

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 9, 10, 11 & 12 **TEAM JERUSALEM**

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

#	Code	Item	Duration	Time
1	A	Opening Icebreaker Activity	15-20 Mins	10:00 - 10:15
2	B	Activity 1	1 Hour	10:20 - 11:20
3	C	Icebreaker Activity	10 Mins	11:20 - 11:30
4	D	Activity 2	1 Hour	11:30 - 12:30
5		Lunch Break	30 Mins	12:30 - 01:00
6	E	Icebreaker Activity	10 Mins	01:30 - 01:40
7	F	Activity 3	1 Hour	01:40 - 02:40
8	G	Icebreaker Activity Crazy Handshake	10 Mins	02:40 - 02:50
9	H	Activity 4	30 Mins	02:50 - 03:20
10	I	Finale Preparation	10 Mins	03:20 - 03:50
11	J	Ice breaking Conclusion	10 Mins	03:50 - 04:00
		Total		



A - ICEBREAKER

ANIMAL SOUND

Age Category: **Years 9,10, 11 & 12**

Duration: **15-20 Minutes**



MATERIALS REQUIRED:

NA

PREPARATIONS FOR THE ACTIVITY:

NA

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

- Ask participants to count a number from 1- 4 (depends on how many groups of participants the facilitator want to form)
- Assign an animal to each number
- Participants who got the same number will make the sound of an animal and will stand in the designated place.
- Participants are divided into groups with the similar animal group.
- Each group will be asked to make the sound of the animal at the same time.

OR

- Divide into groups: (Though not a game, this is a means to divide your group into smaller mixed groups with somewhat equal physical strength. These groups can stay the same for the three days while doing the group challenges.)
- Make students to stand in two lines from shortest to tallest. (Girls and Boys separate lines). The animator now divides the group into as many as he/she requires by sending the participants to different corners of the room in order from shortest to tallest.)

MESSAGE FROM THE ACTIVITY

NA

REFERENCES

NA

BIBLE VERSES

NA



B - ACTIVITY 1

MINEFIELD GAME

Age Category: 13 to 18

Maximum No of Participants: 4-6 Groups of Maximum 7 participants

Duration: 45 -60 Minutes



AIM:

Conviction - Participants develop a conviction that Faith is a Gift and an Act.

Attitudes - Participant develops a mindset that Faith should be nourished through ongoing charity and repentance.

Habits - Participants must practice being (1) Alone with holy trinity and (2) Practice Examination of conscience (Ongoing repentance) and (3) acts of service (Ongoing fellowship-family and parish)

Aims are developed on three levels: Conviction, Attitude, Habit.

- A conviction is a strong belief or opinion that something is certain.
- An attitude can be a positive or negative evaluation of people, objects, events, activities, and ideas.
- A habit is a behaviour that is repeated regularly. This behaviour can be an action, a routine, or a lifestyle tend to occur subconsciously.

RESOURCES:

Paper Or Training Disk Markers -Minefield, Chocolates - Lollies (God's graces), Markers – at least one per group, Blind folders - 20

FACILITATOR PREPARATION:

Facilitators imagine that they must simulate a minefield in a given space. Organise a starting point and finishing point. Facilitator to assemble a minefield within an ample open space. Use Papers or training disk markers as Mines. Scatter the paper or disk markers as mines between starting and finishing points. Facilitator may need to ensure the mines are scattered, leaving only narrow spaces to walk. Facilitator also to get the Balloons ready. Scatter each balloon in a designated playing field (do not blow the balloons at this stage). The balloons should be roughly 3-5 feet apart. Facilitator also gets the chocolates or lollies ready and scatters them on the ground as well. Facilitators can use their discretion to add more obstacles to make it more fun (Optional). Get the blindfolds ready.



HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Facilitator asks participants to form in teams based on their animals. Facilitator tells within each group they should have explorers and navigators. Select 3-5 members from each team as explorers. Assign remaining team members as navigators. Blindfold the explorers who volunteered, and they need to take the journey to cross the minefield from the starting point to the finish point. Navigators need to verbally give directions to explorers to avoid touching mine and collect all the balloons and chocolates. Team members as navigators assist them in setting a starting point. Facilitator says when explorers (blindfolded members) need to start crossing the minefield blind folded.

Conditions for crossing the minefield

They could not touch the mines. They should walk as a team holding hands together or placing their hands on shoulders (inline). Collect as many chocolates as possible. Collect as many balloons as well. Explorers should complete with other teams walking over minefields towards the finishing point. They will be competing with other team members. Navigators will provide verbal direction to blindfolded members to avoid mine and provide instructions to collect as many chocolates and balloons as possible. If any team member touches the mine, that person will stand, make the animal sound (their group animal), and continue his journey. All the group stands and makes the animal sound and continues the journey. Facilitator checks who got to the finishing point first and who got the maximum number of balloons and chocolates. Allocate 1st, 2nd, and 3rd places, respectively.

Watch a short Video and Facilitator brief,

Saint [Damien of Molokai](#)

FACILITATOR BRIEFING FOR PARTICIPANTS (Max 5- 10 Mins only)

- Chocolates represent Gods graces
- Balloons represent our problems
- Mines represent our sins that blow up the grace of God.

Conviction

- Faith is a gift (like chocolate) but along with we also collect problems (balloons) in life. We sin, and sin diminishes the effects of faith. (Mortal sin blows up sanctifying grace with us.)

Attitude

- Faith should be practiced daily through love (Love is constantly seeking goodness in others, Act of love, St John Paul II). Fellowship is critical to growing in faith. Through fellowship, we practice loving. (Family and Parish)
- We must trust that faith gives us the strength to deal with our problems.
- We must repent daily and purify ourselves daily for God's grace to be active in our life.

Habits that participants need to form at home-Faith Building habits.

- **ALONE WITH JESUS EVERY DAY:** Find time to be alone with God. We approach God with nothing, not to solve your problems, not expecting to help you but just to be with him. This way, you let God's grace come to you, and this grace will help you develop resources and the capacity to deal with your problems.
- **EXAMINATION OF CONSCIENCE BEFORE YOU SLEEP:** Repent daily
- **PRACTICE ACTS OF SERVICE ON DAILY BASIS** (God is love).

Other comments

[Why do we feel nothing special about having faith?](#)



1. We do not use our faith: We do not taste our faith: We need to chew the chocolate. We do not use God's grace that we receive through faith.
2. We do not trust in our faith > In life, we overly identify ourselves with our problems and do not TRUST faith can overcome any issues we have.
3. We do not repent and keep attached to our sins. Repentance is ongoing and should occur daily.

Why do we need faith?

- God wants us to be truly happy. This requires having faith and leading a holy life.
- There are two kinds of happiness Perfect happiness and imperfect happiness (St Thomas Aquinas)
- Perfect happiness (beatitudo) is not possible in this lifetime, but only in the afterlife for those who achieve a direct perception of God. But we should aim for perfect happiness daily. (St Thomas Aquinas)
- There can be imperfect happiness (felicitas) attainable in this lifetime, and God is not against this, but we cannot make this the front end of our lives. (St Thomas Aquinas)

Watch a Video

Facilitators introduce a Saint: PPT or YouTube video (Heavenly warrior): [St. Damien of Molokai](#)

- Spent alone with Jesus daily
- Done examination of Conscience daily
- Every day he served lepers (According to his state of life)

Reflection:

Matthew 11:28-30: "Come to me, all you who are weary and burdened, and I will give you rest."

REFERENCES

- Story of a Soul: The Autobiography of St. Therese of Lisieux
- The Practice of the Presence of God by Brother Lawrence
- The Interior Castle, St Teresa of Avila
- Catechism of Catholic Church
- The Benedictine rule of Leadership: Classic management secrets you can use today, Craig S, Galbraith. Oliver
- Catholic Christianity, Peter Kreeft

BIBLE VERSES

"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28-30



C - ICEBREAKER

KATY'S CORNER



Age Category: 13 to 18

Aim/ Theme of the Activity: Faith

Maximum no of participants: 4-6 Groups of Maximum 7 Participants

Duration: 15-20 Minutes

MATERIALS REQUIRED:

NA

PREPARATIONS FOR THE ACTIVITY:

NA

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Children sit in a circle on their chairs and one player who doesn't have a chair (Who is Katy) goes round asks participant their name and tells "Katy wants your corner". The participants will refuse it outright saying, "You can't have it"! Then when Katy goes round to ask others, the participants giving signs to each other and exchange position. If Katy manages to get a seat, the player who is left without a chair becomes Katy and the game continues until everyone learns each other's names.

MESSAGE FROM THE ACTIVITY

NA

REFERENCES

NA

BIBLE VERSES

NA



D - ACTIVITY 2

ANY SLOGAN/ BIBLE VERSE



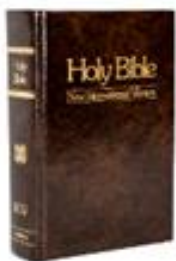
- Where we go-o!
- People want to know-o!
- Who we are!
- So, we tell them!
- We are Jerusalem!
- The mighty, mighty Jerusalem!

Age Category: 13 to 18

Maximum No of Participants: NA

Duration: 45 -60 Minutes

RESOURCES:



NIV Bible

Locks (3-Digit Lock, Directional Lock, Word Lock. (Pictures attached in the printing section) Three Boxes with tab for locks per group. Different colours for each group will be ideal.

- Box 1: Small box (needs to fit inside box 2)
- Box 2: Medium Box (needs to fit inside box 1)
- Box 3: Large Box

- Print All Materials – see Printing Directions below
- Pencil or Pen
- Scissors
- Timer (optional)



(If you have the technology, use the online clock. <https://www.epic-escapes.games/timer/> with this music https://www.youtube.com/watch?v=yLwWV7Zks_E (From the movie “Escape room”)

FACILITATOR PREPARATION:

Printing and Set-Up Directions

The game should be played in groups of 5-7 players. For larger groups, print additional copies of all materials. Printed sheets to be arranged inside the box in such a way that the participants cannot read the sheets from outside if your box is transparent. Print all sheets given and arrange them inside the specified boxes and lock them by sticking the correct lock on the boxes. Hand out the Prikley Stowaway story, the animal feeding note and the puzzle for box 3 to each team leaders.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Prepare and keep the box's ready prior to the game. Animator to start by introducing the theme Faith using various examples from the bible ending by explaining Noah's Faith in God. Use power point if you have the technology to make this part more interesting. If you are using technology, you can start by showing the following clips from the movie “Evan Almighty”.

<https://www.youtube.com/watch?v=Z8xYVq6b5D8>

<https://www.youtube.com/watch?v=GhJY9v8zYtg>



This is an activity based on Noah's Ark. Once groups are with the puzzle box's animator explains that groups are not supposed to open the boxes unless they get the password. Each group is given a set of three boxes with the challenge. Clear instructions must be given that each box is locked with the type of lock which is stuck on the box. When the students get the password, they should take it to the animator, who checks the password and allows the group to open the box. Then the group continue to solve the puzzle to open the second box and so on. 25 points allocated to each group for solving each section and the group that wins the challenge first gets 100 points. Make students to fill in the reflection questions in groups after they have completed the game.

FACILITATOR BRIEFING FOR PARTICIPANTS

Just like the puzzles and codes in this activity, we can easily doubt matters of Faith because none of us fully understand all the theology behind our Faith. But we must not close the door on truth just because something doesn't immediately make sense to us. If we seek to know the truth, if we have true faith in our Lord and Saviour, the Holy Spirit who inspired the scriptures and strengthened the scared apostles will unravel the mysteries of our Faith, just like you were able to decode the puzzles, and make us incredible disciples for Jesus. If we bring our confusions to our Lord in Faith and openness, all will be made clear by the Spirit. We will have our temptations to doubt removed and we will be able to have true faith that goes far beyond our human reasoning alone. Bring to our Lord any and every question you have with expectation that you will receive what you need. Faith comes through a pure and simple openness to the Voice of God speaking within our soul.

Concluding Prayer.

Let us pray, my loving Lord, you invited all of us to come to you, to see you and to have faith in you. You truly are the son of God and king of all. Please open our minds to all that you wish to say to us so that we may shed our doubts and come to a transforming faith in all things. Jesus, My Lord and God, I trust in you. Amen.

REFERENCES

NA

BIBLE VERSES

NA





Spikey

The Prickly Stowaway on Noah's Ark.

You are a Hedgehog named Spikey. For the past few months, you have been hearing about this good man named Noah who is building an ark to escape from a flood. Luckily your family Prickles (as it is known in Hedgehog language) is selected to be on the ark and started immediately as soon as the invite was received. Unfortunately, you got lost on the way, and is at risk of being left behind. As you get to the ark, you realize that the rest of your Prickle family is already on board. The only doorway to get in is guarded by the King of beasts Leo the Lion. On the floor you find few papers. You must solve the puzzle to get the password. Find your password to enter the ark in time. Please hurry, your time is running out. . . .



Leo



Animal Feeding Notes

- Antelope - grass and leaf mixture
- Armadillo - beetles and grub
- Badger - earthworms and eggs (occasional small mammal)
- Bat - moths and mosquitos
- Bison - grass
- Coyote - rabbits, mice, birds, insects
- Crickets - rotting leaves, rotting fruit, insects
- Deer - grass, nuts, twigs
- Donkey - grass and shrubs
- Dove - grains and seeds
- Hyena - leftover mammals or birds, lizards, and snakes
- Moose - tall grasses and water lilies
- Panther - deer, antelope, hogs
- Pig - flowers, fruits, roots, mushrooms, tree bark
- Porcupine - bark and sticks, fruit
- Quail - leaves, fruits, and vegetables
- Raccoon - berries, fruit, grains, squirrels, birds, snakes, frogs
- Rat - bugs, grains, fruits
- Rhinoceros - branches, leaves, grass
- Sheep - grass
- Skunk - earthworms, rodents, eggs, berries, leaves
- Sparrow - seeds
- Tiger - deer, pigs, antelope, crocodiles
- Worm - dead plant, grasses, leaves, fungus
- Zebra - shrubs, leaves, bark

• Clean Animals



PUZZLE FOR BOX 3

a	1
b	17
c	8
d	20
e	18
f	3
g	13
h	4
i	6
j	12
k	18
l	25
m	26
n	9
o	22
p	14
q	2
r	23
s	10
t	7
u	15
v	21
w	5
x	24
y	16
z	11

Genesis 9:9 - Genesis 9:17

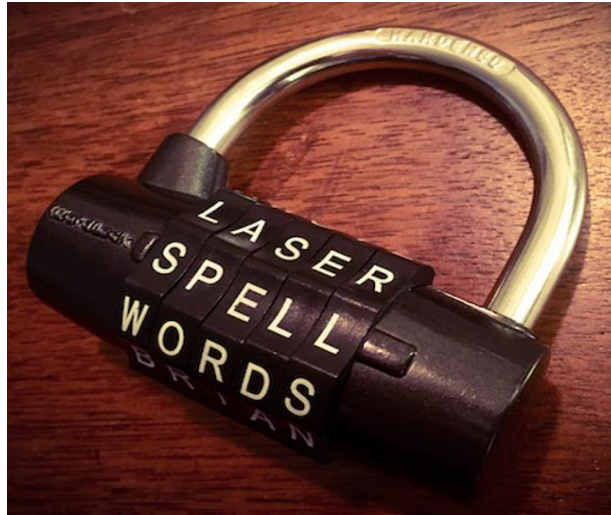
1 Peter 3:20

Length of the ark - # of sheep on the ark + (Noah's age upon entering the ark +
of sparrows on the ark x # of tigers on the ark) x ark width + (days of rain
÷ number of people on the ark) - day of the month the ark rested on Ararat

_____ - _____ + (_____ + _____ x _____) x _____ + (_____ ÷ _____) - _____ = _____



LOCK TO BE STUCK ON THE BOX 3 (BIGGEST BOX)



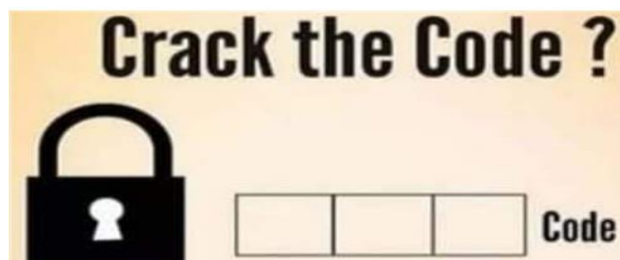
INSIDE BOX 3 (BIGGEST BOX)

Congrats! You recognized that Noah had faith, as stated in Hebrews 11:7, and that was the password. You are now on the ark, but you missed feeding time! You better go scavenge some food before you rejoin your prickle. You wonder around the ark and find the food storage room, but it is also locked. You wonder how many days you are going to be on the ark . . .

Try to unlock the door to get food for your journey.

Genesis 7 + 8

LOCK TO BE STUCK ON THE BOX 2 (MEDIUM SIZED BOX)



INSIDE BOX 2 (MEDIUM SIZED BOX)

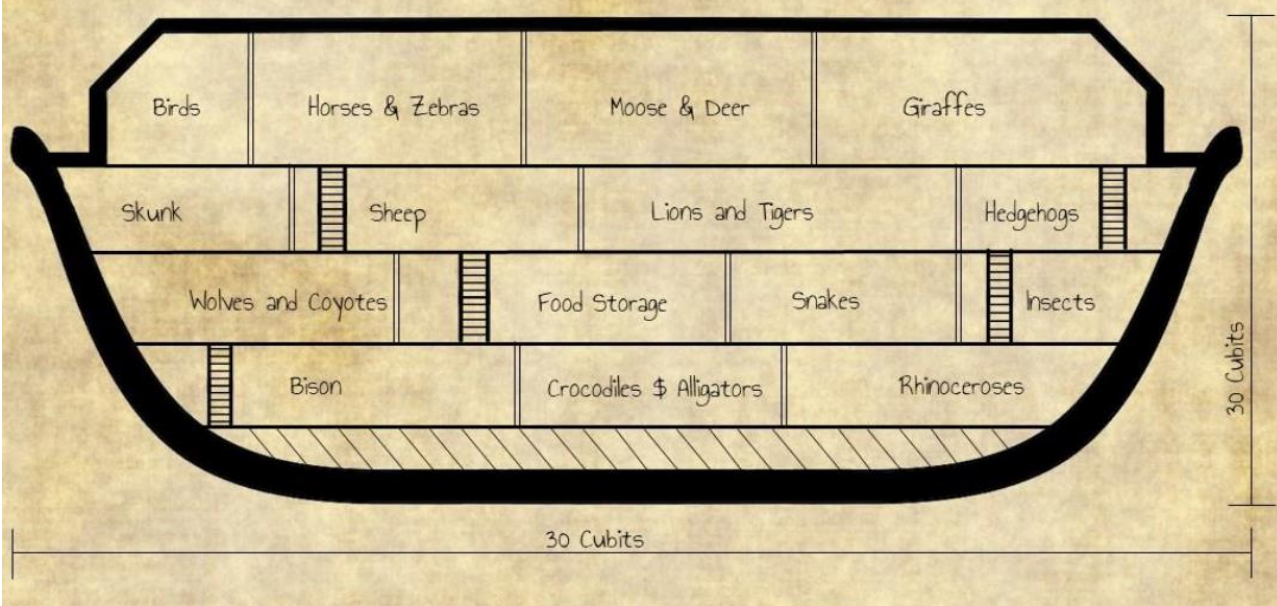
You have now eaten your fill for the next couple days.
Now that you have a full tummy, you need to find your
family. That is a dangerous mission with all of these
dangerous animals around.

Make your way to meet your prickly.
Be careful and don't get eaten!

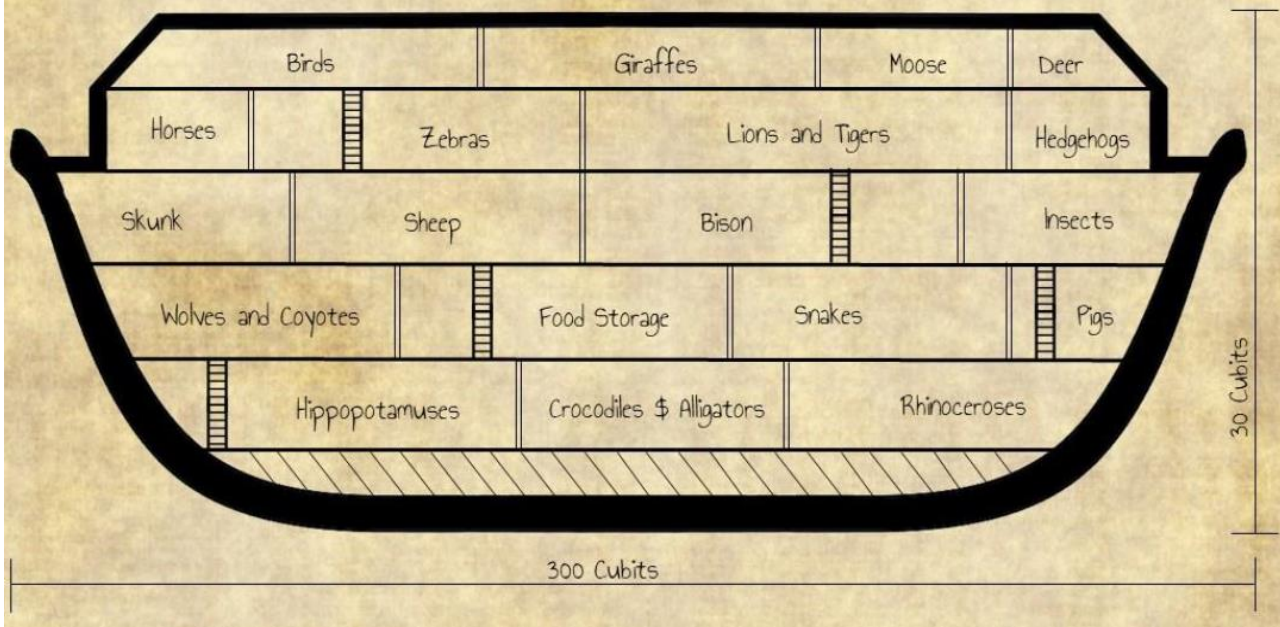
(You change directions every time you enter a new room or use a ladder.)

Genesis 6:9

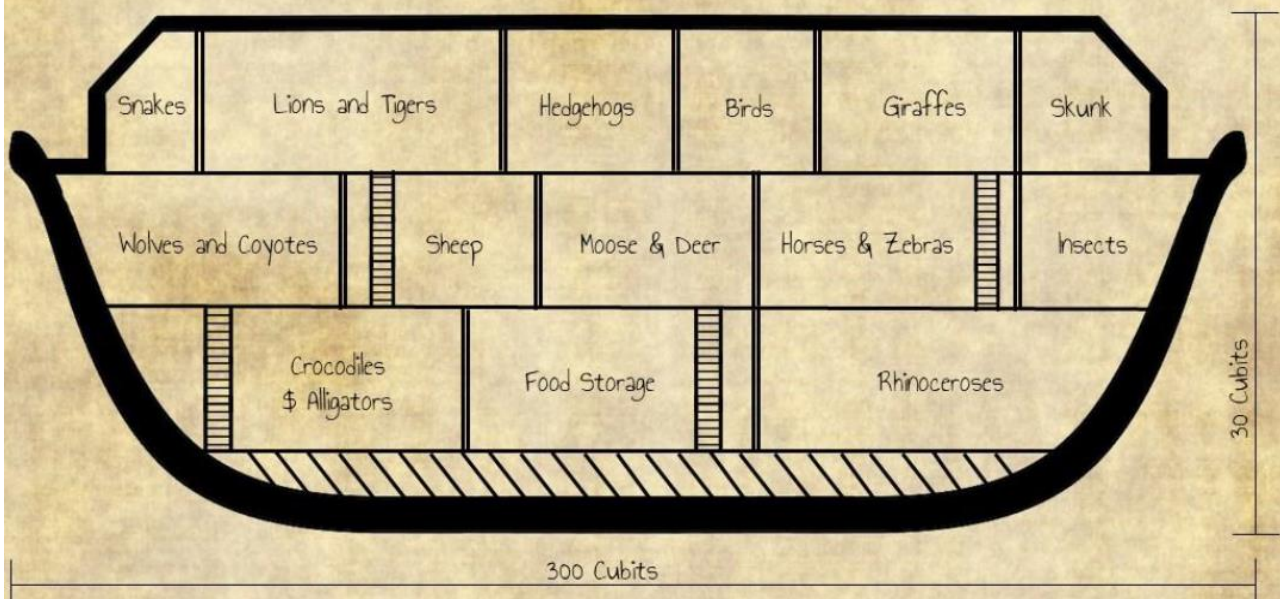
Ark Blueprint Draft #1



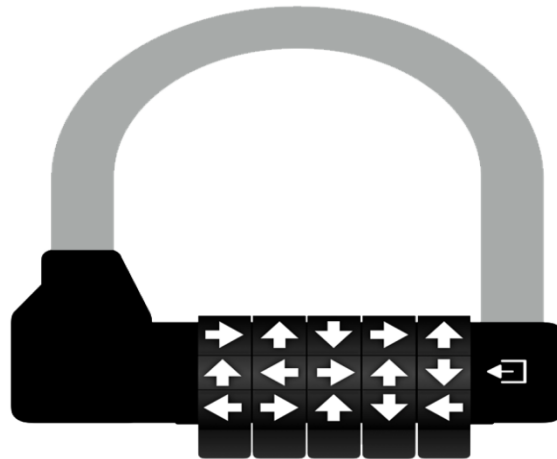
Ark Blueprint Draft #2



Ark Blueprint Draft #3

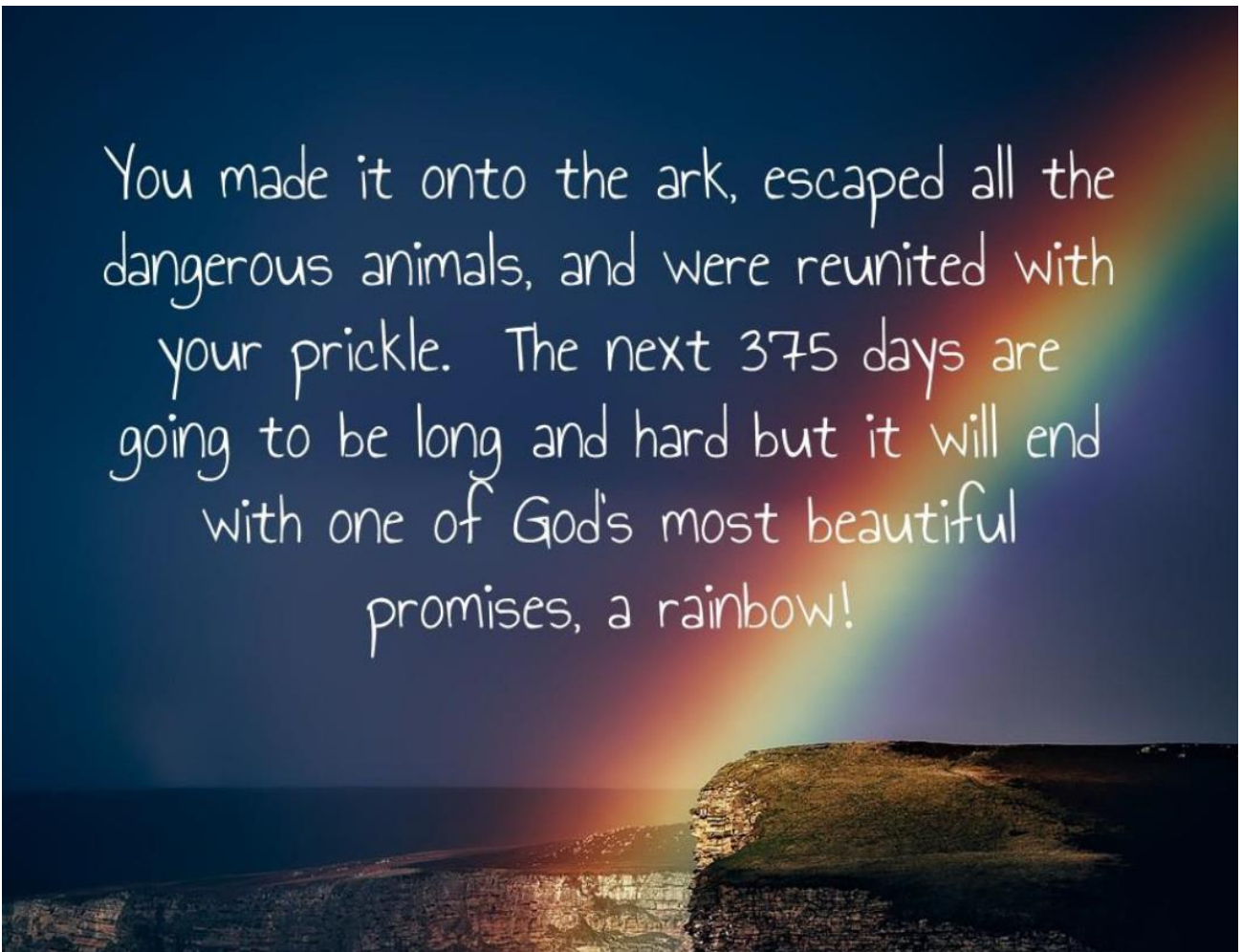


LOCK TO BE STUCK ON BOX 1 (THE SMALLEST BOX)



INSIDE BOX 1, THE SMALLEST BOX

You made it onto the ark, escaped all the dangerous animals, and were reunited with your prickly. The next 375 days are going to be long and hard but it will end with one of God's most beautiful promises, a rainbow!



REFLECTION QUESTIONS

Reflection Questions

- What is one new thing you learned about Noah or the ark?
- Why was Noah considered faithful?
- Why would God command Noah to take more clean animals than unclean?
- What questions do you still have about Noah?

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Game Play and Hints (Only for the animator)

BOX 3



Word Lock Obstacle

Question: What is the password to Leo the Lion to enter the ark?

Answer: F-A-I-T-H

Finding the Answer:

Players will solve the math equation using the numbers from the bible.

- Correct Equation
 - ☐ $300 - 14 + (600 + 14 \times 2) \times 50 + (40 \div 8) - 17 = 31674$
- Each number will correlate to a letter using the cipher
 - ☐ 3 = F
 - ☐ 1 = A
 - ☐ 6 = I
 - ☐ 7 = T

Possible Hints: Use the chart below to give verse hints

Question	Answer	Reference
Length of the ark	300	Genesis 6:15
# of sheep	14	Genesis 7:2
Noah's age upon entering the ark	600	Genesis 7:11
# of sparrows	14	Genesis 7:3
# of tigers	2	Genesis 7:2
Ark's width	50	Genesis 6:15
Days of rain	40	Genesis 7:17
Number of people on the ark	8	1 Peter 3:20
Day of the month the ark rested on Ararat	17	Genesis 8:4

- Solve using order of operations (P.E.M.D.A.S. – Parentheses, Exponents, Multiplication, Division, Addition, Subtraction)
- Which animals are clean or unclean? How many clean animals are taken on the ark?



BOX 2



3-Digit Lock Obstacle

Question: How many days was Noah on the boat?

Answer: 375

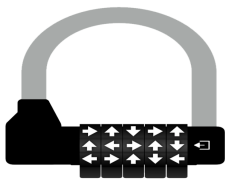
Finding the Answer:

- Players will need to find the day the flood began.
 - ☐ Day 17 of the second month
- Next, they will need to find the day they were able to exit the ark.
 - ☐ Day 27 of the second month (a year later)
- They will need to know there are 365 days in a year plus the additional 10 days between the 17th and the 27th.

Possible Hints:

- Provide the players with the verse references.
 - ☐ Genesis 7:11
 - ☐ Genesis 8:14
- How many days are in a year?
- What is the difference between these two dates?

BOX 1



Directional Lock Obstacle:

Question: How do you reach the prickly compartment?

Answer: UP, RIGHT, UP, LEFT, LEFT

Finding the Answer:

- Players will need to identify the correct blueprint (#3) based on details from Genesis 8
 - ☐ Length – 300 cubits
 - ☐ Height – 30 cubits
 - ☐ 3 stories
- They will need to navigate through the ark to reach the hedgehog compartment
- They will need to avoid the dangerous animals

Possible Hints:

- What differences do you notice about the arks?
- Provide verse reference - Genesis 6:14- 17
- Where are you starting your journey? (Food storage)
- What animals are dangerous for a hedgehog?
- Remember you need to change directions each time you leave a room or climb a ladder.

E - ICEBREAKER



THINK FAST

Age Category: 13 to 18

Aim/ Theme of the Activity: Aims familiarity and Builds Camaraderie

Maximum no of participants: NA

Duration: 10 Minutes



MATERIALS REQUIRED:

NA

PREPARATIONS FOR THE ACTIVITY:

NA

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Give students a few minutes and tell them to learn all the names they can. Then split the group into two teams. Have one student from each team stand on either side of a barrier (like a dark blanket or sheet). Make sure they can't see each other, then without warning, drop the sheet. The first person to say the other's name gets a point for their team.

MESSAGE FROM THE ACTIVITY

NA

REFERENCES

NA

BIBLE VERSES

NA



F - ACTIVITY 3



BIBLE ESCAPE ROOM – ‘Seek and You Shall Find’

Theme: Faith, Hope, Charity (Love)

Slogan: Seek, Find and Rejoice

Age Category: Year 9 - 12

Aim: To escape a locked room using a series of puzzles and clues.

Maximum No of Participants: 40

Duration: 60 Minutes

Relevant bible passages to reflect on: Luke 15:1-7 (The Parable of the Lost Sheep), Luke 15: 8-9 (The Parable of the Lost Coin), Luke 15: 11-32 (The Parable of the Lost Son, also known as the Prodigal Son), Matthew 13: 18-23 (The parable of the Sower), Matthew 13:31 (The parable of the Mustard Seed), John 1:29, Revelation 17:14 (Jesus, the Lamb of God Who Takes Away the Sins of the World).

MATERIALS REQUIRED:

- Chessboard (Paper Copies can be Used) – 4 Nos
- Scrabble (Paper Copies Can Be Used) – 4 Nos
- Recipe Cards (Can Be Printed on Cardboard or Paper) 6 Recipes Per Room - 24 Nos
- Stuffed Toys, including a Lamb/sheep Stuffed Toy - 4 Lamb toys (The rest is up to you.)
- Small Pouch – 12 Nos (Place one pouch with the mustard seeds around the lamb. Stuff the other pouches with miscellaneous items and put them around the other toy's necks.)
- Packet of Mustard Seeds - 4 Nos
- Glass Jar - 4 Nos
- Coins - There should be a queen coin in each jar. The number of coins in each jar is determined by the size of the jar.
- Chess Pieces (Whole set, if possible. If not, make sure the pieces include a white King and Queen.)
- Picture frame of a man with 2 sons - 4 Nos
- Spices in a Jar - 4 Nos
- Word Lock - 4 Nos
- Small Pot Plants (4 per room, each labelled: Thorny Soil, Rocky Soil, Hard Soil, Good Soil) – 16 Nos

You will need 4 rooms for this activity. Each room will be outfitted with a series of clues which must be solved to escape the room. More detail below.

HOW TO PLAY:

Split the group into 4 teams. Each group will be escorted to a different room, blindfolded, and locked into the room with a help person, who can provide up to 3 clues to help the group. The group must escape the room within the hour. The door is locked, and the help person starts their timer. If the timer sounds, and the group has not escaped, the help person can take the group through the room and show them how they could have escaped.



HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The Escape Room's solve

The Bible passage below needs to be printed on a table. The passage contains codewords in BLOCK LETTERS which should reveal the words 'PRODIGAL SON'. "there was a man with two sons. the younger said to his father "give me my share of the estate." so the father divided his property between the two sons. some days late**R**, the y**O**unger son gathere**D** all hls belon**G**ings and started off for a distant Land where he squandered his wealth in loose living....my father said "my Son, you are always with me, and everything I have is y**O**urs. but this brother of yours was dead and has come back to life. he was lost and is fou**N**d. and for that we had to celebrate and rejoice".

The 'Son' clue should take players to the picture frame of a man with two sons which will have the word 'spice cupboard' taped to its back. Players go to the cupboard labelled spice cupboard which contains recipe cards and 4 jars with the following spices: mustard seed, coriander powder, turmeric, chili powder. Next to it should be various recipes and a word lock. Only ONE recipe card should include the 4 spices (LAMB curry). Word lock answer is 'LAMB'. The Answer LAMB should direct players to a lamb/sheep toy in the room (NOTE: there will be other animals in the room with pouches around its neck as distraction).

The correct lamb/sheep toy has a pouch around its neck with a packet of mustard seeds in it. The back of the packet should have the words 'PLANT ME' written on the front. Players should empty the packet's contents on the correct soil – they need to find the pot plant with the good soil to plant the seeds. The good pot plant's underside needs to be checked and will lead players to the scrabble board.

Players need to unscramble the words on the board – one of the scrambled words should be coin. Make the other scrambled words random items that are not biblical. In the mix of coins in the coin jar, players need to locate the only different coin – the coin with the queen's face. Queen's face will correspond to White Queen's chess piece found above the coin jar labelled "White Queen= D1" The white queen's chess piece will lead players to the chessboard. Once they arrange the King and Queen in their rightful spots, the door will unlock.

Escape room solved.

FACILITATOR BRIEFING FOR PARTICIPANTS

Jesus taught using parables to help people understand something about Him and His Kingdom.

Ask: Which parables were referenced in the room?

Read the following bible passages and reflect:

- Luke 15:1-7 (The parable of the Lost Sheep).
- Luke 15: 8-9 (The parable of the Lost Coin)
- Luke 15: 11-32 (The parable of the Lost Son, also known as the Prodigal Son)

Ask:

- Have you ever lost anything?
- What does it feel like to be lost?
- When you find what has been lost, how do you feel?
- Why does someone seek out another person when they have been lost?
- How essential is hope and faith when finding something or someone that has been lost?

Read the following bible passages and reflect:

- Matthew 13: 18-23 (The Parable of the Sower)
- Matthew 13:31 (The Parable of the Mustard Seed)

Ask: How important is it to nurture your faith? In what ways do you nurture your own faith?



Conclusion:

Each one of us is special and precious in God's eyes. He loves each and every single one of us. We are so valuable to Jesus that he is prepared to give up everything to seek each one of us. He seeks us out with the same energy and excitement with which you completed this activity. Heaven rejoices if even one person returns to God. We must always have faith and hope in this truth.

REFERENCES

NA

BIBLE VERSES

NA



G - ICEBREAKER

CRAZY HANDSHAKE



Age Category: 13 to 18

Aim/ Theme of the Activity: Aims to build friendship and fellowship

Maximum no of participants: NA

Duration: 10 Minutes

MATERIALS REQUIRED:

NA

PREPARATIONS FOR THE ACTIVITY:

NA

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

This ice breaker helps people ease in a group and brings out their creativity without a lot of effort. Splitting the group into pairs, each pair develops a creative handshake. Once done, the pair splits and each individual partners with another group member. The newly formed pair then teaches each other the original handshakes and together creates a new one. facilitator can break up and pair off people as many times as you want.

MESSAGE FROM THE ACTIVITY

NA

REFERENCES

NA

BIBLE VERSES

NA



H - ACTIVITY 4

STRESS BALLOONS



Slogan: [Seek, Find and Rejoice](#)

Age Category: [Year 9 - 12](#)

Aim: **Conviction** - Faith is formed in ordinary everyday life is where transformation in Christ is worked out, **Attitude** - Seek the will of God in ordinary activities of life. **Habit** - Verbally and mentally Invite Blessed trinity into every circumstance of our daily life, Examination of Conscience.

Maximum No of Participants: 40

Duration: [10-15 Minutes](#)

Relevant bible passages to reflect on: [Luke 15:1-7 \(The Parable of the Lost Sheep\)](#), [Luke 15: 8-9 \(The Parable of the Lost Coin\)](#), [Luke 15: 11-32 \(The Parable of the Lost Son, also known as the Prodigal Son\)](#), [Matthew 13: 18-23 \(The parable of the Sower\)](#), [Matthew 13:31 \(The parable of the Mustard Seed\)](#), [John 1:29](#), [Revelation 17:14 \(Jesus, the Lamb of God Who Takes Away the Sins of the World\)](#).

MATERIALS REQUIRED:

Paper, Markers & Pens, Balloons (Different Colours)

FACILITATOR PREPARATION:

Get markers, papers ready. Ensure to have additional balloons. Inform participants to keep the balloons they have collected from game 1.

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The facilitator asks the following:

- Take papers and cut those into small paper strips.
- Write down all the problems/stress/fear things they are experiencing in life on a white paper.
- Once they completed writing each participant, read out what they wrote.
- Ask participants to take notes and insert them in the balloon. Tie the end of the balloons.
- Each group should be ready for a competition.
- Competition: Each participant to blow the balloons and blow-up using hand or legs only.
- They must blow up balloons faster than another group.

Watch a short Video and Facilitator brief,

[Blessed Justo Takayama Ukon \(Samurai of Christ\)](#)



FACILITATOR BRIEFING FOR PARTICIPANTS (5 to 10 min Max)

Transform with Christ every day

- The notes are the burdens we carry daily.
- Like inflated balloons, we inflate our problems. We don't put our trust in God. Trusting God through faith, you have God's grace to manage your problems.
- Blowing up represents your repentance (Metanoia): Change the direction you are looking for happiness daily. Blow up all your issues and problems through repentance and restore God's grace.

Conviction

- Faith is formed in ordinary life where transformation in Christ is worked out daily (St Therese of Lisieux).

Attitude

- Seek the will of God in ordinary activities of life.
- The Kingdom of God is most active in ordinary life activities (We might have a good or bad day, but God is involved in both situations (St Therese of Lisieux).

Habit

1. [Invite God into every circumstance of your daily life](#). (Waking up, studying, washing dishes)(Sanctify your tasks). Practice intention. Your intention to invite God in every thing you do is sufficient . Work and prayer (St Benedict)
2. [Examination of Conscience](#): Change the direction you are looking for happiness daily. (Metanoia-repentance).

Video

[Blessed Justo Takayama Ukon \(Samurai of Christ\)](#)

Blessed Justo Takayama chose his faith over his career, his position, and his wealth. He lived an authentic, honest, sincere, and profound Christian life.

Reflection

Mark 1:15 - "Kingdom of God is at hand; repent and believe in the gospel."

REFERENCES

- Story of a Soul: The Autobiography of St. Therese of Lisieux
- The Practice of the Presence of God by Brother Lawrence
- The Interior Castle, St Teresa of Avila
- Catechism of Catholic Church
- The Benedictine rule of Leadership: Classic management secrets you can use today, Craig S, Galbraith. Oliver
- Catholic Christianity, Peter Kreeft

BIBLE VERSES

"Kingdom of God is at hand; repent and believe in the gospel." - Mark 1:15

I - FINALE PRACTICE



J - ICEBREAKER

SIT DOWN CIRCLE

Age Category: 13 to 18

Aim/ Theme of the Activity: Aims to build friendship and fellowship

Maximum no of participants: NA

Duration: 10 Minutes



MATERIALS REQUIRED:

NA

PREPARATIONS FOR THE ACTIVITY:

NA

HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Have the participants form one big circle and tell them to turn right and stand as close to one another as possible. They must be close for this icebreaker game to work. Tell the participants to sit on the knees of the person behind them. After everyone is settled, instruct the participants to move forward around in the circle without breaking the sit-down chain. They may need to try several times before they are successful.

MESSAGE FROM THE ACTIVITY

NA

REFERENCES

NA

BIBLE VERSES

NA



Day 2
Discover Yourself in The Ecclesial Living
Family
Holy Qurbana
Sacramental Living and Empowerment by Holy Spirit
Signs And Symbols of Our Ecclesial Living
RUN SHEET

#	Code	Item	Duration	Time
1	A	Icebreaker	15-20 Mins	10:00 - 10:15
2	B	Activity 1-Balloon Caterpillar race	1 hrs	10:20 - 11:20
3	C	Activity 2- Short Quiz	10-15 Mins	11:20 - 11:45
4	D	Activity 3-Human knot	30 min	11:45- 01:00
5		Lunch break	40 min– 1 hr.	01:00 - 01:30
6	E	Activity 4-Plan a drama	1 hrs	01:30 - 02:30
7	F	Activity 5-Running man challenge	1 Hour	02:30 - 03:40
8	G	Conclusion		03:50 - 4:00



A - ICEBREAKER

HUMAN TICKTACKTOE

Age Category: 13 to 18

Aim/ Theme of the Activity: Ecclesial Living

Maximum no of participants: NA

Duration: 10 Minutes



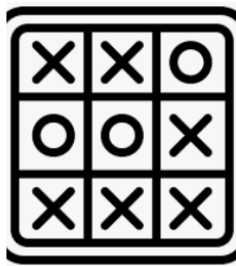
MATERIALS REQUIRED:

9 Chairs, 2 Different Coloured Ribbons to Tie Around the Head of The Participants.

PREPARATIONS FOR THE ACTIVITY:

NA

HOW TO CONDUCT THE ACTIVITY / RULES ETC:



Arrange 9 chairs in rows of 3 to form a square. Divide the participants into 4 groups. Each group chooses 5 participants to play the game on their behalf. 5 Participants from 2 groups start to play the game. Tie the coloured ribbons around the head to easily identify the two teams. Each of the 5 chosen participants then takes turn in choosing a chair alternatively. The first group to win three chairs in a row first scores the point. The same thing is repeated with the other two teams. Now the two winning teams play against each other. Whoever gets three chairs in a row in the third game will be the final winner and will receive a prize/ points for the team.

MESSAGE FROM THE ACTIVITY

NA

REFERENCES

NA

BIBLE VERSES

NA



B - ACTIVITY 1

BALLOON CATERPILLAR RACE



Age Category: Year 9 - 12

Aim: Learning family values – HUMILITY, MEEKNESS, BOLDNESS through Caterpillar race.

Maximum No of Participants: NA

Duration: 10-15 Minutes

MATERIALS REQUIRED:

One inflated balloon per person (minus one) and masking tape.

FACILITATOR INSTRUCTIONS:



Apart from our Lord Jesus the best role model we have for fellowship in family and church is our lady. She is going to teach the virtues through rosary (Joyful mysteries). Before you begin, place two strips of masking tape on the ground to signify start and finish lines, approximately 10-15 feet apart. Ask participants to line up shoulder-to-shoulder behind the starting line. Hand each of them a balloon except for the last person in the line. Instruct them that, in a moment, each of them will put the balloon

between their shoulders (i.e., two people standing next to each other will be holding the balloon on either side with their shoulders). They must hold the balloon there without touching it with their hands. They need to walk to the finish line as a group. If any balloons touch the ground, the entire team must start again. Obstacles: In between the start and finishing two volunteers will be holding a rope to (few feet above the ground, enough height for participants able to cross over). Depends on the group facilitator can groups compete each other.

Facilitator also can expand the race doing Balloon rail.

Balloon Rail is an excellent way to test teamwork and coordination, as the success of the team depends on equal participation of every team member. The game also encourages team members to open and share creative ideas, thereby increasing team bonding.



FACILITATOR BRIEFING:

Participants sit in circles and reflect. In this exercise we must lower yourself and not let the balloon fall for the team to win. So, lowering yourself for the good of others is ethically beautiful. Our lady reflects on the following values humility, meekness, and boldness.

Scenario - Can use the PPT

Angel said to our Lady you will conceive in your womb and bear a son, and you will name him Jesus. He will be great and will be called the Son of the Highest. This could be a terrifying announcement to an unmarried young orphan girl who might get stoned to death for becoming pregnant before getting married. Our lady use to describe herself in Magnificat demonstrates her profound humility.

Facilitator shows Magnificat or asks anyone to recite Magnificat.



- My soul magnifies the Lord, and my spirit rejoices in God my savior. “He has performed mighty deeds with his arm
- He has scattered those who are proud in their inmost thoughts
- He has brought down rulers from their thrones but has lifted up the humble
- He has filled the hungry with good things but has sent the rich away empty



C - ACTIVITY 2

ACTIVITY 1.1 -QUIZ



Facilitator explains our lady demonstrates three virtues humility, meekness and boldness. We will look at

- ☐ What is humility?
- ☐ What is meekness?
- ☐ What is boldness?

Question 1

Facilitator asks – Which of the following is humility?

- A. Becoming aware and accepting the truth of who we are with God - My stance before God
- B. Becoming aware and accepting the truth of who we are with others- My stance before man

Answer

- A. Humility is becoming aware and accepting the truth of who we are with God. Humility- My stance before God (St Therese of Avila).
- B. Meekness becoming aware and accepting the truth of who we are with others. Meekness - My stance before man.

When you see water flowing, water lower itself for the good of other living beings . A river is not timid it boldly flow splitting rocks on its path, shaping its surface, giving life to trees, Humility gives water its power.

Humility will teach you to say that:

- I don't know
- I may need to learn more

Facilitator

- Latin for Humility comes from humilitas
- Humility is one of the attributes of God. For example, some religions say Jesus is not son of God but only a prophet. This is because they cannot accept one of the attributes of God is humility. Nothing is impossible for God and if he decides to unite his own divinity in human flesh out of his love for his children it is outrageous to deny Jesus's divinity. (Philippians: 2;7-8). God unite himself, unite his own divinity to a human form who is Jesus. This is radical realisation how much God love and value us. Then bible also explains we are created in God's image. Demons have hatred for humans that we are created in God' image.

Question 2

Which of the following is Pride?

- A. Implies a willingness to do the right things despite risks
- B. One who acts as if they are superior, more valuable, or important than others
- C. It is being excessive love of one's own excellence

Answer

Which of the following is Pride?

- A. **Bold:** implies a willingness to do the right things despite risks
- B. **Arrogance:** one who acts as if they are superior, more valuable, or important than others
- C. **Proud:** is being excessive love of one's own excellence



Facilitator explains all three and inform participants our Lady was BOLD, but she was never proud, always humble.

- Humility is not to become a doormat- Were called to be bold
- Boldness –As sons and daughter of God we have nothing to be afraid of
- We can confuse boldness with arrogance – Arrogance is taking credit for yourself when you are supposed to give credit to God. Giving yourself glory
- People confuse humility with timidity. Avoid Timidity (Vice) – Excessive fear. Society expected us to be timid. But this is not Catholic virtue.

Summary -Reflect on one of the God's attributes as humility.

- Humility is a moral virtue that keeps a person from reaching beyond himself. (Psalm -131)
- God's humility is seen in passion and death in the holy eucharist. (Luke 23: 34)
- God himself coming to us in the form of bread and wine is a profoundly reflection of God's humility and love. (John 14: 9)

REFERENCES

NA

BIBLE VERSES

Colossians 3:12

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience



D - ACTIVITY 3

HUMAN KNOT

Slogan: *Seek, Find and Rejoice*

Age Category: *Year 9 - 12*

Aim: *Learning Family Virtues, Fellowship, Love of Neighbour’.*

Maximum No of Participants: *NA*

Duration: *15-20 Minutes*

MATERIALS REQUIRED:

NA

FACILITATOR INSTRUCTIONS:

You and your friends will circle up and join your hands together to form a human knot out of your arms. The goal of the game is to untangle yourselves without letting go of the hands you are holding. After untangling, you will be standing once again in a regular circle, without any joined hands in the middle.



Original Position

Teams stand in circle, if you are a team of 6 or 7 then two teams should participate in this.

Hold hands and form a circle within the group. Remember this is your original position (facing inside).

Look around and remember this shape and position. This the shape you need to accomplish in next task. Everybody holding the hands should face the centre of the circle.



Cross your arms

Now take two steps into the centre of the middle.

Stay close enough you should feel the shoulder to the person next to you but not touching the shoulder.

Cross your arms and hold each other.

You are required to untangle themselves and go back to the original position without disengaging each other's hands.



Reach the original Position

Without releasing your hands, you must reach the first position. (Remember do not release your hands).



E - ACTIVITY 3– PLAN A DRAMA

FACILITATOR BRIEFING:

Facilitator splits participants into groups or asks them to organise around their group

- Each group will get the following handouts
- Based on the story group members will have 15 -20 min to prepare a drama re-enacting the scene).
- They watch the movie clip (Movie clip Provided)

<https://www.youtube.com/watch?v=mu-aHVDAID4&t=4s>

A clip from The Saint of Auschwitz

- Then participants re-enact the scenario
- They are free to add more elements or create scenes

SAINT MAXIMILIAN KOLBE TEACHES ABOUT FELLOWSHIP (Handout for Participants)

On 17 February 1941, he was arrested by the Gestapo for hiding Jewish people. After a brief internment in a notorious Polish prison, he was sent to Auschwitz concentration camp and branded prisoner. Kolbe was sent to the work camp. This involved carrying blocks of heavy stone for the building of the crematorium wall. The work party was overseen by a vicious ex-criminal 'Bloody Krott' who came to single out Kolbe for particularly brutal treatment. On one occasion Krott made Kolbe carry the heaviest planks until he collapsed; he then beat Kolbe savagely, leaving him for dead in the mud. But fellow prisoners secretly moved him to the camp prison, where he was able to recover. Prisoners also report that he remained selfless, often sharing his meagre rations with others.

In July 1941, three prisoners appeared to have escaped from the camp; as a result, the Deputy Commander of Auschwitz ordered 10 men to be chosen to be starved to death in an underground bunker.

When one of the selected men Franciszek Gajowniczek heard he was selected, he cried out "My wife! My children!" At this point, Kolbe volunteered to take his place.

The Nazi commander replied, "What does this Polish pig want?"

Father Kolbe pointed with his hand to the condemned Franciszek Gajowniczek and repeated: "I am a Catholic priest from Poland; I would like to take his place because he has a wife and children."

One of the fellow prisoners Borgowiec said about Fr Kolbe

Kolbe before his death provided comfort to the other men and led them in prayer. "Sometimes they would be so absorbed in prayer that they did not even realize the guards had come for the daily inspection and had opened their cell door,"

Borgowiec said, asked for nothing and never complained. "He had the special gift of comforting everybody. When his fellow prisoners, writhing in agony, were begging for a drop of water, and in despair were screaming and cursing, Father Kolbe would calm them down, inspiring them to perseverance."



What is fellowship?

Participants sit in circles. Facilitator can organise the prizes for the best team (Optional)

Briefing notes About Fellowship

- Like human knot we are in body in Christ.
- "The human body has many parts, but the many parts make up one whole body. So, it is with the body of Christ." 1 Corinthians 12:12.
- Catholic spirituality is a family spirituality

What is fellowship? We look at the story of Saint Maximilian Kolbe

Like human knot we are all connected as one body in Christ. Why do we divorce spirituality and community?

Let's look at how Saint Kolbe exemplify Christian fellow ship. Even in prison that was his prison Christian fellowship - communion - is produced and exemplified in these ways:

- **Communion with Jesus:** Always having fellowship with Jesus.
- **Catholic spirituality is a family Spirituality:** His faith is not individualist praying by himself, but he gathered his fellow prisoners.
- **Communion of saints:** He never left the company of saints and martyrs who went before him. He had a special affection towards our lady.

Church militant: The Church as it exists on earth

Church suffering: These are the souls in purgatory

Church triumphant: The Church in heaven; these are saints known by the Church as well as those saints known only to God.

- **One holy catholic apostolic church:** He was always faithful to catholic church. Our life in this world is church militant.
- **Friendship:** In prison there are people who liked him and who hated him. But he embraces both . In parish you will encounter people who don't like you and people who are very friendly to you. We need to embrace both, and this is how our charity grows and faith grows.
- **Hospitality:** Father Kolbe always share the meal with other prisoners and looked after them. hospitality calls us to welcome all people as Christ, and to remember that what we do for others we do for Christ, it also calls us to put on the heart of Christ as we receive others.

EXPLANATORY NOTES IF REQUIRED:

Fellowship with Christ leads to fellowship with others: One protestant student thought I was going to hell for my "pagan" religion. I had to reassure her politely that I do, in fact, accept Christ as my personal Lord and Savior every day (in the Mass). On the other end of the spectrum, some Protestants think that Catholicism is just another denomination of Christianity. It isn't. It is the Church founded by Christ.

Jesus Christ is a living person, with whom you can have a real relationship. You can talk to Him, get to know Him better through prayer and by reading His Word. You can ask His advice and respond to His grace. You can befriend Him, fall in love with Him, and commit your life to Him.

Our faith is not individualist. Faith grows in family and parish: Christian fellowship is called the foundational means of entering into the mystery of Christ, the parish is where the Church lives. Parishes are communities of faith, of action, and of hope. They are where the Gospel is proclaimed and celebrated, where believers are formed and sent to renew the earth.

Communion of saints: Catholics believe that we are spiritually united with the faithful that have gone before us, a union we call the "communion of the saints". We pray to the saints to seek their intercession, but we do not venerate them with the worship reserved for God alone.



United under Pope: Church is going to be one, instead of many, someone has to have the final say about matters of doctrine. Christ personally gave this authority to Peter, and so his successors exercise it as well (Mt 16:18).5

Friendship: Down through the centuries, friendship has been (and still is) a pathway along which many men and women have come close to God and gone to heaven.” (Conversation with God: Daily Meditations Volume 2: Lent and Eastertide (Sceptre, 1989), Fr. Francis Fernandez)

Hospitality: When a stranger walk into a church door, he should be greeted with a smiling face, people should introduce themselves, welcomed him, ask your name, and directed him where to go.

REFERENCES

NA

BIBLE VERSES

1 Corinthians 12:12

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.



F - ACTIVITY 4

RUNNING MAN CHALLENGE

Age Category: 13 - 18

Theme: Ecclesial Living

Maximum No of Participants: NA

Duration: 45min to 1 hr



MATERIALS REQUIRED:

Challenge 1: 4 Big Plastic or Glass Bowls, Metal Paper Clips (Small) – 40 (For Demonstration by The Resource Person During Conclusion, Have Some Dish Washing Fluid and A Cotton Bud)

Challenge 2: 4 Paper Cups, 4 Balloons, 4 Printed Goliath Sheet, 4 Sticky Tape, 4 Scissors, Ping Pong Balls or Marshmallows.

Challenge 3: 8 books of Equal Size (E.G., Two Bibles Per Team), 4 Plane Papers, 4 Large Paper Cups or Toys)

Challenge 3: 250 Large paper drink cups (55 cups per team), 1 Balloon / team members, chalk, or tape to draw a line on the floor from where they use their balloon to blow down the cups may be 1m in front of the table.

HOW TO CONDUCT THE ACTIVITY/ RULES:

Set up each of the challenges depending on the number of groups you have. Resource person must explain all 4 challenges to the participants before the teams start with the challenge. When the teacher says ready, set, go all 4 teams start doing challenge 1. Team members must work together in winning the challenge. When a group successfully completes the first activity, they proceed to challenge 2 and so on. The first team to finish all 4 challenges successfully wins 100 points. If none of the teams complete all challenges successfully, allocate points based on the number of challenges completed by the teams and find the winning team. If weather permits, these challenges will be more fun if conducted outside. Set up 4 tables per team with the different challenges.

Challenge 1: Peter walking on Water (Theme: Anything is possible with the Grace of God): Each team is provided with a bowl filled with water and about 10 paper clips. Team members must successfully float minimum 3 paperclips on water. They cannot use anything else other than the paperclips.

(Note to the resource person: If you have not done this before, watch the link given below.

<https://www.youtube.com/watch?v=ggQB5PU7GCs>

(We want the participants to use the paper clip to float another paper clip.)



Challenge 2: David & Goliath (God can make the meek stronger than the strongest): Goliath picture sheet is rolled and stuck like a tube and placed on a table by the resource person in advance. Each group must now make a sling shot using paper cup, scissor, and balloon. Each of the team members get one chance to use the sling shot and put down Goliath from at least 2m distance from the table on which the Goliath paper roll was kept.

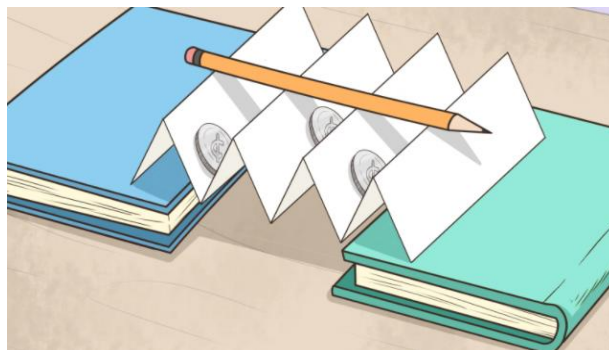


(Note to the resource person: Ask the participants to design the sling shot on their own, when you introduce the challenges. Only if a team is struggling, give them clue to design it as shown below. The cut they make on the balloon must be small enough to hold the paper cup tight, when the balloon is pulled back to shoot)

Challenge 3: Paper Bridge (Jesus is the Way, the Path and life of every Christian): Teams must make a bridge using an A4 plane paper to balance a big paper cup / Toy on top of the two vertically placed books.

(Note to the resource person: Students just need to fold the paper to make it stronger. If you have not done this before, please watch the link given below.

<https://www.youtube.com/watch?v=gdQO3mlGJA8>



Challenge 4: Wall of Jericho (Jesus can remove your obstacles for you): A paper cup pyramid or Wall of Jericho is built by each team with 55 paper cups, starting with a base of 10 cups. One team member from each team runs towards the table from the far end of the room. When they reach the table, they inflate the balloon and using the air from the balloon to destroy the wall of Jericho. They must not tie the balloons, but they must blow it down from the same distance, drawn on the floor with the chalk/ tape. As soon as the air in the balloon is finished that team member goes back and another team member repeats the same action as a relay race until all team members gets a chance or all paper cups falls. The team that successfully blows all 55 cups down first, wins the challenge. (None of the cups must be standing up)



MESSAGE & CONCLUSION

Ask students to identify any stories from the Bible that can be related to the challenges they performed.

Challenge 1 can be related to Peter walking on water. Now pour a drop of dish washing fluid into the water and show the participants how the paper clip sinks to the bottom of the bowl. Explain that if we have Grace of God anything is possible for us. When Peter doubted God, he began to sink. In our case through sin we lose the Grace. So, reconciliation is necessary to bring back the broken relationship to God. When we reconcile with God the Spirit empowers us.

Challenge 2 was about David and Goliath. Talk about how God chose a shepherd boy to kill the mighty Goliath and made him capable to rule over Israel, the chosen people of God. Stress the point that God does not choose the able but makes the chosen capable. Mention the examples of Disciples and St. Joseph of Cupertino. Holy Spirit empowers the people even if they are weak and powerless and change them to do the will of God.

Challenge 3 can be related to God dividing the red sea for the Israelites to pass through. At a time when they thought, it was all going to end, no promised land.... and death by Pharaoh's army's sword, God through Moses does the impossible. So, when we feel down and lose hope, we should learn to trust back in God's promises for us: I have a plan for you...Spirit of God makes you stronger...

Challenge 4 can be related to Joshua breaking the wall of Jericho. Ask them how would you react if they were told that your paper-cup "walls" would collapse if you would simply march around your table and make some noises by bursting your balloons and shouting very loudly? Why would you react in this way? How did the Israelites bring down the walls of Jericho? How do you think this was possible?

God had promised to give the land of Canaan to the Israelites. In Joshua's story, we read about how God fulfilled the first instalment of this promise at Jericho. When God makes a promise, we can trust him to fulfil it. And when God tells us to do something, we must trust him rather than question his wisdom. Have you ever felt that obeying the Word of God felt strange or counter-cultural? Tell us more. How does the story of Jericho help us deal with this issue?

Conclude

God loves us and wants the best for us. God promises to bless us and be with us if we love and honour him. Sometimes this feels strange or difficult, but we must continue to trust and obey God, even if we do not see God at work or experience his blessings immediately.

<https://www.youtube.com/watch?v=gFABT-qpRHU>: Song "the cross is not greater than his grace".

REFERENCES

NA

BIBLE VERSES

"For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you a hope and a future. '" - Jeremiah 29:11.

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." - Hebrews 11:16





Day 3

Facts and Overview of The Bible: Including Timeline

Bible is The Inspired Word of God

The Word is the Fuel of Life: Praying with The Word of God

Word Meditation - Ignatian Method; Praise and Worship; Praying the Word Contextually

The Word Becomes Flesh- Characters in The Bible & Incidents from Real Life.

RUN SHEET

#	Code	Item	Duration	Time
1	A	Icebreaker	15-20 Mins	10:00 - 10:15
2	B	Activity 1 - The state of being grateful	10- 15 min	10:20 - 11:30
3	C	Activity 2- Breath is symbolic of God's spirit with you	10-15 Mins	11:30 - 11:40
4	D	Activity 3- Practicing the presence of God	30-40 Hour	11:40 - 12:30
5		Lunch Break	30 Mins	12:30 - 01:00
6	E	Activity 4-Fill the bottle.	30-40 Mins	01:30 - 01:40
7	F	Activity 5-Poster Making	1 Hour	01:40 - 02:40
8	G	Activity 5- Who want to be a Millionaire	1 hrs	02:40 - 03:40
9	H	Conclusion	10 minr	03:40 – 04:00
		Total		



A - ICEBREAKER

GAME 1

Age Category: 13 - 18

Theme: NA

Maximum No of Participants: NA

Duration: 10 to 15 Min

MATERIALS REQUIRED:

Cardboard, markers

FACILITATOR INSTRUCTIONS:

Write the memory verse on cardboard and then cut it up to form a jigsaw puzzle. Split everyone into groups and give one jigsaw puzzle to each group. The team that pieces the memory verse together first is the winner.

HOW TO CONDUCT THE ACTIVITY/ RULES:



B – ACTIVITY 1- The state of being grateful

Exercise 1

Simple 2-minute grounding exercise

Take a tour of your 5 senses. Try to notice the following things. While you do so, mentally name each thing as you identify it. Putting a name to each thing in your mind helps to quiet your thoughts as you stop thinking about other things and focus on the task.

- 5 things you can see: For example, your phone, a window, a glass of water, etc.
- 4 things you can feel: Consider the texture of your clothes, the chair you're sitting on, the temperature, etc.
- 3 things you can hear: Listen for sounds far away as well as in the same room.
- 2 things you can smell: Notice the scent in the air, or maybe the smell of your hands or a nearby object.
- 1 thing you can taste: Maybe your coffee or tea, or simply the taste in your mouth.

As you notice and name the things you can sense, thank God for them. Acknowledge that each detail is something that He has given to you.

MESSAGE

Gratitude Is a State of Mind. Count God's blessing every day. Have a state of mind of gratitude. Gratitude means thanks and appreciation. ... Gratitude, which rhymes with "attitude," comes from the Latin word gratus, which means "thankful, pleasing." When you feel gratitude, you're pleased by what someone did for you and also pleased by the results. Unlike indebtedness, you're not anxious about having to pay it back.

REFERENCES

Bible

BIBLE VERSES

Matthew 13:16

But blessed are your eyes, for they see, and your ears, for they hear.NA



C ACTIVITY 2- Breath is symbolic of God's spirit with you

Age Category: 13 - 18

Theme: NA

Maximum No of Participants: NA

Duration: NA



MATERIALS REQUIRED:

NA

FACILITATOR INSTRUCTIONS:

Participants to sit around in their groups

HOW TO CONDUCT THE ACTIVITY/ RULES:

Simply focus on your breath as you breathe normally. **Imagine each breath is a blessing from God.** Thank God for each breath, then start to repeat the verse in your mind. **Breathe one word in** (Trust in the Lord with all your heart) **and one word out** (lean not on your own understanding) If you want to, extend your breaths to be longer and deeper. Deep breathing helps you relax and calm down.

MESSAGE

Breath in both the New Testament Greek and the Old Testament Hebrew is equated with God's Spirit. ... That Biblical breath is the Holy Spirit. This is comforting. You have been breathing every day of your life and that very!

REFERENCES

Bible

BIBLE VERSES

Trust in the Lord with all your heart and lean not on your own understanding" (Proverbs 3:5)



D ACTIVITY 3- Practicing the presence of God

Age Category: 13 - 18

Theme: NA

Maximum No of Participants: NA

Duration: NA



MATERIALS REQUIRED:

Facilitator can put a light and soft music of their choice.

FACILITATOR INSTRUCTIONS:

Exercise 3 - Practicing the presence of God through 20 stages

Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? ~ 1 Corinthians 6:19 Trust in the Lord with all your heart and lean not on your own understanding" (Proverbs 3:5)

HOW TO CONDUCT THE ACTIVITY/ RULES:

1. Pay attention to your feet – Move your toe and feel the toe. (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
2. Move your ankle and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
3. Move your calf and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
4. Move your calf and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
5. Move your knee and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
6. Move your thigh and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
7. Move your hip and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
8. Move your abdomen and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
9. Move your chest and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
10. Move your shoulder and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
11. Move your neck and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
12. Move your chin and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
13. Move your mouth and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
14. Move your nose and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")
15. Move your ear and feel it (Repeat the verse "My body is the temple of the Holy Spirit, My Lord my God you are in me")



16. Move your forehead and feel it (Repeat the verse “My body is the temple of the Holy Spirit, My Lord my God you are in me”)
17. Move your elbow and feel it (Repeat the verse “My body is the temple of the Holy Spirit, My Lord my God you are in me”)
18. Move your wrist and feel it (Repeat the verse “My body is the temple of the Holy Spirit, My Lord my God you are in me”)
19. Move your 5 finger and feel it (Repeat the verse “My body is the temple of the Holy Spirit, My Lord my God you are in me”)
20. Make a fist then squeeze your finger as hard as you can – Breath in when you hold your fist then breath out when you release your fist (Repeat the verse “My body is the temple of the Holy Spirit, My Lord my God you are in me” each time when you release your fist)

FACILITATOR BRIEFING:

The two Hebrew words translated as “meditate” in the Old Testament mean to sigh or murmur, and to muse on or rehearse in one’s mind, and the Latin word for “meditate” means to reflect on, study, and practice (Source). Biblical meditation is a way to commune with God by reflecting on Scripture with an awareness of His presence with us.

MESSAGE

Practicing the presence of God everyday.

REFERENCES

Bible

BIBLE VERSES

“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the LORD, and who meditates on his Law Day and night.” - Psalm 1:1-2



E. ACTIVITY 4

FILL THE BOTTLE

Age Category: 13 - 18

Theme: NA

Maximum No of Participants: NA

Duration: NA



MATERIALS REQUIRED:

Empty Bottles (One Bottle for Each Team). Buckets Filled with Water (One Bucket for Each Team).

FACILITATOR INSTRUCTIONS:

Players on different teams will have to fill up bottles with the first team being able to fill its bottled up being the winner. This is an outdoor game)

HOW TO CONDUCT THE ACTIVITY/ RULES:

Place the empty bottles 20-30 meters away from the Buckets. Each group should carry water in their bare hands to the bottle, the first one to fill the whole bottle, wins.



FACILITATOR BRIEFING:

NA

MESSAGE



John 7:37-38 - ³⁷ On the last day, that great day of the feast, Jesus stood and cried out, saying, "If anyone thirsts, let him come to Me and drink. ³⁸ "He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water." The bucket filled with water represents Jesus and the church, which is entrusted with the sacraments. The primary function of all priests is administering the church's seven sacraments: baptism, confirmation, confession, holy communion, marriage, holy orders, and anointing of the sick.



In our Qurbana, the preparation prayer for the hymn of resurrection the priest prays” we also glorify and praise you unceasingly in Your Church crowned like a spouse with every goodness and grace”.



The Bottles represent our personal lives. To fill our life with Divine grace we need to frequently receive the sacraments and graces. It is also important for us to carry the graces with care. “The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful” (Mt 13:22).



REFERENCES

NA

BIBLE VERSES

NA



F. ACTIVITY 5

POSTER MAKING

Age Category: 13 - 18

Theme: NA

Maximum No of Participants: NA

Duration: NA

MATERIALS REQUIRED:

A Chart Paper for Each Team. A Set of Printed Pictures and Meanings (Pages 2-4). Scissors, Glue and Colour Pens as Needed.

FACILITATOR INSTRUCTIONS:

All Teams participate in a poster making competition. This helps the participants to get familiar with the signs and symbols involved in the Mar Thoma Sleeba (St. Thomas Cross) and Liturgical vestments used in Syro Malabar Qurbana.

HOW TO CONDUCT THE ACTIVITY/ RULES:

Pictures - Vestments and the Cross



Meanings & Prayers

Kottina [Latin Tradition: Alb]: It is a long tunic type garment of any colour, reaching from the neck to the ankles (1)	This reminds the Celebrant that the holy Qurbana and all other liturgical rites are to be performed with perfect holiness, keeping oneself away from all kinds of worldly thoughts and emotions (2)	When this vestment is given first the bishop prays thus: "Our Lord and our God, illumine this Your servant with the light of holiness and enlighten his soul with the glittering works of sanctity" (3)
Paina [Latin Tradition: Chasuble]: Paina is the outermost liturgical vestment that the priests put on. In shape it is similar to the cope or choir dress in the Latin tradition. (4)	It is used in the liturgy as the symbol of the tombstone of our Lord Jesus and as the kerchief with which His head was covered during burial (Jn 20,7). (5)	"Let our Lord and our God put on you the garment of justice that you may please Him all through your life on earth by serving Him sincerely, nobly and holily. Amen" (6)
"Let our Lord and our God put on you the new man who is renewed through the knowledge of the Truth by the grace of Jesus Christ"(7)	"Gird your servant, my Lord, with the thread of chastity that he persists in Your ministry with wholeness and sanctity forever" (8)	Zunara [Latin Tradition: Cincture or Girdle]: It is the belt like strip of cloth worn over the Kottina at the waist. It is the symbol of "Chastity" (9)
The one who wears Kottina, puts on Jesus Christ and performs His ministry in His place (10)	Urara is the special vestment worn by bishops and priests in the neck in such a way that it's both ends extend beyond the knees in front. The deacons wear on the left shoulder in such a way that its ends fall to the back and front. The sub-deacons wear it around their neck that its ends fall to the back and front on the left shoulder (11)	Paina or Gulta is the garment of justice. Historically Paina appears to be the outer garment of shepherds. Thus, it proclaims the pastoral duty of a priest as well. (12)
No Crucifix on the cross highlights the Resurrection (13)	Soseppa is a square shaped linen vestment with a Mar Toma Sliba in the middle, made out of the same stuff as that of the Paina. It is big enough to cover the paten and chalice together (14)	The Syro Malabar Cross (15)



This sacred vestment is the symbol of ministerial priesthood, namely, the divine authorization to act in the name of God for the people (16)	The three steps represent the hill of Calvary and recalls Christ's Passion and death (17)	The Holy Spirit that descends upon the Mar Toma Sliba is yet another symbol of resurrection. As St. Paul teaches, Holy Spirit transforms Jesus' flesh-body into Spirit-body and thus vivifies the dead Jesus Christ (Rome 8, 11) (18)
Four ends of the cross are flower buds, symbolising new life and the Resurrection (19)	The symbolism of steps is evolved in connection with liturgical tradition. The three steps signify either heaven or Calvary. In our case the stress is on Calvary and thus they signify the death of Jesus (20)	The lotus underneath the cross - recognising the Hindu and Buddhist culture in India before Christianity (21)
A dynamic symbol of the death and resurrection of Jesus in the Indian context. (22)	Lotus, being the symbol of Buddhism, had turned out to be India's own symbol because of the influence of Buddhism in India. The Sliba erected on lotus, is a living symbol of faith in the risen Jesus, established in India (23)	Dove symbolises the Holy Spirit Who guides the Church (24)

Poster making activity (for resource persons only)


This activity helps the participants to get familiar and understand the significance of the Marthoma Sliba (St. Thomas Cross) and the meanings of the vestments used by the priests. A celebrant - is a representative of Christ and a mediator between God and man. He celebrates the Qurbana on behalf of the community. The sacred vestment used by the priest symbolises different aspects of ministerial priesthood.

The following Video (in Malayalam) could be presented at the end of the activity.





[Holy Place, Vessels & Vestments](#)

[ക്രിസ്ത്യാനി ഇത് അറിയണം ദൈവാലയഘടന, തിരുവസ്ത്രങ്ങൾ, തിരുപ്പാത്രങ്ങൾ](#)

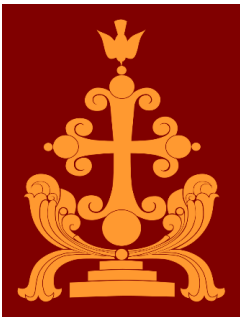



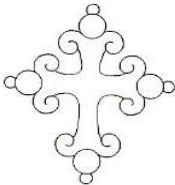
More links for articles related to the vestments and Mar Thoma Cross is provided at the end of this section.

Vestments			
	Kottina [Latin Tradition: Alb]: It is a long tunic type garment of any colour, reaching from the neck to the ankles (1)	The one who wears Kottina, puts on Jesus Christ and performs His ministry in His place (10)	"Let our Lord and our God put on you the new man who is renewed through the knowledge of the Truth by the grace of Jesus Christ"(7)



	<p>Zunara [Latin Tradition: Cincture or Girdle]: It is the belt like strip of cloth worn over the Kottina at the waist. It is the symbol of "Chastity" (9)</p>	<p>This reminds the Celebrant that the holy Qurbana and all other liturgical rites are to be performed with perfect holiness, keeping oneself away from all kinds of worldly thoughts and emotions (2)</p>	<p>"Gird your servant, my Lord, with the thread of chastity that he persists in Your ministry with wholeness and sanctity forever" (8)</p>
	<p>Urara [Latin Tradition: Stole]: Urara is the special humeral vestment worn by bishops and priests in the neck in such a way that its both ends extend beyond the knees in front. The deacons wear on the left shoulder in such a way that its ends fall to the back and front. The sub-deacons wear it around their neck that its ends fall to the back and front on the left shoulder(11)</p>	<p>This sacred vestment is the symbol of ministerial priesthood, namely, the divine authorization to act in the name of God for the people (16)</p>	<p>When this vestment is given first the bishop prays thus: "Our Lord and our God, illumine this Your servant with the light of holiness and enlighten his soul with the glittering works of sanctity" (3)</p>
	<p>Paina [Latin Tradition: Chasuble]: Paina is the outermost liturgical vestment that the priests put on. In shape it is similar to the cope or choir dress in the Latin tradition. Paina is a Greek term and the corresponding Syriac word is Gulta. (4)</p>	<p>Paina or Gulta is the garment of justice. Historically Paina appears to be the outer garment of shepherds. Thus it proclaims the pastoral duty of a priest as well. (12)</p>	<p>"Let our Lord and our God put on you the garment of justice that you may please Him all through your life on earth by serving Him sincerely, nobly and holily. Amen" (6)</p>
	<p>Soseppa [Latin Tradition: Chalice Veil] (cf. J.P.LANG, Dictionary..., p.96): Sosappa is a square shaped linen vestment with a Mar Toma Sliba in the middle, made out of the same stuff as that of the Paina. It is big enough to cover the paten and chalice together. (14)</p>	<p>It is used in the liturgy as the symbol of the tombstone of our Lord Jesus and as the kerchief with which His head was covered during burial (Jn 20,7). (5)</p>	



	The Syro Malabar Cross (15)	A dynamic symbol of the death and resurrection of Jesus in the Indian context. (22)	
	Dove symbolises the Holy Spirit Who guides the Church (24)	The Holy Spirit that descends upon the Mar Toma Sliba is yet another symbol of resurrection. As St. Paul teaches, Holy Spirit transforms Jesus' flesh-body into Spirit-body and thus vivifies the dead Jesus Christ (Rome 8, 11) (18)	
	The lotus underneath the cross - recognising the Hindu and Buddhist culture in India before Christianity (21)	Lotus, being the symbol of Buddhism, had turned out to be India's own symbol because of the influence of Buddhism in India. The Sliba erected on lotus, is a living symbol of faith in the risen Jesus, established in India (23)	
	The three steps represent the hill of Calvary and recalls Christ's Passion and death (17)	The symbolism of steps is evolved in connection with liturgical tradition. The three steps signify either heaven or Calvary. In our case the stress is on Calvary and thus they signify the death of Jesus (20)	
	No Crucifix on the cross highlights the Resurrection (13)	Four ends of the cross are flower buds, symbolising new life and the Resurrection (19)	



FACILITATOR BRIEFING:

NA

MESSAGE

NA

REFERENCES

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<http://marthommamargam.blogspot.com/2011/06/3-mar-toma-sliba.html>

http://martomamargam.blogspot.com/2008/11/liturgical-vestments_10.html

BIBLE VERSES

NA



G. ACTIVITY 7

WHO WANT TO BE A MILLIONAIRE? - Jesus Edition

Age Category: 13 - 18

Theme: NA

Maximum No of Participants: NA

Duration: NA



MATERIALS REQUIRED:

4 PowerPoints (4 rounds of the game), Projector, ONE Laptop Navigator, ONE Timekeeper + Stopwatch, Two Chairs, ONE Gameshow Host.

FACILITATOR INSTRUCTIONS:

NA

HOW TO CONDUCT THE ACTIVITY/ RULES:

NOTE: The laptop navigator must not use their mouse or the space bar to move between slides. Use the icons.

Icons to know:

- Home icon - Takes you to the Cash board once a question has been answered.
- ? - Takes you to the answer slide.
- Star - Takes you from the answer slide to the Money Won slide. Hit the star once a question has been answered correctly to show the money that has been won.
- 50/50 - Takes away two answers.
- Phone a friend - Takes you to a slide with a timer. Click your mouse once to activate the timer.

- 1 With a total of 1 million dollars available per round (4 million total), the group will nominate one individual at a time to answer at least one question in each round of the game.

Each round has 15 questions, 60 total across the 4 rounds.

Each round is slightly different and contained in one PowerPoint:

Round 1 – Jesus's life

Round 2 – General knowledge

Round 3 – Who am I?

Round 4 – General knowledge 2.0.

The gameshow host and participant will sit opposite each other. The gameshow host will ask the questions as it appears on the projector and will read out the available options. **The game show host will tell the participants that you can only use a lifeline twice in one round. You can use up to 2 lifelines for one question.**

- 2 The laptop navigator needs to pay close attention to what the gameshow host and the participant are saying to successfully navigate the PowerPoint and allow for lifelines.



- 3 The timekeeper will start a 20 second timer, and within this time, the nominated individual in the hot seat must respond. The timer can stop temporarily to allow time for one of the lifelines – 50/50, phone a friend, or ask the audience.

If you cannot use the excel spreadsheet available for the 'Ask the audience' option, ask students to raise their hands and take a count. When phone a friend is selected, the host will repeat the question for the friend, as it is not available on screen.

- 4 This process goes on until each round is complete. If an answer is responded to incorrectly, the participant is booted off the seat, and a new participant must take their place.

Try to make sure each student gets a chance to answer at least one question across the 4 rounds. Set a maximum number of questions that can be answered by one student before they are asked to move on and nominate a person to take their seat.

FACILITATOR BRIEFING:

NA

MESSAGE

NA

REFERENCES

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Of all the New Testament books, b., On which date is the feast of Our Lady of the Annunciation celebrated, i., greeting? M., In 1531, a., Which Eastern European country venerates Mary with the title, ", The prayer "Hail Mary" is one of the most loved Marian prayers. The portion of the response which says "Holy Mary, M., In 1846, e., Luke 2:7 proclaims, i., Christianity? T. and dogma?, T., 2021. 50 Mary Trivia Questions & Answers | Christian People / Saints. [online] Funtrivia.com. Available at: <https://www.funtrivia.com/en/Religion/Mary-21651.html> [Accessed 23 September 2021]

Play.howstuffworks.com. 2021. Who Am I? Bible Edition. [online] Available at: <https://play.howstuffworks.com/quiz/who-am-i-bible-edition> [Accessed 23 September 2021].

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BIBLE VERSES

NA



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