Fear or Do not be afraid” is mentioned 365 times. “Do not be afraid?” How is that even possible? Let’s investigate today.</p>
Ice breaker	00:10	Trust Toss Game
Theme Presentation	00:15	<p>We just learned today that our Lord is our strength and our shield. When we trust in Him, we are helped. If you think about it, shields are only needed for battle, wars, and enemies. God never said that things in our lives would be easy. But He did say that He would never leave us alone, He would fight for us, and He would protect us as a shield so that we are helped.</p>   <p><u>Moving from fear to faith</u></p> <p>Even though this message appears hundreds of times in the Bible, we frequently brush it off as being impractical. Instead, we become so overwhelmed with the daily challenges of life that we abandon all hope of finding peace. Worrying is a regular part of life for many. We may not realize it, but fear can be a great blessing. Not only does it remind us that we need the Lord’s help, but it can actually draw us closer to him and give us the peace we seek. The key is to learn how to react when we’re afraid. Here are a few simple (but effective) steps that will help you to make the journey from fear to faith.</p>



- Do what you can
- Live in the moment
- Pray
- Read Bible daily
- Receive the Sacraments
- Step out in faith

1. **DO WHAT YOU CAN-** Unfortunately, worrying is often our standard response to frightening situations. God gave us an intellect, and he expects us to use it. (Ex: the boy with five loaves and two fish)

Instead of worrying about a troubling situation, ask ourselves a simple question: “Is there anything I can do to fix this?” If you’re concerned about a subject in school, you can look for options to learn it by asking the teacher or referring to books or videos. Instead of worrying about your health, consider choosing a healthy diet. Doing what you can (no matter how small) will often be enough to solve (or reduce) the problem and restore your peace of mind.

Acting in the face of fear will help to build our courage. The choice is always ours. And the choice we make will determine whether we grow spiritually and psychologically—or stagnate.

2. **LIVE IN THE MOMENT-** Living in the present moment can be challenging, but it’s something we must learn to do. Time spent worrying about the future or regretting the past is wasted and robs us of God’s presence today. The past is gone, and the future is not guaranteed. One of Satan’s favourite tactics is planting “what if” and “if only” thoughts in our brain. Don’t fall for his lies.



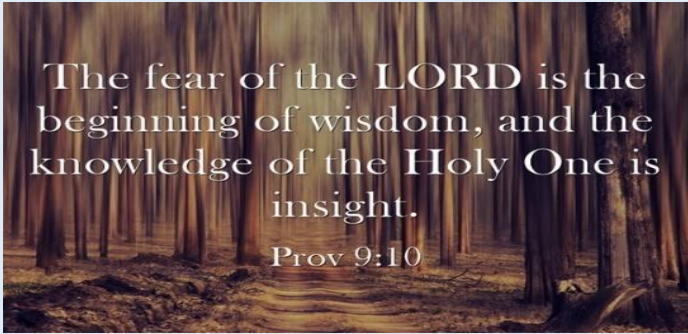
Jesus warned against worrying about tomorrow (see Matthew 6:34) or dwelling on the past (see Luke 9:62) for a reason. Doing either of these activities is a waste of time and a sure cause of anxiety. If there is something we can do today to correct a past mistake or prepare for the future, do it. Otherwise, keep our eyes on the Lord and focus on following him in the present moment. He is with us!

3. **PRAY-** We can be in such a rush to fix our problems that we forget to pray. Without the Lord’s help, however, we’ll always be spinning our wheels and accomplishing nothing. He never intended us to go through life alone, but he also won’t force himself on us. It sounds so basic, but those of us who are anxious frequently forget this step.

No matter what problem or crisis we are facing, always remember to ask the Lord for help. We will be amazed at how he can do the impossible. There is also another often-overlooked benefit to praying instead of panicking. According to St. Paul, bringing our intentions to God (see Philippians 4:6-7) will result in the peace that “surpasses all understanding.” That is a sweet deal!

4. **READ BIBLE DAILY-** If we open up our Bible, we’ll see many examples of individuals who trusted God even when it didn’t make sense. Abraham, Moses, Mary, St. Paul and many others trusted in the Lord’s plan, even though they didn’t have all the details. We can learn a lot from their example. In addition,



		<p>reading the Bible allows God to speak to us. His words will not only bring us comfort, but they will give us direction.</p> <p>5. RECEIVE THE SACRAMENTS- One of the best ways to boost our faith is to frequently receive the sacraments of the Eucharist and Reconciliation. We will be flooded with graces that will increase our faith in ways we never thought possible.</p> <p>6. STEP OUT IN FAITH- While this may sound like the craziest of all the steps, it's often the most effective. When we say, "OK Lord, I'm going to trust you" and give Him the chance to deliver, we'll often be rewarded with increased faith. Eventually, we'll find ourselves trusting Him more and more. As a result, we'll be able to accomplish great things. So, go ahead...don't be afraid to take the first step!</p> <p>Many of us have gotten so used to living with anxiety that we sometimes forget that there is an answer. As we've discovered, our fears will fade as our faith increases. If you're tired of living in fear, try out these steps and see what happens. The only thing we have to lose is our anxiety!</p>
Activity	00:15	Armor of God
Activity	00:10	Bodyguard
Summary / Recount	00:05	<div>   </div>
Conclusion		<p>There is one good kind of fear we all should have, which is the "Fear of the Lord"</p> <div>  </div>



ICEBREAKER - TRUST TOSS GAME

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

Ball

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Show the students Psalm 28:7a. Read the verse. Have them repeat it after you. Practice a couple of times, using motions. Post it up so that it is visible for the game.

“The LORD is my strength and my shield; my heart trusts in him, and I am helped.” – Psalm 28:7a

Let the students make a large circle. The first student to receive the ball should say the verse and toss it to a friend. That friend will catch the ball, repeat the verse, and toss it to someone who hasn't had it yet. Have them continue tossing and repeating the verse until everyone has had a turn. Time them and see how quickly the Trust Toss can make its rounds. If time allows, play again, and try to beat your time.

MESSAGE FROM THE ACTIVITY

It's an ice breaker, and a quick activity to teach the kids a Bible verse.

REFERENCES

NA

BIBLE VERSES

NA



ACTIVITY - ARMOR OF GOD

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

List of challenges, Mobile phone.

PREPARATIONS FOR THE ACTIVITY:

Create a list of challenges. Ensure that phones are used only for the activity and kept away during the rest of the sessions.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide students into 3 to 4 groups. Each group will need a mobile phone for the game. Have a copy of this list of challenges on hand:

- Text a family member, "I love you." The first team to get a reply and read it out loud will get a point.
- Take a picture of your entire group pretending to fly. The first person to take the photo, run up front and show it to me will get a point.
- Create a slow-motion video of your group that isn't actually in slow motion. The first team to create the video, run up front and show it to me will get a point.
- Look up this verse in the Bible. The first team to find it and read it out loud will win a point: Ephesians 6:11 (*Put on all of God's Armor so that you will be able to stand firm against all strategies of the devil.*)
- Make a paper plane and show it flying to the teacher.
- Take a picture of a team member doing an act of faith.
- If any of the team members have got a Bible with them, they will get an additional point.

The team with the highest points will be the winners.

MESSAGE FROM THE ACTIVITY

Say: I'm so glad all of you got dressed before you came today. Most of us could never imagine leaving our homes without being fully clothed.

Ask: I'm going to ask a silly question: Why do we wear clothing? I'm expecting your answers to be appropriate for our group.

Allow a few responses from students

Clothes protect us from the effects of weather—hot and cold temperatures.

We wear clothes to look good; it's part of how our culture expresses themselves.

And mostly, we don't want to walk around naked—I know I don't!

As followers of Jesus, we clothe ourselves with other things besides jeans and t-shirts.

And even though we're talking about wearing spiritual clothing we physically can't see, it's pretty evident to those around us whether or not we are clothed. Read Ephesians 6:11.

"Put on all of God's Armor so that you will be able to stand firm against all strategies of the devil."



ARMOR OF GOD

EPHESIANS 6:10-18

The Helmet of Salvation

Put on the Helmet of Salvation by believing that Jesus Christ died for your sins and rose again.

The Breastplate of Righteousness

Righteousness is being honest, good, humble, and fair to others. It means standing up for weaker people.

The Shield of Faith

Faith is being sure that God will keep His promises. Faith in God protects you when you are tempted to doubt.

The Belt of Truth

Truth keeps us from giving in to world's beliefs. Compare your beliefs and action to the truth of the Word of God.

Feet Prepared with the Gospel of Peace

The Gospel of Peace is being right with God and being contented in troubled times. Jesus said, peacemakers were blessed.

The Sword of the Spirit

which is the Word of God. God's Word is our offensive weapon. When we tell others about the Bible says, the Holy Spirit helps people see their bad thoughts and actions, and makes them want to be forgiven.



Let's take a look at what this Scripture is talking about. In this verse, Paul tells us to "put on all of God's armor." We understand that battle armor is meant to protect someone when they are in combat or fighting in a war. Throughout history, armor has traditionally been made of metal, iron, leather, or some other type of weapon-resistant material. If a soldier went into battle only wearing parts of their armor, it would be ineffective because the enemy would see the vulnerable parts that weren't protected and target those areas.

Just like your friends would tell you if you were half-dressed, a fellow soldier would most likely say, "Hey! You forgot to put on your helmet." Or "Where is your shield?"

Why? Because they wouldn't want another soldier to get hurt.

Ask: So, what is the "armor of God?"

Obviously, it's not something we physically wear, so what is it?

Allow a few responses from students. In the verses that come before the one we read, the Apostle Paul talks about the **Sword of the Spirit, Helmet of Salvation, Shield of Faith, Breastplate of Righteousness, Belt of Truth**, and more. These are the pieces of spiritual armor we wear as Christians. We wear them by reading the Bible, praying, allowing our faith in God to grow, living God-honoring lives, etc.

Every piece of the armor is essential. The Belt of Truth stands for God's truth, and knowing God's truth protects us from the lies of the world and the devil. The scripture says that the armor helps us to stand firm and not waver or be shaken in our faith, no matter what type of battle we face.

Ask: It also says that it helps us to stand firm against the "strategies of the devil."

What are the strategies of the devil? Allow a few responses from students.

God does not want you to be defeated in your walk with Him, but it's your choice of whether or not you go "to battle" in His strength and protection or try to do it on your own. Without God's protection, you will lose every time because we were never meant to live in our own strength. When you put on the armor of God, you are completely covered with everything God knows you need to fight against the devil. And when you see a fellow "soldier" without some of their armor, you should remind them to put it on. If you go to school tomorrow and see someone telling lies or listening to gossip about someone, you can say, "Hey! You're not wearing your armor." When we participate in lying or even listening to lies, we have just made ourselves vulnerable to attacks from the devil.

How?

Because those actions do not demonstrate a desire to stand firm in God's Truth. Instead, you are willing to settle for the lies of the enemy. So, today, I want you to choose to wear the armor of God—and don't just put part of it on and walk around half-dressed but ask God to give you everything you need to stand firm in who He has called you to be.

Get dressed. Stand firm. Fight!

REFERENCES

https://youth-group-games.com/blogs/free-games/youth-group-games-on-armor-of-god?_pos=4&_sid=1c5b48d12&_ss=r

BIBLE VERSES

NA



ACTIVITY - BODYGUARD

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

Soft Ball.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Make the students stand in a circle. Let one person be “God’s precious child” and one person be the Bodyguard. The aim of the game is to hit the “God’s precious child”. Bodyguard will try to dodge the ball. If the ball hits the bodyguard, then new volunteers can take the place and continue the game.

MESSAGE FROM THE ACTIVITY

God has given all of us bodyguards to walk in faith. They may be our parents, teachers, elders, priests and so on. Listen to their advice to walk through the right path and get away from trouble.

REFERENCES

<https://www.youtube.com/watch?v=lmb6VCCWsQg>



BIBLE VERSES

NA



SESSION 3 – HOLD ON TO FAITH IN TESTING TIMES

Item	Duration	Description or Details
Introduction	00:05	
Ice breaker	00:10	Ping pong ball game
Theme Presentation	00:15	<p>The Trials and Tests We Encounter</p> <p>Below are brief descriptions of eight types of tests that every Christian will likely face:</p> <p>Fiery trials: intense encounters or struggles; bursts of anger, grief, or lust</p> <p>Infirmities: physical limitations and illnesses</p> <p>Reproaches: ridicule and rejection on account of faith or holiness</p> <p>Persecutions: harassment and oppression due to religious convictions</p> <p>Necessities: wear and care of daily responsibilities</p> <p>Distresses: disappointments and deep hurts</p> <p>Tribulations: unusual pressures and challenges</p> <p>Temptations: opportunities to yield to our sinful nature</p> <p>Your Response Makes All the Difference</p> <ul style="list-style-type: none"> • Give Thanks • Rejoice • Believe and act on the Word of God • Cry out to God • Overcome evil with good <p>The Apostle Paul regarded these “tests” as opportunities to grow spiritually. Instead of despairing when he encountered trials, Paul said he would glory in his infirmities so that the power of Christ would rest upon him. (See II Corinthians 12:9.) As we, like Paul, choose to trust God and accept the grace He gives us, Christ’s character will be formed in us. <i>“We glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope: and hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us”</i> (Romans 5:3–5).</p> <p>Unless you accept God’s grace to deal with suffering, inevitably you will become bitter. However, if you choose to trust God to bring about His purposes through the suffering, you can avoid the trap of bitterness and grow in the grace and knowledge of the</p>



Lord. (See II Corinthians 5:7, Ephesians 4:31, Hebrews 12:14–15, and II Peter 3:18.)

You can be confident that God will not allow anything to happen to you without His permission, and **He will not let any “bad thing” happen that will not ultimately bring you more good than destruction.** (See I Peter 4:12–13, Romans 9:14–24, Isaiah 55:8–9, Job 1:6–12, Genesis 50:20, and Psalm 121.)

How can we take advantage of these opportunities to mature spiritually? The following five responses are keys to enduring tests and trials through God’s grace:

1. GIVE THANKS.

Sometimes being thankful in a difficult situation is the most difficult thing you can do. Yet, Scripture is very clear about this response: *“In everything give thanks: for this is the will of God in Christ Jesus concerning you”* (I Thessalonians 5:18). **To be thankful rather than to complain takes a conscious act of the will** and a sacrifice of natural desires. Psalm 107:22 appropriately speaks of this choice in terms of a sacrifice: *“Let them sacrifice the sacrifices of thanksgiving and declare his works with rejoicing.”*

Unfortunately, most of us respond with murmuring or complaining when we face hardship of any kind—emotional, spiritual, mental, or physical. However, through trials, *“it is God which worketh in you both to will and to do of his good pleasure. **Do all things without murmurings and disputings:** that ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye **shine as lights in the world**”* (Philippians 2:13–15).

Thanking God in all things does not mean that we thank God for evil. It means that we are thanking God for the benefits He intends for us when He allows things to happen.

2. REJOICE!

Along with giving thanks, we also are instructed to rejoice in all things: *“Rejoice in the Lord always: and again I say, Rejoice”* (Philippians 4:4). **Thanking God is an act of the will, but rejoicing is a response of the spirit.** Therefore, it is possible to be sad and joyful at the same time. We cannot escape the pain of a difficult situation, but we can learn to rejoice in God Himself and in the good things God will do through our suffering.

We should **try to discern the positive benefits that could come about through the situation.** Ask the question, why did God allow this to happen? Tests and trials give us opportunities to come to know God better and to bring glory to God.

The Apostle Paul stated: *“For as many as are led by the Spirit of God, they are the sons of God. . . . We are the children of God: and if children, then heirs; heirs of God, and joint heirs with Christ; if so be that we suffer with him, that we may be also glorified together. For I reckon that **the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us**”* (Romans 8:14–18).



When you experience a trial, choose—by faith—to put your trust in God. This choice will help you be more objective and consequently more alert to the reasons why God may have allowed the trial to occur. As you deal with the difficulties, remember the following truths:

- Gaining intimate knowledge of Christ exceeds the value of gaining more possessions. (See Philippians 3:8.)
- Developing stronger character is more important than getting your own way. (See Hebrews 5:8.)
- Demonstrating self-control is more heroic than dominating your competitors. (See Proverbs 25:28.)
- Eternal treasures are more valuable than earthly riches. (See Matthew 19:21.)

3. BELIEVE AND ACT ON THE WORD OF GOD.

When Jesus was tested in the wilderness, He responded to each temptation by quoting Scripture. For example, when Satan urged Christ to turn stones into bread, Jesus quoted from Deuteronomy 8:3: *“It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God”* (Matthew 4:4). We can follow Jesus’ example and **successfully engage in spiritual warfare by proclaiming truth in the face of tests and temptations.**

Ephesians 6:17 describes the Word of God as “the sword of the Spirit”—the only offensive weapon in our spiritual armor. Jesus said, *“The words that I speak unto you, they are spirit, and they are life”* (John 6:63). *They are also the authority by which we can claim the promises of God, since we are told, “If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you”* (John 15:7).

As you meditate on the truth of God’s Word, which is living and active (see Hebrews 4:12), you can learn to **effectively battle the enemy of your soul**, Satan, with the sword of the Spirit.

4. CRY OUT TO GOD.

Perhaps the greatest reason God has for taking us through the trials of life is to bring us to the firm conclusion that we need God. What is God’s purpose in giving us commands that seem impossible to carry out? He desires to work powerfully through our lives; therefore, we must learn to depend on Him. **He alone must become our source of strength, provision, protection, and direction.**

God has the ability to protect us from every trial or distress. Instead, He often chooses to deliver us in the midst of trials. In Psalm 50:15 we are told, *“Call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.”* **God’s goal through our trials is to strengthen our dependence on Him.** We must trust Him to work in the ways and in the time frame that will produce the best in our lives and the most glory for His name. As we call to the Lord in our distress, He will deliver us.



5. OVERCOME EVIL WITH GOOD.

Jesus gave His disciples a clear set of instructions about responding to those who made life miserable for them. (See Matthew 5:44.) These directions are completely opposite to what we would naturally do:

- Love your enemies.
- Bless those who curse you.
- Do good to those who hate you.
- Pray for those who spitefully use you and persecute you.

Such responses would never be a person's natural tendency, but they do reflect the heart of God: "Be not overcome of evil but overcome evil with good" (Romans 12:21).

God promises to give a blessing to those who reward evil with good. Although we cannot fully predict or describe that blessing, we know that it will include the power of genuine love. *"Be ye all of one mind, having compassion one of another, love as brethren . . . not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing"* (1 Peter 3:8–9).

If you react to a person who offends you and become bitter toward him, you actually put yourself in an emotional prison. Bitterness will **control your thought life, your emotions, your free time, and your health. In order to be freed from this prison, you must forgive.**

Scripture provides many examples of those who forgave offenders, including Job, Stephen, and Jesus Christ:

- Job's companions were about to encounter God's wrath, but Job prayed for them and God delivered Job: *"And the Lord turned the captivity of Job, when he prayed for his friends . . ."* (Job 42:10).
- Stephen prayed for God to forgive his murderers, even as they were stoning him: *"And they stoned Stephen, [who was] calling upon God, and saying, Lord Jesus, receive my spirit. And he kneeled down, and cried with a loud voice, Lord, lay not this sin to their charge. And when he had said this, he fell asleep"* (Acts 7:59–60).
- Because Jesus was wounded for our transgressions and bruised for our iniquities (see Isaiah 53:5), we are among the group of people He released when He said, *"Father, forgive them; for they know not what they do"* (Luke 23:34).

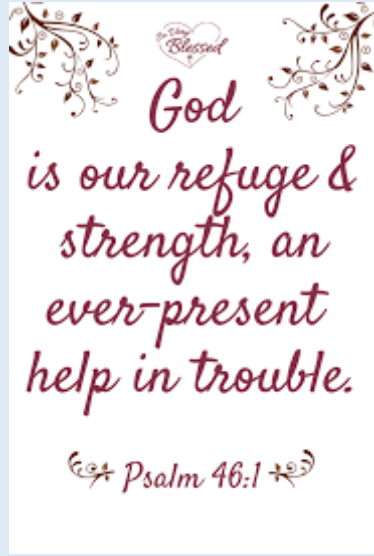
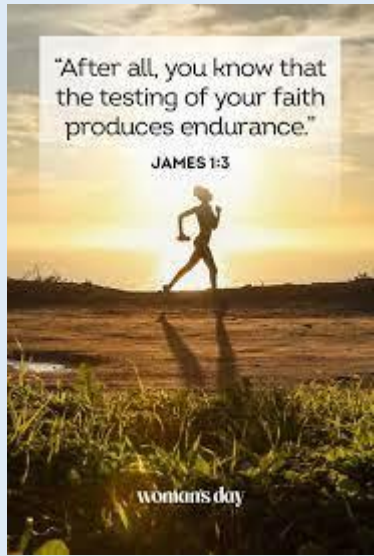
The Rewards of Responding with Grace

As God faithfully pours out His grace upon us in the midst of each fiery trial, we can endure hardships and overcome the enemy in God's strength. (See II Chronicles 20:15.) Scripture reveals that



		<p>there are great rewards for responding to trials with grace, including those listed below:</p> <ul style="list-style-type: none"> • The strength of Godly character - <i>“We glory in tribulations also: knowing that tribulation worketh patience; and patience, experience; and experience, hope: And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us” (Romans 5:3–5).</i> • Exceeding joy in God’s glory - <i>“Beloved, think it not strange concerning the fiery trial, which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ’s suffering; that, when his glory shall be revealed, ye may be glad also with exceeding joy” (I Peter 4:12–13).</i> • God’s strength in our weaknesses - <i>“... Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore, I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ’s sake: for when I am weak, then am I strong” (II Corinthians 12:9–10).</i> • Fellowship with Christ - <i>“I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ . . . that I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death” (Philippians 3:8–10).</i> • Heavenly rewards - <i>“Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you” (Matthew 5:11–12).</i> • Reigning with Christ - <i>“It is a faithful saying: For if we be dead with him, we shall also live with him: If we suffer, we shall also reign with him” (II Timothy 2:11–12).</i> <p>God has assured us that He will not permit us to be attacked with trials or temptations that are too overwhelming for us to handle. He will grant us grace to be overcomers. In I Corinthians 10:12–13, the Apostle Paul exhorts us with these words: <i>“Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you, but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able: but will with the temptation also make a way to escape, that ye may be able to bear it.”</i></p>
Activity		People of Faith



Conclusion			
References		NA	
Bible Verse		NA	



ICEBREAKER - PING PONG BALL GAME

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

Ping Pong Balls, Water Cups, Water, Bottles.

PREPARATIONS FOR THE ACTIVITY:

Prefer to do outdoors as there is a chance of water spilling.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

This game will be played as a team game. Objective is to move a ball across 5 cups filled with water. The members can add more water to the cups if required. The first team to finish will be the winners.

MESSAGE FROM THE ACTIVITY

It's an ice breaker, and a team activity to keep the kids attentive.

REFERENCES



BIBLE VERSES

NA



ACTIVITY - PEOPLE OF FAITH

Age Category: 10+

Duration: 10 -15 Minutes



MATERIALS REQUIRED:

Clues on Bible characters or Parables.

PREPARATIONS FOR THE ACTIVITY:

Ready with clues.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

This will be a team activity. Clues for a person or situation in the Bible will be read out. Four clues for each. The team who can identify will get points.

1st clue – 200, 2nd clue – 150, 3rd clue – 100, 4th clue – 50

The Centurion – Matthew 8:5-13

1. Jesus said “truly I tell you, in no one in Israel I have found such faith”
2. A Roman officer
3. A sick member of the household.
4. Lord I am not worthy to have you come under my roof

Mother Mary

1. Was present when Jesus was crucified
2. A sword will pierce your heart
3. Treasured all the words and pondered in heart
4. Here am I, the servant of the Lord; let it be with me according to your word.

The woman with an issue of blood – Mark 5:25-34

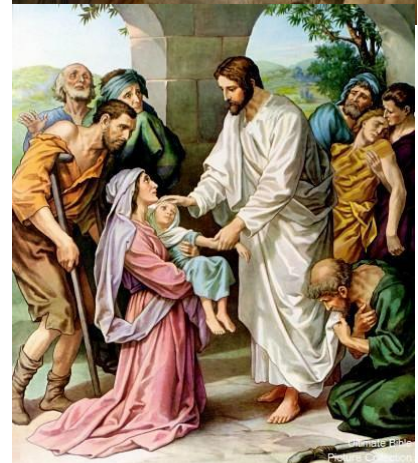
1. Was suffering from illness for a long time.
2. There was no request made to Jesus for healing.
3. Healing happened in a crowd
4. Healing happened by touch of faith

The Gentile woman – Matthew 15:21-28

1. Had a sick daughter
2. Was not Jewish
3. I was sent only to the lost sheep of the house of Israel
4. Dogs eat the crumb that falls from the master’s table.

Peter

1. The keys of the kingdom
2. Let’s make 3 tents
3. You are the Christ, the son of the living God
4. Walked on water

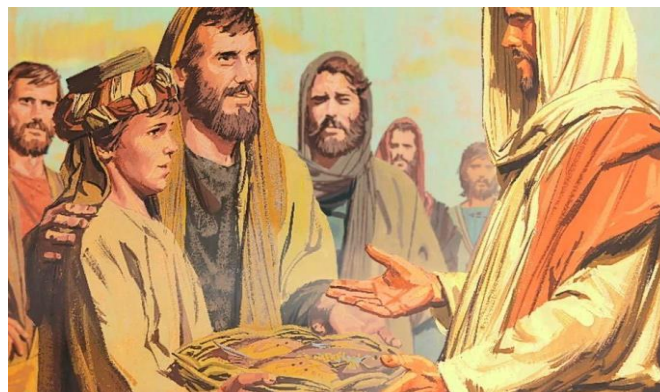




MESSAGE FROM THE ACTIVITY

Introduce children to different characters in Bible who shows exemplary faith.

REFERENCES



BIBLE VERSES

NA



ADDITIONAL GAMES

HEADS, SHOULDERS, TOES, CUP

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

Plastic Cups.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Split students into groups of 2. A plastic cup is placed on the floor between each pair. The teacher will call out body parts, like head, toes, hips, knees etc. When the teacher says cup, whoever grabs the cup will be the winner. The winners can then pair up again and can continue till we have a final winner.

MESSAGE FROM THE ACTIVITY

It shows how to be alert and active in our faith journey.

REFERENCES

<https://www.youtube.com/watch?v=GgcrdPAHaLA>



BIBLE VERSES

NA



ADDITIONAL GAMES

SEATED BASKETBALL



Age Category: 10+

Duration: 10 Minutes

MATERIALS REQUIRED:

Rubbish Bin, Basketball, Chairs.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The two groups can place their chairs strategically before the game. Once game started, they cannot move the chairs. They then must pass the ball to each other, without it getting intercepted by the opposing team. After each round the players become more strategic and shift from focusing on offense and defence. Whereas one round may consist of one team placing all their chairs around the opposing goal, they'll quickly realize that they are unable to shoot from their location. Likewise, a team that has no one in the middle of the field is unable to make an adequate pass to their teammates.

MESSAGE FROM THE ACTIVITY

It shows how to be stay together in our faith journey.

REFERENCES



BIBLE VERSES

NA





CONCLUSION

Life for us Christians is a faith Journey.

Starting from our parents, through church, teachers, friends, family, community until we reach the creator in Heaven. There are times we can practice our faith with others and individually. How well we practice and apply in our lives will help us continue our journey fearlessly regardless of our live situations.

Pray daily to increase faith.

Exercise faith in situations and grow.

Conclude with a prayer and song to Mother Mary.

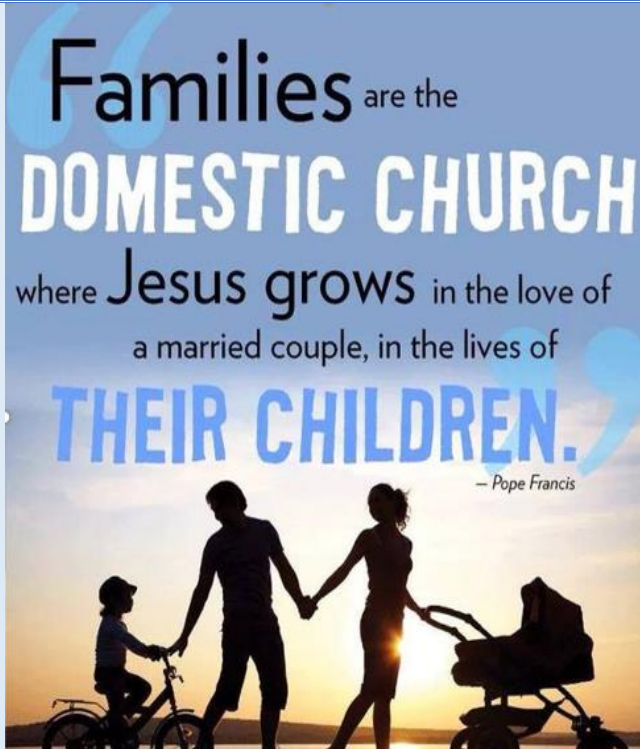


Day 2
Discover Ourselves in Ecclesial Living
RUN SHEET

#	Item	Duration	Time
1	Introduction – Session 1 – Family the Basic Ecclesia	10 mins	9:00 am
2	Icebreaker – Lava Walk	10 mins	9:10 am
3	Theme presentation	20 mins	9:20 am
4	Team formation and slogan making	10 mins	9:40 am
5	Activity – Complete the Picture	20 mins	9:50 am
6	Break	20 mins	10:10 am
7	Session 2 - Holy Qurbana / Community Building Icebreaker – Rush Hour	20 mins	10:30 am
8	Activity – Marshmallow and Spaghetti tower game	20 mins	10:50 am
9	Session 3 - Sacramental Living / Empowerment by Holy Spirit Icebreaker – Fish and Fisherman	30 mins	11:10 am
10	Activity – Fruits of the Holy Spirit	20 mins	11:40 am
11	Lunch Break	45 mins	12:20 pm
12	Session 4 - Signs and symbols of ecclesial living Ice breaker – Electricity	20 mins	1:20 pm
13	Activity – Maze Game	20 mins	1:40 pm
14	Final Team Presentation & Poster Display & Prize distribution	25 mins	2:00 pm
15	Summary and Homework	10 mins	2:05 pm
	Finale Practice	20 mins	
	Total	3 hour 30 minutes	2:20 pm finish



SESSION 1 – FAMILY THE BASIC ECCLESIA

Item	Duration	Description or Details
Introduction	00:05	Greet and Introduction on the theme for the day / Prayer
Ice breaker	00:10	Lava Walk Game
Theme Presentation	PPT: 00:20 Video: 0:04	 <p>Ppt Presentation on what Ecclesia is and how Family becomes the Basic Ecclesia.</p> <p>Ecclesia (or Ekklesia) means a particular body of faithful people, more commonly it means “the Assembly or Congregation or Council”</p> <ul style="list-style-type: none"> – The term Ecclesia refers to church itself and Church Refers to the universal community of believers – Church is “one” yet formed of two components divine and human – We describe church as the body of Christ, bride of Christ, temple of Holy Spirit – Church has authority and structure, concerned with maintaining traditions – Other Dimensions of the church include being a sacrament, servant, herald, community of disciples. – Dimensions Focuses on announcing the good news, helping those in need. – All dimensions are necessary and equal.





Family - Ecclesia

- The Christian family, the most basic unit of Church life, is sometimes called the domestic Church.
- “It is in the bosom of the family that parents are, by word and example, the first heralds of the faith for their children. The home is the first school of Christian life and a school for human enrichment”
- “It is in the family that one learns the love and faithfulness of the Lord, and the need to respond to these.”

“The CHRISTIAN HOME is the place where the children receive the first proclamation of the faith. For this reason the family is rightly called ‘the domestic church,’ a community of grace and prayer, a school of human virtues and of Christian charity.”

— *Catechism of the Catholic Church, 1666*



- Parents teach “by word” and so become “the first heralds of the faith about their children.” In short, parents preach the gospel. -This can occur in any number of ways. Parents read Bible stories to their children. Families often pray together. They gather for meals.
- Families become communities where the love that is practiced is reflected in the words that are shared.
- Because love is practiced in word and deed, family life becomes sacramental. Section 1657 of the Catechism notes that families exercise their “priesthood of the baptized” by “the reception of the sacraments.”
- Families go to the sacraments and parents take their children to the sacraments, but the sacraments are not to be peak experiences isolated from family life.
- Sacraments provide ways to understand ordinary family life and families add meaning to the sacraments.



For example, having meals together is crucial for the health and wellbeing of the family. The time together and the conversation keep family members connected to one another, and this reality points to the importance of frequent communion with God. Likewise, the Eucharist reminds the family that meals together, meals where love is shared, are times when God is present.



- Another point that stands out in the sacramentality of family life is reconciliation. It was an essential aspect of Jesus’ work, from his healing to his preaching and even to his death and resurrection. -The church continues this ministry in the sacrament of reconciliation, a sacrament that helps to name sin, to strengthen the resolve to turn away from it, and to restore relationships with God and others.
- In family life, this is essential. Genuine love requires reconciliation. Couples do not last without the ability to address their failings, and children struggle to succeed if they do not learn how to handle conflict.

Because families practice love through their actions, preach the gospel by their words, and live together in ways that draw from and point to the sacraments, Catholicism refers to the family as an *Ecclesia domestica* (CCC, 1656), a domestic church. The family is a gathered people who try to live out Christ’s call to love God and neighbor.



		 <ul style="list-style-type: none"> – We are responsible for each other's welfare in our families – Home is the church in miniature – Family Life is sacred – Family Activity is holy – Families have a unique ministry – Families are an evangelizing community  <p>Present the video on Catholic church and Domestic church</p>
Activity	00:10	Complete the Picture
Summary / Recount	00:10	<p>Our family is the first place to practice the Love and example Jesus showed us.</p> <p>We care for each other's welfare in our family.</p>
Conclusion	00:10	<p>Ecclesia is the church, and we are called to be the Church.</p> <p>Family is the Domestic Church, a community of grace and prayer, a school of human virtues and Christian charity.</p> <p>Family Life is sacramental</p>
References		<p>The Domestic Church</p> <p>https://catholicmoraltheology.com/catholic-marriage-part-2-the-ecclesia-domestica/</p>



ICEBREAKER - LAVA WALK

Age Category: 10+

Duration: 10 -15 Minutes



MATERIALS REQUIRED:

Cardboard Sheets.

PREPARATIONS FOR THE ACTIVITY:

Mark Start/End point. Preferable Outdoor.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide to two teams. Each team stands in a queue one behind the other. Teams get cardboard sheets (11 sheets if it's a team of 10), Each team to get all its team members safely reach the end point without touching the ground, but by using the platforms provided. The team that reached the end point first wins.

MESSAGE FROM THE ACTIVITY

Fun game to work together, contribute for each other and help each other, like how we are to be in a family.

REFERENCES

[FUN OUTDOOR TEAM BUILDING ACTIVITIES | Youth Group Outdoor Party Games](#)



BIBLE VERSES

NA



ACTIVITY - COMPLETE THE PICTURE

Age Category: 10+

Duration: 10 -15 Minutes



MATERIALS REQUIRED:

Charts, Crayons.

PREPARATIONS FOR THE ACTIVITY:

Plain chart glued to the wall.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide into teams of 6-8. Give each person a different coloured crayon. Place large charts, one for each team, about 3 metres away from where they have lined up. Tell them that they cannot change places in the line, and they may only use the crayon they have been given. Explain their task is to draw a picture of a farm (or another picture of your choosing). The first person on each team runs to the paper and begins to draw the parts of the picture which link to the colour of their crayon. After 15 seconds they must return to their teams and be replaced by the next person in the line who will add their colour to the picture. Continue the relay until all of the team members get a chance to draw a part of the picture. Display the pictures. You may have to get each team to explain their work of art to you and the rest of the group!

MESSAGE FROM THE ACTIVITY

This game illustrates the unique contribution of every person. It takes a variety of colours to make the picture, everyone is important, and the picture can only be drawn when everyone participates. Each of us in the family contributes to each other to fulfil God's call in our families.

REFERENCES

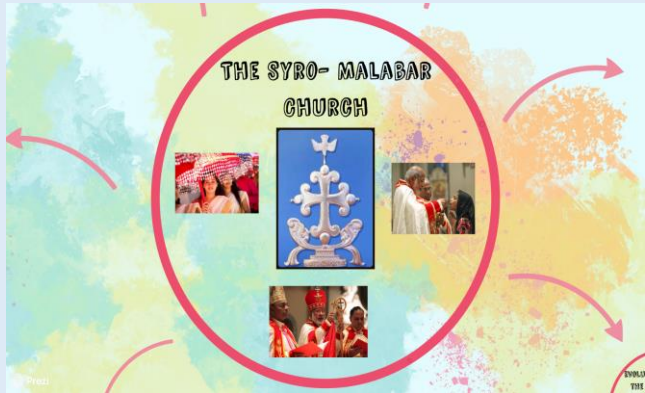
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BIBLE VERSES

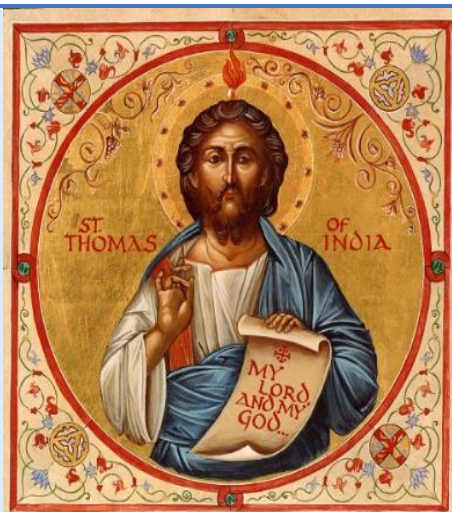
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SESSION 2 – HOLY QURBANA / COMMUNITY BUILDING

Item	Duration	Description or Details
Introduction	00:05	Syro Malabar Traditions and Qurbana. What makes us different from others?
Ice breaker	00:15	Rush Hour
Theme Presentation	Presentation: 20:00 Video: 10:00	  <ul style="list-style-type: none"> – The Syro-Malabar Catholic Church is one of the 23 Eastern (Oriental) Catholic Churches in full communion with Rome. It has over 5 million believers. It is a sui juris (autonomous) Church governed by the Synod of Bishops headed by the Major Archbishop. – The Syro-Malabar Church is an Apostolic Church which traces its origin to St. Thomas, the Apostle, who landed at Cranganore (Muziris) in 52 AD and founded seven Christian communities in Kerala, at Palayur, Cranganore, Kokkamangalam, Kottakavu (Parur), Quilon, Niranam, and Chayal. St. Thomas was martyred in A.D. 72 at Mylapore, near Chennai/Madras. The early Christian community in India was known as St. Thomas Christians. They were also called Nazranis, meaning those who follow the path of Jesus of Nazareth.





- From early centuries, the Church of St. Thomas Christians came into contact with the East Syrian Church, which also traces its origin to Apostle Thomas.
- From the 4th century until the end of the 16th century Thomas Christians were governed by Bishops who were appointed and sent by the Patriarch of the East Syrian Church.
- The Thomas Christians developed a unique system of ecclesiastical administration with the Bishops from Persia in charge of liturgical and spiritual matters and the local Archdeacon of All India (A priest) heading the Christian community and handling the administration of the Church through Palliyogam (early form of Synod).
- Thus St. Thomas Christians shared the liturgical, theological, spiritual, and other ecclesiastical traditions with the East Syrian Church; in socio-cultural organization and practices, however, they were distinctively Indian.
- With the arrival of the Portuguese in the 16th Century a new era in the life of St. Thomas Christians started. East Syrian Bishops stopped coming; Archdeacon lost his position; and what followed was the Latinization of the liturgy and the ecclesial administration.
- It resulted in a division of St. Thomas Christians into two groups, of which the group who resisted Latin rule formed a separate community under the Archdeacon. Later they accepted the theological and liturgical traditions of the West Syrian Orthodox Church of Antioch and came to be known as the Jacobite Church. They were further divided into several independent Churches.
- The group that remained faithful to Rome came to be known as the Syro-Malabar Church, a name which means Syrian Christians of the Malabar Coast (Kerala).



- In 1887 Syro-Malabar Catholics got their hierarchy restored by Pope Leo XIII. It has initiated a process of liturgical reform and restoration of the oriental identity.
- In 2004, the Holy See granted full administrative powers to the Syro-Malabar Church, including the power to elect bishops.
- Mar George Cardinal Alencherry is the present Major Archbishop of Syro-Malabar Church.
- At present Syro-Malabar Church has 35 Eparchies (Dioceses) and over 5 million faithfuls. Today Syro-Malabar Church is present all over the world with its effective witness to the faith.

Video presenting the Saga of The Syro Malabar church

The Syro Malabar Cross



- Dove symbolises the Holy Spirit Who guides the Church
- No Crucifix on the cross highlights the Resurrection
- Four ends of the cross are flower buds, symbolising new life and the Resurrection
- The lotus underneath the cross - recognising the Hindu and Buddhist culture in India before Christianity
- The three steps represent the hill of Calvary and recalls Christ's Passion and death

7 Parts in Qurbana

- Introductory Rite
- Liturgy of the Word
- Rite of Preparation
- Anaphora
- The Rite of Reconciliation
- The Rite of Communion with God
- The Rite of Conclusion



		 <p>Video presenting the significant moments in the Holy Qurbana in the Syro-Malabar Rite and their corresponding events in the salvation history. Understand the significance of each symbol in the liturgy.</p>
Activity	15:00	Marshmallow and Spaghetti tower game
Conclusion	1:00	<p>The Syro Malabar church is known for its rich traditions and each of us as Syro Malabar Catholics are called to hold our identity.</p> <p>Each of us is responsible to hold on to this tradition to get Spiritually empowered.</p> <p>Deep understanding of the Holy Qurbana bonds us close with Christ.</p>
References		<p>The Saga of Syro Malabar Church in Australia</p> <p>Syro-Malabar Qurbana tutorial</p> <p>https://prezi.com/grv9Izuiiudr/the-evolution-of-the-syro-malabar-church/</p> <p>https://prezi.com/jzkvji0zlczl/holy-qurbana/?frame=80bd31fa5bd948b7d3d16f1ee29f987c8b6c4662</p> <p>Syro Malabar.pptx</p>



ICEBREAKER - RUSH HOUR

Age Category: 10+

Duration: 15-20 Minutes



MATERIALS REQUIRED:

Chairs.

PREPARATIONS FOR THE ACTIVITY:

Set up chairs for all players.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide participants into two groups. Each group stands opposite to each other and each of them has a chair to sit. On the count of three, both teams cross each other across to run to the opposite side and get a seat on the opposite side. For the second round on the count of three the same is repeated, but one or two chairs will be removed from each group, so that few participants do not get a seat. Those who have not got the seat will move to the centre and stand as pillars (without moving). The game continues until all but one chair is removed and the winner is found.

MESSAGE FROM THE ACTIVITY

Fun game to cheer up kids for the day. Also adds the message to fight hard and cross hurdles to achieve our mission.

REFERENCES

[Rush Hour](#)



BIBLE VERSES

NA



ACTIVITY - MARSHMALLOW AND SPAGHETTI TOWER GAME

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

1 pack of Spaghetti per team, 1 pack of large Marshmallows per team, Measuring tape.

PREPARATIONS FOR THE ACTIVITY:

2 Tables.

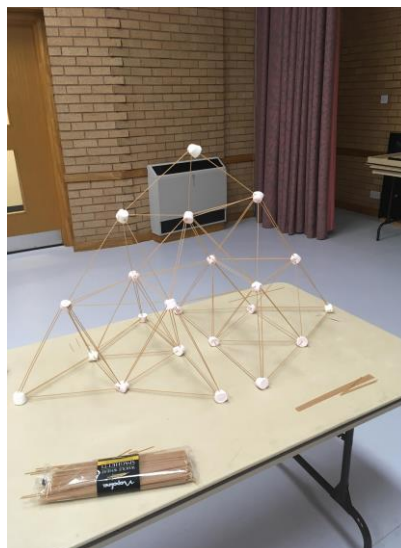
HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Teams must build the tallest tower that they can using only the marshmallows and spaghetti. The tower must be free-standing, so the young people aren't allowed to support it once it's completed. Set a time limit that they must finish their tower by. Warn them when they're about 1 minute from the end so that they can ensure that their tower's free-standing. The winning team is the one that has the tallest spaghetti and marshmallow tower. If it's not easily identifiable which is the tallest tower, use a measuring tape. In the unlikely event that two teams have towers that are the exact same height, set up a tiebreaker. Teams must pick up and move their construction to the other side of the room. The team with the tallest freestanding tower once it's been moved is the winner. (N.B. players aren't allowed to fix any breakages while it gets moved).

MESSAGE FROM THE ACTIVITY

We relate to each other. We need to support each other. The activities in our parish give us a chance to get to know others. We are not alone. We grow in a community eventually helping our Catholic church to stand high..

REFERENCES





BIBLE VERSES

NA



SESSION 3 – SACRAMENTAL LIVING / EMPOWERMENT BY HOLY SPIRIT

Item	Duration	Description or Details
Introduction	00:05	Sacramental Living
Ice breaker	00:10	Fish and Fishermen
Theme Presentation	PPT: 10:00 Video: 8:00	 <p>Sacramental Living / Holy Spirit - PPT Presentation</p> <ul style="list-style-type: none"> – The Catholic imagination sees the goodness of God reflected in the unfolding of human life and love, in the grandeur and fragility of nature, the simplicities of bread, oil, wine and water, in word and gesture and most extraordinarily in the life of Jesus of Nazareth, the Word made flesh. – It is him we hear, see with our own eyes, watch, and touch with our hands in the sacramental life of the Church. – It is his life we share when we participate in the sacraments of the Church. – The sacraments of the Church are among the greatest means through which we hear the best of 'good news' and are touched and embraced by God in ways which lead us to life. – Jesus is himself the great sacrament of God's love. Jesus was the fullest revelation possible of God's goodness and love. – We believe that Jesus is both Son of God and Son of Mary – truly human and truly divine. In his person, and through his actions, words and gestures Jesus made God and God's love present on earth. He was, and is still, for us 'the image of the unseen God'(Col:5), the 'Word made flesh' who lived among us (John 1) and hence the greatest sacrament of God. 

- From the vast array of God's gifts and in response to words and examples of Jesus, the Church chooses a few simple things: water, oil, bread and wine and some basic human gestures and calling upon the Holy Spirit makes them capable of drawing human beings deeply into the life of God.

- Baptism
- Confirmation
- Eucharist
- Reconciliation
- Anointing of the Sick
- Marriage
- Holy Orders

All these are visible, tangible ways in which we are brought by the Church to an encounter with God in the midst of our human lives.

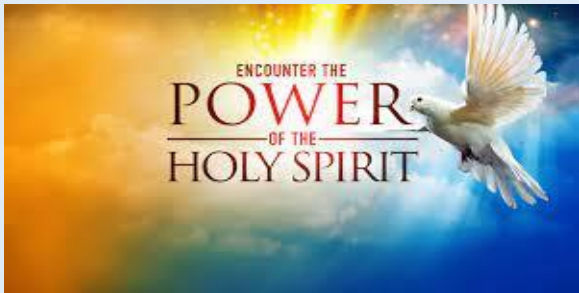


Present video on Sacraments.



- The historical presence of Jesus in the world was brief and confined as all human life is. But his presence is continued through his Spirit alive and working in the Church.
- The Holy Spirit which animates the Church makes it a place of real encounter with Christ.
- Two roles of holy Spirit



		<ul style="list-style-type: none"> • Helper-He helps us in our weakness. That means we are not alone in our struggles. He, our Helper, is with us all the time. • Intercessor-He intercedes for us in accordance with the will of God. It is in these moments-when we don't know how to pray-that God the Holy Spirit intercedes on our behalf <p>Get empowered by the Holy Spirit to live a sacramental life.</p> <p>The Holy Spirit empowers us to do many miraculous things for our good and His glory. By the power of the Holy Spirit, we can:</p> <ul style="list-style-type: none"> • Boldly proclaim the gospel • Pray when we do not know how • Appreciate the mystery of the gospel • Deny our flesh and live rightly • Abound in hope and be filled with joy and peace  <p><i>“Repent, let every one of you be baptized in the name of Jesus for the remission of sins; and you shall receive the gift of the Holy Spirit.” (Acts 2:38)</i></p> <p>Present video on Power of the Holy Spirit</p>
Activity	10:00	Fruits of the holy spirit
Conclusion	0:02	<p>Live the faith, live the sacraments. We encounter Christ through our sacramental living.</p> <p>Taste the Love of Jesus and be empowered by the Holy Spirit.</p> <p>Holy Spirit is our helper and intercessor.</p>
References		<p>https://www.youtube.com/watch?v=Qcgjhi1TghA - Sacraments</p> <p>https://www.youtube.com/watch?v=eAGUIaCi5Gg - Power of the Holy spirit</p> <p>https://resource-macs.com/2018/10/03/introduction-to-sacraments/</p> <p>https://donotdepart.com/5-ways-the-holy-spirit-empowers</p>



ICEBREAKER - FISH AND FISHERMEN

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

None.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Form two groups. The leader decides which team first becomes the fishermen. The other group becomes the fishes. The fishermen group discusses together and decides on any number for Eg 5. The fish group should not be aware of this number. The fishermen group holds hand together in a circle and lifts them up and starts counting slowly up to the number they have decided. While counting each member of the fishes' group must move in and out quickly, not staying in one place. The fishermen group, on the count of their decided number, should drop hands down and the circle is locked. Whoever is in the circle are the fishes caught and they move out. Game continues until all fishes are caught. Can be repeated with groups changing from fishermen to fishes.

MESSAGE FROM THE ACTIVITY

Listen to our hearts to make decisions guided by the holy spirit and make our ways to heaven's gates while it is open to us.

REFERENCES

[8# Fish and Fishermen Teambuilding activity as competition for learning decision making and involve](#)



BIBLE VERSES

NA



ACTIVITY - FRUITS OF THE HOLY SPIRIT

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

Chair, Sticky Notes, Pen, Chart Listing the Fruits of The Holy Spirit.

PREPARATIONS FOR THE ACTIVITY:

Arrange chairs in a circle, have enough stick notes and pens.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Set up enough chairs in a circle so that there is one chair for each student. Each student will take a seat except for one standing in the centre who is the caller. Tell each student seated in the circle to think of one of the fruits of the Spirit, write them on the sticky note and have it stuck anywhere visibly on them. The student in the centre will call out one of the fruits, each student who chose that fruit must immediately leave their seat and grab another vacant seat, while the student in the middle tries to grab any vacant seat. If anyone is left standing without a chair, they become the new caller in the centre. If the caller says, "Fruit basket empty!" everyone must leave their seats and find an empty available one.

MESSAGE FROM THE ACTIVITY

Children learn all the fruits of the holy spirit, and also get the spirit to give up for others.

REFERENCES

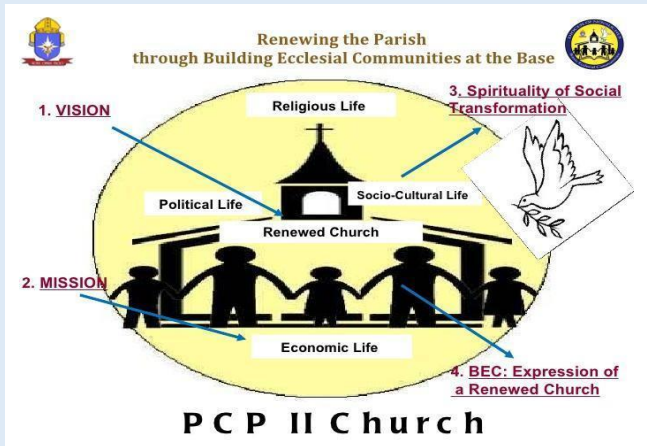
<https://classroom.synonym.com/sunday-school-lessons-about-the-body-of-christ-12079473.html>

BIBLE VERSES

NA



SESSION 4 – SIGNS AND SYMBOLS OF ECCLESIAL LIVING

Item	Duration	Description or Details
Introduction	00:02	Understanding our mission towards the Church
Ice breaker	00:10	Electricity
Theme Presentation	PPT: 10:00	 <p>Renewing the Parish through Building Ecclesial Communities at the Base</p> <p>1. VISION</p> <p>2. MISSION</p> <p>3. Spirituality of Social Transformation</p> <p>4. BEC: Expression of a Renewed Church</p> <p>PCP II Church</p> <ul style="list-style-type: none"> – Our Mission is to transform the whole fabric of society according to the values of the Kingdom of God – Church involvement, as a context within which a person learns to live in relationship with God, humanity, and the world, has the potential to positively transform the lives of young people. – At its best, the message of the church is one that involves every part of life; it is alive with hope and expectation. – Your participation in church activities is vital to your walk with God. – You cannot truly claim you are serving God rightly, if you are not involved in kingdom activities of your local church. <p>Implementing the sacramental life takes form when the below are part of our lives.</p> <ul style="list-style-type: none"> • Periodic Confession • Regular Sunday observance • House blessings other sacramentals • Church Contributions • Attending Catechism • Voluntary involvement in Church activities • Finding the needs of the other and a life of thanksgiving • Following the doctrines of the Church in practical living • Love for the Priests and religious • Missionary zeal & fostering vocations



		
Activity	00:10	Maze Game
Conclusion	1:00	<p>Stay close to church and its activities to help us live a sacramental life.</p> <p>The Church is the best place to grow with God and experience him personally.</p> <p>Use your talents and gifts to help in the growth of the church.</p>
References		https://www.slideshare.net/becnova/basic-ecclesial-communities-the-what-the-why-and-the-how



ICEBREAKER – ELECTRICITY

Age Category: 10+

Duration: 15-20 Minutes



MATERIALS REQUIRED:

Any Object (e.g., Fur Toy)

PREPARATIONS FOR THE ACTIVITY:

Place an object in between two groups.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide participants into two groups. Each group stands facing each other and join hands together in a way each can press the hand of the person next to him/her. The coordinator stands in between the first participant of each group. On the count of three the coordinator presses the hands of the first member in each team at the same time. Once one receives a press on the hand the person passes to the person next to him/her so that everyone in the team receives the press and the final one in the team needs to pick the object placed at the end in between 2 teams. The team that picks the object first gets a point. Repeat The game several times and the team that has gained maximum points wins.

MESSAGE FROM THE ACTIVITY

Fun Ice breaker game with the message pass on our faith and help each other to receive the heavenly Gift.

REFERENCES

[Electricity](#)



BIBLE VERSES

NA



ACTIVITY - MAZE GAME

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

Chairs to create Obstacles, Cloth to Blindfold.

PREPARATIONS FOR THE ACTIVITY:

Set up chairs from one end to another as obstacles.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Create a maze with chairs or other obstacles from the start point to the end point. Divide into 2 groups. Each group should have one representative blind folded. The members of the group take turns to give instructions to enable the blindfolded person to reach the end point without hitting on any obstacles. The quickest team wins.

MESSAGE FROM THE ACTIVITY

We need to care and help each other in our community during difficult times. We are one community and guide each other. Also act according to the instructions from the church to reach our destination.

REFERENCES



Elizabeth Métis Settlement
Facilitator Training, 2017

BIBLE VERSES

NA



ADDITIONAL GAMES

ICEBREAKER - CUP STACKING GAME

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

Disposable Juice Glasses, Tables.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide to two groups. Each group take turns to stack the cups to a pyramid and strike them out diagonally. Every member takes a turn. The quickest team that completes it successfully wins.

MESSAGE FROM THE ACTIVITY

Put in all our talents and gifts to build up our community and knock off any thoughts that hinders us from being part of the community.

REFERENCES

[Stack Attack | Epic Team Cup Stacking! \(Minute to Win It\)](#)



BIBLE VERSES

NA



ADDITIONAL GAMES

ICEBREAKER - MONKEY IN THE MIDDLE

Age Category: 10+

Duration: 15-20 Minutes



MATERIALS REQUIRED:

1 Ball, Chairs.

PREPARATIONS FOR THE ACTIVITY:

Arrange chairs in a circle.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

All but one forms a circle and sits on a chair. One person stands in the middle. The participants must pass the ball quickly to other participants across them keeping it away from the middle person. If the middle person gets hold of the ball, then the person who touched the ball last will be in the middle.

MESSAGE FROM THE ACTIVITY

Fun game to cheer up in between activities with the message never give up to any temptations that may hinder in our faith journey and keep passing the goodness to others.

REFERENCES

<https://www.youthdownloads.com/games/monkey-in-the-middle/>



BIBLE VERSES

NA



ADDITIONAL GAMES

ICEBREAKER - HULA FLIP BALL

Age Category: 10+

Duration: 15-20 Minutes



MATERIALS REQUIRED:

Hula Hoop, Tennis Balls, Basket.

PREPARATIONS FOR THE ACTIVITY:

Mark the end point and place baskets.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide into two groups and line up. First person slides the ball into the hoop. If the ball stays in the hoop, then the player flips the hoop once forward and passes the ball to the next person. Next person again slides the ball to the hoop, if it stays within the hoop flip the hoop and pass on the ball. If the ball slides over the hoop and does not stay inside, then the ball has to be picked up and the player tries again. The game continues until the end point is reached and the ball is dropped in the basket. The team that first reaches the end point wins.

MESSAGE FROM THE ACTIVITY

Fun game where all work as a team together to reach a destination.

REFERENCES

[Hula Flip Ball](#)



BIBLE VERSES

NA



ADDITIONAL GAMES

ICEBREAKER - THROWING THE BOTTLE

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

Empty Bottles.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Stand in two circular groups. First level is a smaller circle and members should throw balls randomly to anyone, but not to the one standing next to him/her. After a few throws the next level is to throw the bottle similarly but in a wider circle. Next, one more bottle is included, and the throws continue similarly without dropping the bottles. The game to be continued for a fixed duration. (Say 30 seconds) The team which makes the least number of drops wins. Bottle can be increased to three to play more.

MESSAGE FROM THE ACTIVITY

Keep passing our faith, our beliefs, our traditions and the good in us to others without letting it go.

REFERENCES

[15# Throwing bottles Activity for developing concentration, team spirit and perseverance](#)

BIBLE VERSES

NA



CONCLUSION

Conclude with recap, a prayer and song to Mother Mary.



Day 3
THE WORD: Loving Letter from God
RUN SHEET

#	Item	Duration	Time
1	Introduction - Session 1 – The Word – Loving letter from God	10 mins	9:00 am
2	Icebreaker – New Testament – Old Testament	10 mins	9:10 am
3	Theme presentation	20 mins	9:20 am
4	Team formation and slogan making	10 mins	9:40 am
5	Activity – Bible Prathishta	10 mins	9:50 am
	Activity – Bible Quiz (Jeopardy)	30 mins	10:00 am
6	Break	20 mins	10:30 am
7	Session 2 - Bible is the inspired Word of God Icebreaker – Spread the Word	20 mins	10:50 am
8	Activity – Who am I	20 mins	11:10 am
9	Session 3 - Bible – The fuel for life Icebreaker – Friends	30 mins	11:30 am
10	Activity – Lecto Divina	20 mins	12:00 pm
	Activity – Four Corners	10 mins	12:20 pm
11	Lunch Break	45 mins	12:30 pm
12	Session 4 - The Word of God is alive Ice breaker – Bible Relay Race	20 mins	1:15 pm
13	Activity – Skit	20 mins	1:35 pm
14	Final Team Presentation & Poster Display & Prize distribution	25 mins	2:00 pm
15	Summary	10 mins	2:05 pm
	Finale		
	Total	3 hour 30 minutes	2:0 pm finish



SESSION 1 – THE FACTS AND OVERVIEW OF THE BIBLE

Item	Duration	Description or Details
Introduction	00:05	Welcome the children Explain the day's plan, rules, expectations etc
Ice breaker	00:10	Old Testament, New Testament
Theme Presentation	00:10	<p>What is the bible? Video from YouTube https://www.youtube.com/watch?v=ak06MSETeo4</p> <p>Share a PowerPoint presentation with important facts from Bible</p> <ol style="list-style-type: none"> 1. How many books are in the Bible? Although the word bible means “book,” the Bible is a library of books gathered together into one sacred volume. The Bible consists of 73 books — 46 in the Old Testament and 27 in the New Testament. As you may know, Protestant Bibles only include 39 Old Testament books. Catholics recognize seven books as canonical (part of our sacred body of Scripture) that Protestants do not consider canonical: Tobit, Judith, 1 Maccabees, 2 Maccabees, Wisdom, Sirach, and Baruch. These books were included in the Greek translation of the Old Testament used in the early Church. At the time of the Protestant Reformation in the 16th century, Protestants decided to follow the Hebrew canon, which does not include these seven books, while the Catholic Church continued to retain all the books that were included in the Greek Bible and read at the time of Christ. 2. When was the Bible written? The ancients were not particularly interested in keeping meticulous track of dates. Books of the Bible were not dated at the time they were written, and their authors were often not named. The composition of the Old Testament was a long and complicated process that began with oral traditions that were eventually written down. Many of these stories and traditions were then edited and arranged over a matter of centuries until they eventually took the shape they have today. Dating the books of the Old Testament is difficult, but most scholars give a range from the 10th to the second century B.C. The composition of the New Testament is much more straightforward. Though we don't have exact dates for these books either, we can be confident that they were composed between A.D. 50 to 110. 3. In what language was the Bible written? The simple answer is that the Old Testament was written in

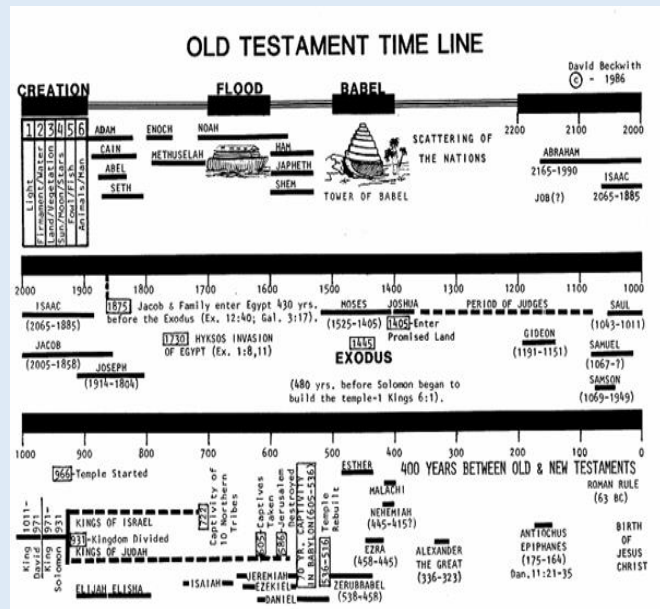


Hebrew, and the New Testament was written in Greek. There are a few exceptions to this in the Old Testament. Portions of Daniel were written in Aramaic, and the seven deuterocanonical books discussed above, as well as portions of Esther, were also written in Greek.

By the time the New Testament was written, Greek was the common language of the Roman Empire — among Jews and Gentiles alike — so the New Testament was composed entirely in Greek, aside from the occasional Aramaic word or phrase.

4. **Who decided which books would be included in the Bible?** The final, authoritative set of Scriptures that we have in the Bible is called the “canon.” But how was the canon formed? What we now call the canon of the Old Testament was fairly settled at the time of Jesus. Jews at that time had access to their Scriptures in both Hebrew (the original language) and Greek (a Greek translation was prepared in the third century B.C.).

The content of the New Testament canon took several centuries to firm up, but it was essentially agreed upon by the fourth century. Each book of the New Testament canon had a strong link with one of the apostles, was used consistently in the early Christian liturgy, and was judged to authentically convey the Good News of Jesus Christ. Interestingly, the Church did not officially declare which books were included in the canon of Scripture until the Council of Trent in the 16th century.



Activity 1

00:10

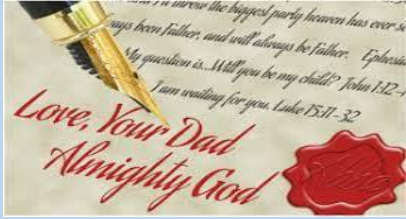
Bible Prathishta

Activity 2

00:30

Bible Quiz (Jeopardy)



Summary / Recount		<p>To follow Jesus, mere good works are not enough; we must listen daily to his call," Pope Francis said. "He, who alone knows us and who loves us fully, leads us to push out into the depth of life."</p> 
		<p>The Bible is God's "love letter" to us, telling us not only that He loves us, but showing us what He has done to demonstrate His love.</p> <p>Let's respond to His love by living it every day.</p>
References		<p>Bible facts https://www.catholicdigest.com/from-the-magazine/bible-in-5/5-basic-bible-facts/</p> <p>Bible Time line https://www.youtube.com/watch?v=pBRhr1lgdJU https://www.catholicbible101.com/bibletimeline.htm</p> <p>Jeopardylabs.com</p>
Bible Verses		<p>"I am the way, and the truth, and the life. No one comes to the Father except through me" John 14:6</p>



ICEBREAKER – NEW TESTAMENT – OLD TESTAMENT

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

A list of books in the Bible (please see the attachment at the end), a tape to mark the line.

PREPARATIONS FOR THE ACTIVITY:

Printed list of books in the Bible, draw a line with the tape to divide the area into two.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Draw a line on the floor and name one side of the line as the Old Testament and the other side as the New Testament. Have all members of the group line up on one side of the line. The teacher calls out the name of a book in the Bible; if the book belongs to the New Testament, the students should move to the side of the New Testament. If the book belongs to the Old Testament, students should move to the side Old Testament. They are to listen to your commands. They must jump quickly to whichever side you called or be called out. Those who are last to move to the correct side get eliminated. As the facilitator you then start yelling commands, trying to trick the people by saying the names of the books quickly.



MESSAGE FROM THE ACTIVITY

Just to check how familiar the students are with the books of the Bible.

REFERENCES

<https://youthgroupgames.com.au/>

BIBLE VERSES

“I am the way, and the truth, and the life. No one comes to the Father except through me” - John 14:6



ACTIVITY 1 - BIBLE PRATHISHTA (Veneration of the Bible)

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

Bible, Candle, Incense, Flowers, Devotional Music to Play.

PREPARATIONS FOR THE ACTIVITY:

Set up a table covered with white cloth, flowers, and candles.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Students make a procession with the Bible from the entrance of the classroom to the table which is already decorated. One student carries the Bible holding it as high as possible. Two students stand on either side of the Bible with candles. Two other students on either side with incense to follow. Behind them, the rest of the students follow in two lines in silence with flowers in their hands. Devotional music can be played during the procession. At the end of the procession, the Bible is placed on the decorated table and the student bows down and move away giving chance for others to show their reverence to the Bible.

MESSAGE FROM THE ACTIVITY

The Bible is the living word of God, and it should be treated with reverence.

REFERENCES

NA

BIBLE VERSES

"I am the way, and the truth, and the life. No one comes to the Father except through me" - John 14:6



ACTIVITY 2 - BIBLE QUIZ (JEOPARDY)

Age Category: 10+

Duration: 30-40 Minutes



MATERIALS REQUIRED:

Laptop, Jeopardy game downloaded (link will be provided), white board and marker for the points.

PREPARATIONS FOR THE ACTIVITY:

<https://jeopardylabs.com/play/faith-fest>

Download the game using the above link onto your laptop while at home using the internet. Need to practice how to conduct the game using the laptop. Press the spacebar to reveal the correct answer after selecting the point that the team choses. Press ESC (escape) to go back the main screen.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Students are divided into teams. Each team must select a captain who will be the spokesperson. There are 4 categories: under each category are 5 questions, increasing in points and difficulty. The first team to go picks a category and point amount. The host then reads the question. Once the question is read, they have x amount of time to come up with an answer. The spokesperson will then respond with an answer. A correct response earns the point value of the question they chose and the opportunity to select the next clue from the board. An incorrect response or failure to answer within the time limit given, gets no points and gives the other teams' spokesperson the opportunity to 'ring' in and respond and get the point if correct. If none of the contestants gives a correct response, no team will get the point and the host can reveal the answer.

topic1	topic2	topic3
100	100	100
200	200	200
300	300	300
400	400	400
500	500	500

The prompts for the game are at the top of the screen. Teachers: Press the spacebar to reveal the correct answer after selecting the point that the team choses. Press ESC (escape) to go back the main screen.

MESSAGE FROM THE ACTIVITY

We spend a lot of time learning different subjects. How much do we know about Jesus and His life? Let's decide to learn more about Jesus by reading the Bible every day.

REFERENCES

[Jeopardylabs.com](https://jeopardylabs.com)

BIBLE VERSES

"I am the way, and the truth, and the life. No one comes to the Father except through me" - John 14:6



SESSION 1 – THE FACTS AND OVERVIEW OF THE BIBLE

Item	Duration	Description or Details
Introduction	00:05	Get 5 volunteers and give the instruction “make a paper plane”. Give them 5 minutes. Each of them will come up with a paper plane. Compare the paper planes. Talk about the difference. How the same instruction is carried out in different ways. Introduce the phrase “inspired by God”
Ice breaker	00:10	Spread the word
Theme Presentation	00:05	<p>The words of Scripture are, as Vatican II explained, the words of both God and human beings. This means that God truly speaks to us in the sacred Word, but he does so in every case through a human being, each with his own history, culture, personality, and ideas. God did not control the minds and writing hands of the authors of Scripture as though they were robots or puppets. Inspiration is not dictation.</p> <p>Rather, God’s Spirit filled the minds and hearts of biblical authors with the truth that God wanted to communicate, and this truth was then faithfully communicated by a human author with his own words, style, and abilities. Inspiration means that the words of Scripture are vastly unlike regular books in both their authority and their attraction. The words have a freedom that comes from having their source in God. Even the oldest word in the Bible is as new as the morning. Scripture is a living Word.</p>
Activity 1	00:20	Who am I (Bible Characters)
Summary / Recount		Inspiration also means that the same Holy Spirit who inspired the authors of the Bible, makes the proper understanding of the Scripture possible. Even today when we read the Bible, it is the Spirit who helps us arrive at the correct meaning intended by God. Thus, the inspired Word of God is at same time inspiring as well.
References		https://teens.lovetoknow.com/Christian Youth Group Activities
Bible Verses		“I am the good shepherd. The good shepherd lays down his life for the sheep.” John 10:11



ICEBREAKER – SPREAD THE WORD

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

A container, small pieces of paper with short Bible verses written on them.

PREPARATIONS FOR THE ACTIVITY:

Have the pieces of paper with Bible verses and keep them in the container.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Get the students to sit in a circle. Choose several bible verses that have positive themes or relate to good character. Write them down on small pieces of paper and put them in a container. Players sit in a circle and one player blindly chooses a verse and reads it to himself. He then whispers the verse to the person sitting to his right, who then passes it on to the next person until it reaches the last person of the circle. This person announces the verse to the group to show how a message can change when it is passed from mouth to mouth.

MESSAGE FROM THE ACTIVITY

This again shows how different people are inspired by the same Holy spirit. Their thinking, culture etc. also influenced the writings.

REFERENCES

https://teens.lovetoknow.com/Christian_Youth_Group_Activities

BIBLE VERSES

“I am the good shepherd. The good shepherd lays down his life for the sheep.” John 10:11



ACTIVITY 1 - WHO AM I

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

Index Cards, List of Bible Characters, Marker, Sticky Tape.

PREPARATIONS FOR THE ACTIVITY:

Make a list of Bible Characters. Mary, Joseph, Judas Iscariot, Jesus, Elizabeth, Pilate, Zacchaeus, Peter, Thomas and write them on index cards.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:



Get the students into groups. One person from the first group comes to the front and sit on a chair facing others. Attach one index card to the forehead of the person, ensuring the individual concerned does not see what is written on the card. He/ she has to identify the name of the Bible character written on their card by asking the audience as few 'Yes/No' questions as possible. Set the time limit as 2min for the person to continue to ask questions to correctly identify the Bible character. Then someone from the next group is given the chance. Continue with other members from other groups. Points can be given for correct guesses.

MESSAGE FROM THE ACTIVITY

We can relate to most of the characters in the Bible. They were humans just like us. Through their stories God will talk to us if we listen carefully.

REFERENCES



<https://www.wikihow.com/Play-the-%22Who-Am-I%22-Game>

BIBLE VERSES

NA



SESSION 3 – BIBLE-THE FUEL FOR LIFE

Item	Duration	Description or Details
Introduction		<p>Do we need to read the Bible? Why should we read the Bible? Compare the two images:</p>  <p>How are they different? What are some possible reasons? A plant needs water, sunlight, and nutrients to be healthy. Our bodies need physical food to live and be healthy similarly, we need spiritual food to lead a healthy and fruitful Catholic life.</p> <p>" Human beings live not on bread alone, but on every word that comes from the mouth of God." Mathew 4:4</p> <p>Talk about the occasion. (Discuss)</p> <p>How did Jesus' defeat Satan? With the word of God.</p> <p>So, we too need the word of God, every day. Why?</p> <p>There are so many benefits of reading the Bible every day. Some of them are:</p> <ol style="list-style-type: none"> 1. The word of God helps us to fight against the evil one. 2. The word of God sanctifies us. 3. The word of God educates us about our faith so that we are not misled by false teachings. (Is the Rosary, a prayer based on the scriptures? What do you think?)
Ice breaker		Friends
Theme Presentation		



The Holy Scripture is the basis of our Catholic worship and prayers.

1. The Holy Mass



From the beginning to the end, the Holy Mass is infused with the Holy Scripture.

Examples: Glory to God in the highest- Athyunnathamaam Swarlokathil (Luke 2:14)- Announcement of the angels to the shepherds.

Our Father prayer- Matthew 6:9-13

Psalms

“Peace be with you”: John 20:21

2. The Holy Rosary- It is a prayer completely based on the Bible.



Our Father- is from the Bible. Mathew 6:(9-13)

“Hail Mary full of grace, the Lord is with you” from Luke 1:28: Angel Gabriel salutes Mary.

“Blessed are you among women and blessed is the fruit of your womb”, “ Holy Mary mother of God” Luke 1:41-43; Elizabeth, filled with the Holy Spirit makes this proclamation.

“Pray for us sinners now and at the hour of our death”- based on James 5:16 (Therefore confess your sins to one another, and pray for one another, that you may be



		<p>healed. The prayer of a righteous man has great power in its effect).</p> <p>St. James tells Christians to pray for one another. All the baptized are members of the body of Christ (1Cor 12:12-14), therefore it is right to pray for other members of the body. James goes on to say that the prayers of the righteous have great power. What human (other than Jesus) is more righteous than the Blessed Mother. Though she is in heaven she still hears the prayers of her children on Earth and intercedes for them.</p> <p>“Glory be to the Father and to the Son and to the Holy Spirit...”</p> <p>This is an ancient prayer and is called a doxology, from the Greek word meaning an expression of glory or praise.</p> <p>The Glory Be prayer reaffirms the eternal glory of our “God in Three Persons, Blessed Trinity, Father, Son and the Holy Spirit.</p> <p>The mysteries of the Rosary are meditated on while praying each decade, with the purposes of drawing the person praying deeper into reflecting on Christ's joys, sacrifices, sufferings, and the glorious miracles of His life.</p> <p>Thus, the Rosary is a prayer based on the scriptures. We are asking for Mother Mary’s intercession.</p>
Activity 1		Lectio Divina- Praying with the Bible
Activity 2		Four Corners (Heaven, Earth, Hell, Purgatory)
Summary / Recount		<p>Our Catholic life circles around the word of God. As we have seen the Holy Mass, rosary, all other prayers are full of the word of God.</p> <p>The Word of God is the fuel for our life.</p>
References		<p>https://dioceseofbrooklyn.org/defending-your-faith/where-is-the-hail-mary-in-the-bible/</p> <p>https://www.christianity.com/wiki/prayer/glory-be-prayer-words-and-meaning.html</p>
Bible Verses		<p>“Your word is a lamp to my feet and a light to my path.”</p> <p>Psalm 119:105</p>



ICEBREAKER – FRIENDS

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

None.

PREPARATIONS FOR THE ACTIVITY:

None.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:



In this game, players must scatter and randomly move around the room. But when the leader shouts a number, they must quickly form groups of that number with other players.

MESSAGE FROM THE ACTIVITY

Use this game to teach about friendship and being a friend of Jesus! To be friends with Jesus is to be friends with His word. St Jerome says “Ignorance of Scripture is Ignorance of Christ “.

REFERENCES

<https://biblegamescentral.com/fusion-diffusion/>

BIBLE VERSES

“Your word is a lamp to my feet and a light to my path.” Psalm 119:105



ACTIVITY 1 - LECTIO DIVINA

Age Category: 10+

Duration: 30 Minutes



MATERIALS REQUIRED:

Bible, Laptop.

PREPARATIONS FOR THE ACTIVITY:

Laptop with the video explaining the Ignatian method. Bible passage to read.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

(FOR THE TEACHER)

Lectio Divina

The best way to teach children to read the Bible is to teach them how to do Lectio Divina. Lectio Divina simply means Sacred Reading. It is a practice of reading the Bible prayerfully. The process is pretty simple, and it follows five basic steps:

1. Read
2. Meditate
3. Pray
4. Contemplate
5. Act

Video Explaining Lectio Divina

<https://www.youtube.com/watch?v=a4U8pF-wK0A&t=10s>

(TO SHOW THE KIDS)

Ignatian Method

Video explaining:

<https://www.youtube.com/watch?v=a4U8pF-wK0A&t=10s>

Explain the method to students. Ask them to consider the following questions while you read

- What do you see, hear, and feel?
- Where are you in this story?
- What do you feel in your heart?
- When you take this down from your brain into your heart, what do you feel?
- What does it feel like knowing you are here?
- What are you saying?
- What are you doing?
- What is God/Jesus doing?
- What is God/Jesus saying?
- Ask young people to close their eyes when you read Scripture, and then ask them what they saw, smelled, or felt. Where did they place themselves in the story? Why does that matter?
- Have young people draw a Scripture story as you read it.



- Provide moments of silence during the prayer, prompting young people to listen for what God has to say.

Read from the Bible: Luke 19:1-10

He entered Jericho and was going through the town and suddenly a man whose name was Zacchaeus made his appearance; he was one of the senior tax collectors and a wealthy man. He kept trying to see which Jesus was, but he was too short and could not see him for the crowd; so, he ran ahead and climbed a sycamore tree to catch a glimpse of Jesus who was to pass that way. When Jesus reached the spot, he looked up and spoke to him, 'Zacchaeus, come down. Hurry, because I am to stay at your house today.' And he hurried down and welcomed him joyfully. They all complained when they saw what was happening. 'He has gone to stay at a sinner's house,' they said. But Zacchaeus stood his ground and said to the Lord, 'Look, sir, I am going to give half my property to the poor, and if I have cheated anybody, I will pay him back four times the amount.' And Jesus said to him, 'Today salvation has come to this house, because this man too is a son of Abraham; for the Son of man has come to seek out and save what was lost.'

MESSAGE FROM THE ACTIVITY

The word of God is alive. Every time you read it you will get a different insight into the same passage; you just need to listen carefully and meditate on it.

REFERENCES

<https://www.thereligionteacher.com/lectio-divina-children-teens/>

catholiccentral.com

BIBLE VERSES

“Your word is a lamp to my feet and a light to my path.” - Psalm 119:105



ACTIVITY 2 - FOUR CORNERS

(HEAVEN, EARTH, PURGATORY, HELL)



Age Category: 10+

Duration: 10 Minutes

MATERIALS REQUIRED:

4 Sheets of Paper with Words Hell, Heaven, Earth, and Purgatory.

PREPARATIONS FOR THE ACTIVITY:

Place the 4 sheets in four corners of the room..

HOW TO CONDUCT THE ACTIVITY / RULES ETC:



Number the four corners of the room. Put up a sign at each corner, numbered 1, 2, 3, and 4. (Instead, name the corners Earth, Hell, Heaven and Purgatory). Make space at the sides of the room. Clear the area near all four walls, so children can easily move between corners. The teacher should stand in the middle. Tell the players the rules of the game:

The teacher should count down from 10 to 0, with his/her eyes closed, loudly and slowly. Everyone else moves to one of the four corners, very quietly. When the teacher finishes counting, she chooses a number from 1 to 4 (with her eyes still closed). Anyone standing in the corner she chose has to sit down. Anyone who isn't in a corner when the counting is done also has to sit down.

Keep playing with the remaining students. After each round, the person in the middle can open her eyes and see who she knocked out. Then she closes her eyes again and counts from 10 to 0. Each round works the same way. Whoever is in the corner she chooses each round has to sit out for the rest of the game.

Adjust the rules once most people are out. Once there are only a few people left, the game can take a long time to finish. Add extra rules to speed it up:

- Once there are eight people or fewer, each corner can only hold 2 people maximum.
- Once there are four people or fewer, each corner can only hold 1 person maximum.
- Play until there's one winner.

MESSAGE FROM THE ACTIVITY

The aim of our life is Heaven, living in complete union with God. The Bible is the word of God which gives us the instructions on how to lead a life aiming for heaven.

REFERENCES

<https://www.wikihow.com/Play-Four-Corners>

<https://icebreakerideas.com/four-corners-game/>

BIBLE VERSES

"Your word is a lamp to my feet and a light to my path." Psalm 119:105



SESSION 4 – THE WORD OF GOD IS ALIVE

Item	Duration	Description or Details
Introduction		<p>The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. John 1:14</p> <p>Jesus is the word made flesh</p>
Ice breaker	00.10	Bible Relay Race
Theme Presentation	00.10	<p>God's word is alive in 3 ways: it is effective, relational, and revealing.</p> <p>1. God's Word Is Effective</p> <p>Throughout scripture, God's word is the agent to accomplish exactly what He intends. In Genesis 1:3-27, God speaks, and the world is. Psalm 33:6 echoes the notion of His breath creating the heavens and earth. In Psalm 107:20, God's word brings about healing. In Isaiah 55:10-11, God promises that His word never returns to Him empty but will accomplish His will. In the gospels, Jesus' very word heals, calms storms, and even raises the dead. We can be confident that what God has spoken will be realized.</p>

2. God's Word Is Relational

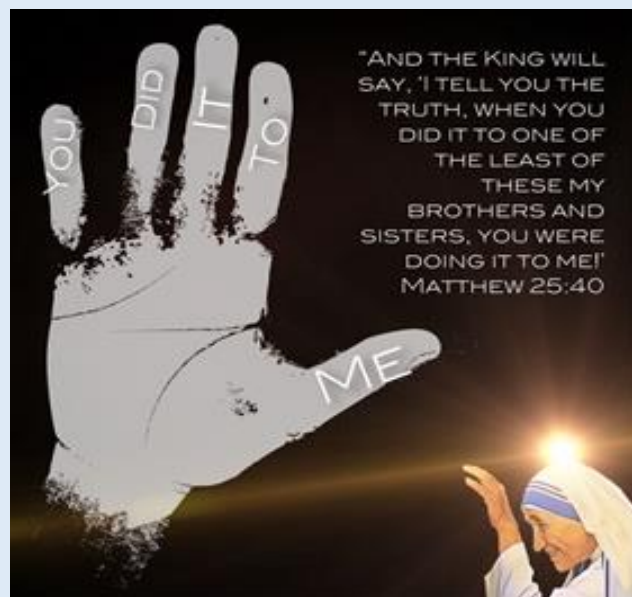
In Genesis 1:28-30 and 2:16, God speaks to his creation, Adam, to instruct him. In Genesis 15:1, the word of the Lord comes to Abram to establish a covenant relationship with him. Throughout the Old Testament, God's word is moving in his people through Moses, the judges, and the prophets, to instruct, rebuke, and encourage them in their faithfulness toward Him. The relational component of the Word of God, however, culminates in the New Testament. John 1:14 says, "And the Word became flesh and dwelt among us, and we have seen His glory, glory as of the only Son from the Father, full of grace and truth" . Jesus himself is described as God's very Word, sent to the world to reveal God's will to us directly.



3. God's Word Is Revealing

The Bible is God's special revelation to man, intended to direct us to salvation in Christ and contains all we need to know to live a life that pleases God in obedience and righteousness (2 Tim 3:14-16). Like Hebrews 4:12 (above) says, God's word has the powerful and unique ability of discerning and exposing in us our truest thoughts and intentions. It will encourage, convict, and comfort us in ways that apply even to the details of our lives.

Example of Mother Teresa



		<p>The above verses changed the life of Mother Theresa.</p> <p>Example: Sr Rani Maria's family forgave her murderer Samandar Singh.</p> <div data-bbox="619 322 1270 1124" data-label="Image"> </div> <p>Sister Rani Maria Vattalil, a member of the Franciscan Clarist Congregation, was stabbed 54 times in front of more than 50 passengers on January 25, 1995. Vattalil's murderer, Samundar Singh, was sentenced to life imprisonment. The nun's younger sister – also a religious, Sister Selmi Paul – visited Singh in prison in 2002, and tied a Rakhi to his hand. The Rakhi is part of the celebration of the Hindu festival of Raksha Bandhan. Singh, overcome by this sign of forgiveness, expressed his repentance for the murder. In 2006, at the request of Vattalil's family and Catholic leaders, Singh was released from prison.</p> <p>The word of God which came alive through this action is:</p> <p>Matthew 6:14-15 "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."</p>
Activity 1	00.20	Skit
Summary / Recount		<p>The Bible is not just any book, it is the word of God, and the word of God is powerful and alive. It can heal, it can teach, it can redirect our ways. As we read in Isaiah 55:11, every word of God has a specific purpose, and it will fulfill that purpose. So, let's practice saying the word of God as often as we can.</p>



References		https://cruxnow.com/global-church/2017/11/murdered-nun-beatified-india-sister-rani-maria-martyr-social-justice/ https://spousehood.com/faith/3-ways-scripture-alive/
Bible Verses		<p>“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to divide soul and spirit, joints, and marrow; it judges the thoughts and attitudes of the heart.” - Hebrews 4:12</p>



ICEBREAKER – BIBLE RELAY RACE

Age Category: 10+

Duration: 10 Minutes



MATERIALS REQUIRED:

Black Board, Two Bibles.

PREPARATIONS FOR THE ACTIVITY:

Selected Bible Verses.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Create a list of popular bible verses like John 3:16 and Proverbs 3:6. Divide the students into two equal teams. Tell the teams to line up. Place two Bibles on a table several feet away. Explain that on the word "Go," the first player on each team must race to a Bible and find the first verse on the list. He must write down the page number next to the verse on the list, and then run back to tag the next player on his team. The next player must do the same to find the second verse and so on. For assistance, the students can look at the table of contents for help. The first team to finish the list with the correct page numbers wins the game.

MESSAGE FROM THE ACTIVITY

The Bible has an answer to each problem in our life. We don't need to memorise the page numbers though. When you need guidance, spend some quiet time with God, ask the Lord what He wants to tell you, then open the Bible and read it. Ask the Holy Spirit to help you to understand it then act accordingly.

REFERENCES

<https://howtoadult.com/1003618-bible-relay-games-older-teens.html>

BIBLE VERSES

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to divide soul and spirit, joints, and marrow; it judges the thoughts and attitudes of the heart." - Hebrews 4:12



ACTIVITY 1 - SKIT

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

Scenarios Written on Small Pieces of Paper. Bible Verses Relevant for The Scenarios Written on Small Pieces of Paper.

PREPARATIONS FOR THE ACTIVITY:

Scenarios written on small pieces of paper. Bible verses relevant for the scenarios written on small pieces of paper.

Examples:

Scenario1: Forgiving a friend who lied to you

Bible Verse: "Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive." - Colossians 3:13

Scenario2: Being friends with someone that looks alone

Bible verse: "Beloved, since God loved us so much, we also ought to love one another." - 1 John 4:11

Scenario3: Helping parents when they are tired after work

Bible Verse: "Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you." - Exodus 20:12

Scenario 4: Helping someone in class

Bible Verse: "Little children, let us love, not in word or speech, but in truth and action." - 1 John 3:18.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide students into groups. Have each group develop a short skit that shows an act of love or compassion. Each group will be given a scenario and a Bible verse which is relevant to it (some examples are given above). For example, they might show forgiving a friend that lied or giving food to a homeless person, helping someone else in class, being friends with someone that looks alone, helping parents when they are tired after work etc. Allow the kids to act out their skits.

MESSAGE FROM THE ACTIVITY

The word of God is not to be kept inside the book: we need to use it in our daily life. Let us read the Bible every day.

REFERENCES

<https://biblegamescentral.com/no-prep-youth-group-games/>

BIBLE VERSES

"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to divide soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart." - Hebrews 4:12



List of the books in Bible for Session 1 – Icebreaker

Old Testament		New Testament
Genesis	Ecclesiastes	Matthew
Exodus	Song of Songs	Mark
Leviticus	Wisdom	Luke
Numbers	Sirach	John
Deuteronomy	Isiah	Acts of the Apostles
Joshua	Jeremiah	Romans
Judges	Lamentations	1 Corinthians
Ruth	Baruch	2 Corinthians
1 Samuel	Ezekiel	Galatians
2 Samuel	Daniel	Ephesians
1 Kings	Hosea	Philippians
1 Chronicles	Joel	Colossians
2 Chronicles	Amos	1Thessalonians
Ezra	Obadiah	2 Thessalonians
Nehemiah	Jonah	1 Timothy
Tobit	Micah	2 Timothy
Judith	Nahum	Titus
Esther	Habakkuk	Philemon
1 Maccabees	Zephaniah	Hebrews
2 Maccabees	Haggai	James,
Job	Zechariah	1 Peter
Psalms	Malachi	2 Peter
Proverbs		1 John
		2 John
		3 John
		Jude
		Revelation



EXTRA GAME- TRUSTING GOD AND HIS WORDS

Age Category: 10+

Duration: 20 Minutes



MATERIALS REQUIRED:

Cones And Other Obstacles, Blindfold, Enough Room.

PREPARATIONS FOR THE ACTIVITY:

Before starting the game make an obstacle course with cone, pool noodles and other soft materials.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide students into groups. Blindfold 1 student from each group. Spin the blindfolded student. Using their hands and verbal commands, the group will lead the blindfolded student through the course. The blindfolded student must follow the commands to try to make it through the course first.

MESSAGE FROM THE ACTIVITY

Talk about the importance of trusting others and most importantly trusting God.

REFERENCES

https://teens.lovetoknow.com/Christian_Youth_Group_Activities

BIBLE VERSES

“When I was afraid, I put my trust in you.” - Psalm 56:3.



CONCLUSION

Conclude with recap, a prayer and song to Mother Mary.



GIVEAWAYS

Share Bible verses to pray with to grow in faith in bookmark form.

Wristbands with any short word of God.



Finale Songs:

["Leap of Faith" Music video from Cokesbury VBS 2017, Hero Central!](#)

https://www.youtube.com/watch?v=ZZ2zXc_9Q00

[Trading My Sorrows | Dance-A-Long with Lyrics | CJ and Friends Worship](#)

[I Wanna Do Right](#)



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