

# 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 4, 5 & 6

## **TEAM NAZARETH**

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	5 mins	10:30 am
2	Icebreaker - Team Jigsaw Puzzle Game	10 mins	10:35 am
3	Session 1: The three theological Virtues Faith, Hope and Charity	10 mins	10:45 am
4	Team formation and slogan making	10 mins	10:55 am
5	Activity - Blindfolded Challenge	10 mins	11:05 am
6	Activity - Spend time with Saints	15 mins	11:15 am
7	Session 2: Faith: A journey from fear to Freedom and Faith liberates us from fear	20 mins	11:30 am
8	Activity – Umbrella race	20 mins	11:50 am
9	Activity – Scripture Reading and Discussion	10 mins	12:10 am
10	Lunch Break	45 mins	12:20 pm
11	Session 3 : Hold on to Faith in testing times	20 mins	1:20 pm
12	Activity – Catch me if you can	20 mins	1:25 pm
13	Final Team Presentation & Poster Display & Prize distribution	25 mins	1:45 pm
14	Summary and Homework		2:05 pm
	Finale Practice	20 mins	
	Total	3 hour 30 minutes	2:20 pm finish



## INTRODUCTION

Age Category: **Years 4,5 & 6**

Duration: **20 Minutes**



### MATERIALS REQUIRED:

NA

### PREPARATIONS FOR THE ACTIVITY:

PowerPoint presentation

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Welcome all Children. Introduce the teachers and other resource personnel. General safety/COVID restriction rules if any Children to report any concerns to the teachers' housekeeping requirements. Start with Solemn Cross – check how many know how to do it and those who don't. Introducing the term 'Virtues'. Talk to them how virtues are classified as Cardinal virtues and Theological virtues. Kids watch a PowerPoint presentation explaining the different Cardinal and Theological virtues. They should also learn why theological virtues are different from cardinal virtues. Theological virtues differ from the cardinal virtues in that they cannot be obtained by human effort but are infused by God into a person. Kids to watch the video on Theological virtues.



[The Theological Virtues \(Aquinas 101\)](#)

### MESSAGE FROM THE ACTIVITY

Kids learn about the difference between cardinal virtues and theological virtues. They learn the 3 theological virtues are Faith, Hope and Charity.

### REFERENCES

<https://www.youtube.com/watch?v=mm5joP0zlqc>

### BIBLE VERSES

NA



## ICEBREAKER - TEAM JIGSAW PUZZLE GAME

Age Category: 9-12 Years

Duration: 25 Minutes



### MATERIALS REQUIRED:

Pictures of saints cut down as puzzles



### PREPARATIONS FOR THE ACTIVITY:

Separate people into same sized teams. Give each a different saint's jigsaw puzzle (with equal difficulty & number of pieces). Each group has the same amount of time to complete the puzzle.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Each group is given the same amount of time to complete the puzzle. The secret twist is to switch up a few pieces with the other groups beforehand!

The goal is to finish before the others - so they must figure out collectively how to convince other teams to give up pieces they need. This can be through barter, merging or changing teams.

### MESSAGE FROM THE ACTIVITY

Kids learn about saints and a virtue they practiced.

### REFERENCES

<https://betterbibleteachers.com/2020/02/16-object-lessons-gods-love-power-strength/>

### BIBLE VERSES

NA





## ACTIVITY 1 - BLINDFOLDED CHALLENGE

Age Category: 9-12 Years

Duration: 15 Minutes



### MATERIALS REQUIRED:

A brave child, Blindfold, Chair

### PREPARATIONS FOR THE ACTIVITY:

Find a helper in your class and bring them to the front. I'd suggest asking for someone that is 'brave'. You don't want someone shy to help you with this. Have them stand to one side of you and pull out a blindfold that the kids haven't seen before. **(It works well to not let them anticipate what is going to happen)**. Explain to the class that you are demonstrating what faith is like. Faith is not being able to see (like your helper can't see). Faith is listening to God and trusting Him that He will help you and lead you where you should go.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

**This is what you are going to do with your helper, who is now blindfolded.**

First, spin them around a few times so that they are now disoriented and don't know which way is safe to walk. Then, give the blindfolded kid instructions where to walk as she makes her way across the room. Give her instructions every once in a while, so it looks like she might run into something, but when she gets close have her turn and avoid running into anything. The object here is to have everybody watching a little worried whether or not your helper is going to make it without falling down or running into something.

As your helper nears the other side of the room tell her that when you give the command you want her to sit down. She is not allowed to feel if there is anything to sit on, she just has to have faith and sit down. As you are explaining this very quietly bring out a chair or stool and position it so she will be able to sit in it. Cue your audience not to make any noise. Remember, when your helper started there was no chair to sit, she doesn't know if there will be a chair when she sits down. Lastly tell your helper to sit down. When she is safely seated in the chair take off the blindfold and have everyone give her a big hand.

### MESSAGE FROM THE ACTIVITY

Faith, hope, and love are called theological—or basic—virtues because so many other virtues depend on them. The Catechism of the Catholic Church explains that “the theological virtues ... are infused by God into the souls of the faithful to make them capable of acting as his children and of meriting eternal life. 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. We have to be open to receive and then 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. These gifts of God work together in a circuit in which each helps and supports the other. Faith in God helps hope to grow, and faith and hope help overcome fears. Then we become free to let God's love flow through us to others.

### REFERENCES

<https://betterbibleteachers.com/2020/02/16-object-lessons-gods-love-power-strength/>

### BIBLE VERSES

“Faith is the assurance of things hoped for, the conviction of things not seen.” - Hebrews 11.1



## ACTIVITY 2 - SPEND TIME WITH SAINTS

Age Category: 9-12 Years

Duration: 40 Minutes



### MATERIALS REQUIRED:

Printed copy of Life story of Saints, Completed Jigsaw puzzle of the saints.

### PREPARATIONS FOR THE ACTIVITY:

Children to be in groups of 10 and each group is allocated a teacher.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Teacher allocated for each group, read the life story of Saint to the Children. Have a group discussion about the ways how that Saint grow in faith. A simple Role play prepared by each group about the life of saint. All groups come together and perform the Role play. 3 children from each group explain about the deeds, actions or life habits of Saints which helped the saint to grow in Faith.

### MESSAGE FROM THE ACTIVITY

Saints were ordinary people like any of us but they grow in Faith and holiness by Trusting in God and living a life the way God wants them to live. Life of saints are model for us to grow in Faith and to deepen Faith.

- Put your Trust in God.
- We are nothing, God is everything.
- Have A personal relationship with God.
- Always Hold on to your Faith.
- Love God and love your neighbour.

### REFERENCES

NA

### BIBLE VERSES

“O Lord Increase our Faith” - Luke 17:5

“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



## ACTIVITY 3 - UMBRELLA RACE

Age Category: 9-12 Years

Duration: 20 Minutes



### MATERIALS REQUIRED:

5-6 Umbrellas.

### PREPARATIONS FOR THE ACTIVITY:

Kids are divided to group 5.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

One person in each group will hold an umbrella and there is an extra person outside. When you say "Go", a child will race to touch the extra child in the group. Before they could touch, they should split and rearrange. If they get caught, that person will be out. The game will continue until 5 kids remain.

### MESSAGE FROM THE ACTIVITY

We are under God's protection wherever we are. We don't have to be too much worried about the changing situations. We can trust His ability to provide us safety from evil.

### REFERENCES

NA

### BIBLE VERSES

"Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me." - Psalm 91:1





## ACTIVITY 4 - SCRIPTURE READING AND DISCUSSION

Age Category: 9-12 Years

Duration: 15 Minutes



### MATERIALS REQUIRED:

Copies of *Psalms 91:1-8 God is our Protector*

### PREPARATIONS FOR THE ACTIVITY:

A printed copy of Psalms given to every child

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Discuss God's protection. Discuss with students, what are some earthly objects that protect us from harm (shields, structures, other people, etc.)? We certainly understand the need for physical protection from things such as the weather, sickness, and even invading armies. But how is our need for physical protection related to our even greater need for spiritual protection? Today we will learn how, and why, God protects us from Satan and the evil of this world.

#### Discussion Questions:( Kids divided to group of 5 or 6)

- 1 What does God's "shadow" give us? (Shelter and rest.)
- 2 Do we need to be near or far from God to be in His shadow? (Near.)
- 3 How do we stay near to Him? (Through obedience, prayer, studying His word, etc.)
- 4 How does God "shelter," or protect us, from evil? (He saves us from Satan's deliberate attacks, death, our fears, sickness, punishment, etc.)
- 5 What animal is used to compare God's protection? (A bird, verse 4 – "He will cover you with His feathers.")
- 6 How is this an accurate description of God's desire to protect us? (Because a mother bird will use her wings to shield her young from danger.)
- 7 So, how is God a Mighty Fortress for us? (Because when we know God and draw near to Him, He will protect us like a fortress protects the people inside.)
- 8 Why does He protect us? (Because of His great love!)

### MESSAGE FROM THE ACTIVITY

We are under God's protection wherever we are. We don't have to be too much worried about the changing situations. We can trust His ability to provide us safety from evil.

### REFERENCES

NA

### BIBLE VERSES

NA



## ACTIVITY 5 - CATCH ME IF YOU CAN!

Age Category: 9-12 Years

Duration: 30 Minutes



### MATERIALS REQUIRED:

Bucket, one tennis ball, and scarf for blindfold.

### PREPARATIONS FOR THE ACTIVITY:

Choose 2-3 kids from each group to demonstrate the activity

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

This activity will be conducted as 3 parts.

**Part 1** - Place the bucket at 3 or 4 or 5 meter distance and ask the child to throw the tennis ball into the bucket, provide 3 tries, the child should be able to throw the ball in the bucket. After each attempt the teacher will give some support to guide the child how to position / throw so that he / she can throw the ball into the bucket.

**Part 2** - Place the bucket at 2-meter distance and ask the child turn around bend and throw the ball into the bucket. Provide trial runs for the child to throw the ball into the bucket. After each attempt the teacher will give some support to guide the child how to position / throw so that he / she can throw the ball into the bucket.

**Part 3** - Place the bucket at 2-meter distance and blind fold the child with the scarf and ask the child to throw the ball in the bucket. Provide trial runs for the child to throw the ball into the bucket without the blindfold. After each attempt the teacher will give some support to guide the child how to position / throw so that he / she can throw the ball into the bucket.

Our first attempts may not succeed but if we listen to the instructions carefully their attempts will be successful.

### MESSAGE FROM THE ACTIVITY

Scenario of Part 1: Situations in life which you know are difficult and know that it is temporary. Examples – when you get hurt badly, by falling down, or your parents are sick.

Scenario of Part 2: Situations in life which you know are difficult, partly you know what will happen and part of it is not knowing what will happen next. Examples: Moved to a new place you miss your friends in school and neighbours and our in a new school and new neighbours, new house.

Scenario of Part 3: Situations in life where you don't know what will happen. Examples: unable to understand certain subjects, Maths, Science, I don't know what will happen when I grow up.

### REFERENCES

<https://www.youtube.com/watch?v=Q6HnFuzSjdQ&list=RDLVrZ6YJFfjxrM&index=2>

<https://www.youtube.com/watch?v=omaO49qaxRU>

### BIBLE VERSES

“My grace is sufficient for you, for my power is made perfect in weakness.” - 2 Corinthians 12:1-10.





## CONCLUSION

Faith, hope, and love are called theological—or basic—virtues because so many other virtues depend on them. The Catechism of the Catholic Church explains that “the theological virtues ... are infused by God into the souls of the faithful to make them capable of acting as his children and of meriting eternal life.

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.

We have to be open to receive and then 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.

These gifts of God work together in a circuit in which each helps and supports the other. Faith in God helps hope to grow, and faith and hope help overcome fears. Then we become free to let God’s love flow through us to others.

- Put your Trust in God.
  - We are nothing, God is everything.
  - Have A personal relationship with God.
  - Always Hold on to your Faith.
  - Love God and love your neighbour.
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**Day 2**  
**DISCOVER YOURSELF IN ECCLESIAL LIVING**  
**RUN SHEET**

#	Item	Duration	Time
1	Introduction	5 mins	10:30 am
2	Icebreaker - Church building	10 mins	10:35 am
3	Session 1: Syro Malabar Ecclesia living in Family and community building.	10 mins	10:45 am
4	Team formation and slogan making	10 mins	10:55 am
5	Activity - Longest line	10 mins	11:05 am
6	Activity - Mint Relay	15 mins	11:15 am
7	Session 2: Holy Qurbana, Sacramental living and empowerment by the Holy Spirit	20 mins	11:30 am
8	Activity – Ball toss	20 mins	11:50 am
9	Activity – Demonstration	10 mins	12:10 am
10	Lunch Break	45 mins	12:20 pm
11	Session 3 : Signs and Symbols of our ecclesial living	20 mins	1:20 pm
12	Activity – Fun time with God’s word	20 mins	1:25 pm
13	Final Team Presentation & Poster Display & Prize distribution	25 mins	1:45 pm
14	Summary and Homework		2:05 pm
	Finale Practice	20 mins	
	Total	3 hour 30 minutes	2:20 pm finish



## INTRODUCTION

Age Category: **Years 4,5 & 6**

Duration: **20 Minutes**



### MATERIALS REQUIRED:

NA

### PREPARATIONS FOR THE ACTIVITY:

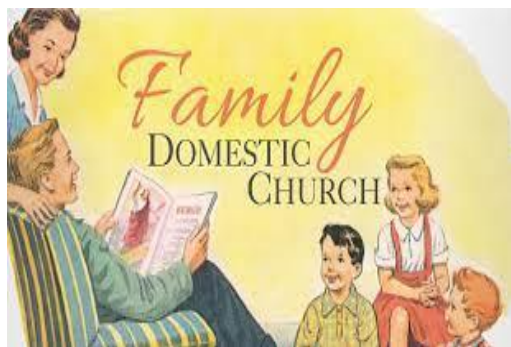
PowerPoint presentation

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Welcome all Children. Introduce the teachers and other resource personnel. Remind the General safety/COVID restriction rules if any Children to report any concerns to the teachers' housekeeping requirements.

Start with Solemn Cross – check how many know how to do it and those who don't. The PowerPoint explains what Ecclesia means and how Family is the basic ecclesia. Ecclesia (or Ekklesia) means a particular body of faithful people, More commonly it means "the Assembly or Congregation or Council". The term Ecclesia refers to church itself and Church Refers to the universal community of believers.

According to Pope Francis there are four essential characteristics of ecclesial life: listening to the apostles' teaching, first; second, the safeguarding of mutual communion; third, the breaking of the bread; and fourth, prayer. The Church's existence has meaning if it remains firmly united to Christ, that is, in community, in His Word, in the Eucharist and in prayer – the way we unite ourselves to Christ.



The ecclesia is made up of families. In a world often alien and even hostile to faith, believing families are of primary importance as centers of living, radiant faith. For this reason, the Second Vatican Council, using an ancient expression, calls the family the Ecclesia domestica. 168 It is in the bosom of the family that parents are "by word and example . . . the first heralds of the faith with regard to their children. They should encourage them in the vocation, which is proper to each child, fostering with special care any religious vocation."

Thus, the home is the first school of Christian life and "a school for human enrichment. This is where a child should learn endurance and the joy of work, fraternal love, generous - even repeated - forgiveness, and above all divine worship in prayer and the offering of one's life.

For ecclesial living families should practice the following:

1. Families should pray together, Parents should **read Bible stories to their children**, discuss homilies on the way home from mass.
2. Families go to the sacraments and parents take their children to the sacraments.
3. There should be ongoing practice of reconciliation in the home because all families are imperfect.



The Christian home is the place where children receive the first proclamation of the faith. For this reason, the family home is rightly called "the domestic church," a community of grace and prayer, a school of human virtues and of Christian charity.

## Domestic Church

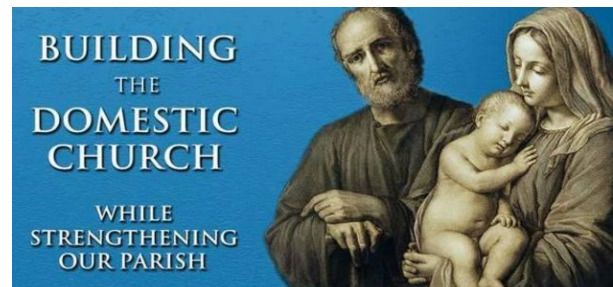
- Domestic church = your family; where you are first taught values, rules, to know God, education
- Learn through the love you see in your families
- Parents aim at caring for their children
- Self-sacrificing love
- Teaches children how to approach life-good times and difficult times

The Gospel values should be embedded into the family values so that it transforms and empowers our families to become domestic Churches. One authentic way of achieving this is by assisting these families to develop and grow in faith which is embedded in cultural and Gospel values and strengthened by ardent prayers. Helping families develop this way is a vital way of integrating the families to the parish and ultimately developing and instilling in each person the consciousness of belonging to the Church as a family. So, our families should become opportune places of embedding the Gospel message more concretely in the cultural ambience of Syro Malabar Christian life.

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



Kids watch video on Domestic Church.

## MESSAGE FROM THE ACTIVITY

Our family is the first place to practice the Love and example Jesus showed us.

We care for each other's welfare in our family.

## REFERENCES

<https://www.catholicculture.org/culture/library/catechism/index.cfm?recnum=4832>

[The Domestic Church](#)

## BIBLE VERSES

"How good and pleasant it is when God's people live together in unity." -Psalm 133:1





## ICEBREAKER - CHURCH BUILDING

Age Category: 9-12 Years

Duration: 25 Minutes



### MATERIALS REQUIRED:

55 paper cups.

### PREPARATIONS FOR THE ACTIVITY:

The class will be divided into 6 groups with 10 members in each class. Each group is given 55 plastic cups.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The teacher has to instruct the students how to play the game. The children should be given 2 minutes to discuss and prepare for the activity. The group has to build a Church with cups with one cup at the top and 10 cups at the bottom. No cups should be left out. The Church should not collapse once it is made. A timer should be run to find out which group builds the Church in the shortest time. The teacher has to observe the group dynamics while the preparation is ongoing, while the Church is being built.

### MESSAGE FROM THE ACTIVITY

The Church represents the close-knit family system, the St Thomas Christians (Syro Malabar church members) for generations have maintained a close-knit family system. The importance of family, respect for elders, grandparents, uncles, aunts, God parents, religious people and teachers were given the respect and thus followed a pyramid like hierarchical family system. The extended family/joint family system played a key role in the spiritual nourishment of the family and the younger generations. Obedience, hard work, respect for the elder/God/church/family, perseverance, sacrifice, a sense of belonging is some of the qualities essential for this pyramid style family system to be successful.

### REFERENCES

<https://www.youtube.com/watch?v=OS4QpXf2d0Y>

### BIBLE VERSES

“How good and pleasant it is when God’s people live together in unity.” - Psalm 133:1



## ACTIVITY 1 - LONGEST LINE

Age Category: 9-12 Years

Duration: 20 Minutes



### MATERIALS REQUIRED:

Whistle, timer

### PREPARATIONS FOR THE ACTIVITY:

The children should be given 2 minutes to discuss and prepare for the activity.

No bags or contents of the bag should be used in the game by any student.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The students are required to build the longest line with articles that they have on them. Example: shoes, belts, scarfs, jackets, socks, or item which with them.

The student themselves can be part of the line. The group which forms the longest line is the winner. The teacher has to observe the group dynamics while the preparation is ongoing, while the longest line is being built.

### MESSAGE FROM THE ACTIVITY

The faith of the Syro Malabar community was such that the concept of sharing, alms giving and willingness to provide whatever they had (land, money, resources, talent, laboring) in order to establish, churches, schools, colleges, medical facilities, orphanages, old age homes and a variety of services to the needy is an ingrained quality/trait which has been nourished by faith is one of the greatest qualities of our ecclesia living.

### REFERENCES

[https://www.youtube.com/watch?v=R\\_jEwoi9RCs](https://www.youtube.com/watch?v=R_jEwoi9RCs)

[https://www.youtube.com/watch?v=SlS\\_7h9GFQI](https://www.youtube.com/watch?v=SlS_7h9GFQI)

<https://www.catholicfoundation.sg/news-media/videos/>

### BIBLE VERSES

“He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly.” - Acts 10:2.



## ACTIVITY 2 - MINT RELAY

Age Category: 9-12 Years

Duration: 30 Minutes



### MATERIALS REQUIRED:

Mints and straws for each group.

### PREPARATIONS FOR THE ACTIVITY:

The teacher has to instruct the students how to play the game. The teacher should show how the game has to be played and provide a trial game for the students to practice. The children should be given 2 minutes to discuss and prepare for the activity.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The students are supposed to stand in a line with straw as given to each participant. The students are required to pass the 2 mints one at a time from the first to the last participant only with the straws. The first participant has to take the mint with the straw from the paper plate, then pass on to the next participant with ends of the straw. If the straw falls down, then the game will have to start over. The mint shall only be lifted with the straw, the fingers or hands should not be used to support the mint while passing from one participant to the next. The group which finishes passing the mint to plate at the end first is the winner.

### MESSAGE FROM THE ACTIVITY

The mint represents Regular Sunday observance, holy communion, confessions, obligatory days, family prayers, alms giving, providing contributions as land or money or resources, Voluntary involvement in church activities, constructive engagement within the church community, catechism, etc...) Passing on the same to our children sometimes we fail or falter or don't provide the right spiritual environment for the growth of our children. The Syro Malabar community has a very strong tradition of keeping the above-mentioned activities earnestly as these are basic foundations of the Syro Malabar faith.

### REFERENCES

<https://www.london.anglican.org/articles/ice-breaker-games-young-people/>

### BIBLE VERSES

"Behold, how good and how pleasant it is for brethren to dwell together in unity." - Psalms 133.1



## ACTIVITY 3 - BALL TOSS

Age Category: 9-12 Years

Duration: 15 Minutes



### MATERIALS REQUIRED:

5-6 Balls.

### PREPARATIONS FOR THE ACTIVITY:

Divide the children equally and have them stand in two lines, facing each other, about 10 feet apart. Each child will need to be facing another child. The children will be tossing a ball back and forth to the person across from them. If you have an odd number of children, the extra child can count the number of successful catches.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Give all the children in the first row, called "Row A", a ball. Instruct the children that on your signal, they will toss the piece of popcorn 10 feet across the aisle to the person directly facing them in "Row B". Instruct the older children to use only one hand to toss or to catch the ball. Tell the kids that the ball in this activity represents our relationship with God. Give the signal or whistle and have the children toss the ball. Many of the tosses will fall short since the children are so far apart. Record the number of successful throws on a chalkboard or whiteboard.

Make sure each child in "Row B" has a ball. Each child in "Row B" will take one-step towards "Row A." Then on your signal, have the children toss the ball again. Once again, record the number of successful throws on a chalkboard or whiteboard. Do this several more times, each time taking one-step closer until the two rows are together. Once together, the children can simply drop the ball into the hands of the other child, resulting in no misses.

### MESSAGE FROM THE ACTIVITY

Explain that our relationship with God is similar to what we just did. The further away from each other, the harder it was to catch the ball. Likewise, the further we are from God, the harder it is to have a relationship with God. On the other hand, the closer we are to God, the easier it will be to have a strong relationship with Him.

How do we get close to God?

We can get closer to God by reading the Bible, praying, sacraments and good deeds.

### REFERENCES

NA

### BIBLE VERSES

" For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit." - 1 Corinthians 12:13





## ACTIVITY 4 - S DEMONSTRATION

Age Category: 9-12 Years

Duration: 15 Minutes



### MATERIALS REQUIRED:

One small vase. One artificial flower and plant. One fresh cut flower and plant

### PREPARATIONS FOR THE ACTIVITY:

Before class, find one artificial flower and one fresh cut flower, and place each in the vase. Fill the vase with water. (Flowers do not need to be the same type, but if they are similar, it will enhance the effect of the lesson.) You will have the children identify the real flower from the fake flower not by sight, but by using their other senses such as smell and touch. In a similar way, we can identify a fake Christian from a genuine Christian. Looks may be deceiving, but there are ways to tell.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Look everyone, I have two beautiful flowers here. Both flowers are beautiful, can you tell any difference between the two flowers? (The kids will most likely be able to see that one of the flowers is not real, some might even say the fake flower is prettier. This is OK.) Both flowers do look pretty. Both are sitting in water and in a vase, but one is not real. I am sure you can tell which flower is fake. Fake Christians are a lot like this fake flower. They may say they are Christians, go to church on Sunday and look like Christians. However, their walk with the Lord is fake or artificial. They do not have a real spiritual life. Let me show you some other ways you can tell the difference between real and fake. Ask a volunteer to come forward, touch the fake tree, and describe how it feels. Then have them touch the petals of the real tree and describe how it feels. Yes, the fake tree is stiff, cannot grow, and remain like that forever. But the real tree grows. It can receive water, sunlight and grows to bear fruits, give shade to the people, birds can make nests on it. Ask another volunteer to come up and smell the fake flower and describe what he or she smells. Then have them smell the real flower and describe how it smells. Yes, the fake flower has no smell, or perhaps smells like plastic, but the real flower smells good, it has a pleasing aroma. Real Christians are like this real flower, not only do they look like Christians by being at church on Sunday, but the rest of the week they are doing things that please God, and they are a blessing to others. They are not dead but have everlasting life. Now which of these flowers or trees would you rather be?

Demonstration: <https://youtu.be/A6naB1gyr3Y>

### MESSAGE FROM THE ACTIVITY

Our Christian life should grow and bear fruits by taking in the word of God, leading a communion life, regularly attending Holy Mass and prayer. It should be a blessing to all the people around us.

### REFERENCES

<https://youtu.be/A6naB1gyr3Y>

### BIBLE VERSES

“For just as in one body we have many members, but all the members do not have the same function, in the same way we who are many are one body in Christ, and individually members of one another.” - Romans 12:4–5



## ACTIVITY 5 - BALLOON RACE

Age Category: 9-12 Years

Duration: 20 Minutes



### MATERIALS REQUIRED:

Balloons, Baskets for holding Balloons 2.

### PREPARATIONS FOR THE ACTIVITY:

Maximum number of participants - 10

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Have a starting point and finishing point for the game. Place the inflated balloons on one side and get 5 children at a time to participate in the game. Line 5 children and ask them to pick one balloon at a time and place it in between their legs and walk or hop to the finishing point without dropping or popping the balloons. Whoever collects most number of balloons to the finishing point at a given time, without dropping or popping the balloons wins the game.

### MESSAGE FROM THE ACTIVITY

To live a life the way God wants us to live, could be a little hard for us to achieve. But we have to take up the challenge and win the race. To live ecclesial life, we have to choose the right way of living.

### REFERENCES

NA

### BIBLE VERSES

“Set your heart first on the kingdom of God and His justice and all these things will also be given to you” - (Mathew-6:33)

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## CONCLUSION

Family and church building through ecclesia living is a continuous process with the family unit being the core for building the church with strong Christian principles. The family unit has to persistently follow attending Sunday mass, confessions, receiving sacraments, family prayers, observing all basic Christian values/beliefs and teaching our children those values/beliefs. Stand together in times of difficulty and when the community is plagued with issues and problems internal or external. Help in the growth of the community by voluntary activities, help those in need. Spend resources and/or make available those resources for the growth of a robust faith-based community.

The word ecclesia refers to Church. Church is the body of Christ, the people of God and communion of saints. The ecclesial living will help us to live a joyful life in Church with Christ on this earth and in the life to come which is eternity. We are created by God not to be of this world but for eternity.

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**Day 3**  
**THE WORD: LOVING LETTER FROM GOD**  
**RUN SHEET**

#	Item	Duration	Time
1	Introduction	10 mins	9:00 am
2	Icebreaker – Rosary	10 mins	9:10 am
3	Session 1- Bible Facts , Bible timeline	20 mins	9:20 am
4	Activity – Bible Prathishta, Biblical Activity	30 mins	10:00 am
5	Activity – Bible Timeline game	30 mins	10:00 am
6	Break	20 mins	10:30 am
7	Session 2 – Bible: The inspired word of God The word of God is the fuel of life, Praying with the word of God	20 mins	10:50 am
8	Activity – Old Time Telephone	20 mins	11:10 am
9	Activity - Puzzle		
10	Session 3 – Characters in the Bible	30 mins	11:30 am
11	Activity – Charades	20 mins	12:00 pm
12	Activity – Praise and worship	10 mins	12:20 pm
13	Final Team Presentation & Poster Display & Prize distribution	25 mins	2:00 pm
14	Summary	10 mins	2:05 pm
	Finale		
	Total	3 hour 30 minutes	2:30 pm finish





## ICEBREAKER - MY ROSARY

Age Category: 9-12 Years

Duration: 10 Minutes



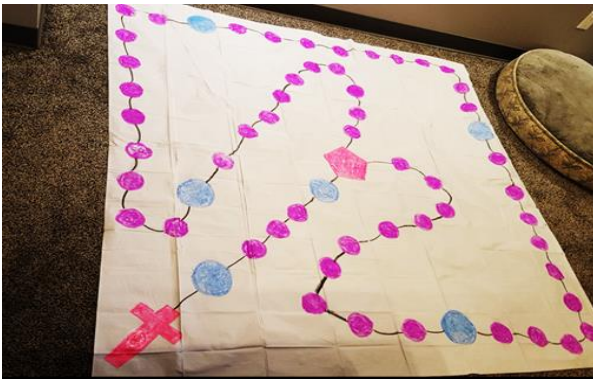
### MATERIALS REQUIRED:

Sequencing cards of the Mysteries of the rosary and the corresponding bible passage for each mystery.

### PREPARATIONS FOR THE ACTIVITY:

Cards with each mystery written (2 sets). Cards with bible passages. A cloth with Rosary picture.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:



Each student is given a card with mystery or bible passage. They need to move around and find their rosary and each set of mysteries should come together as a sequence and take their place on the Rosary sheet.

### MESSAGE FROM THE ACTIVITY

Each time you say a rosary it's a journey we take through the life of Jesus. Each mystery is a even in the life of Jesus that's mentioned in the bible.

### REFERENCES

<https://www.sarajcreations.com/2016/04/giant-games-using-shower-curtains.html>

### BIBLE VERSES

NA



## ACTIVITY 1 - BIBLICAL ACTIVITY

Age Category: 9-12 Years

Duration: 20 Minutes



### MATERIALS REQUIRED:

Teachers should know the different categories in the Bible, so the children can enact and be able to present during reflection time.

### PREPARATIONS FOR THE ACTIVITY:

On day 2 children should be divided into groups and a teacher assigned for them. Each group will be given a specific category to learn about and certain questions to research on For Example

Group 1 – Judges

Group 2 – Law

Group 3 – Major Prophets etc.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The class will be divided in to 6 groups with 10 members in each class. They will be asked to prepare and sort information based on the category assigned to them. Resources will be supplied. They will be given 15- 20 min to prepare for a presentation about the particular category. The groups come back as a whole class and do the presentation.

### MESSAGE FROM THE ACTIVITY

Children to learn facts about bible, books in the bible.

### REFERENCES

NA

### BIBLE VERSES

NA

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## ACTIVITY 2 - BIBLE TIMELINE

Age Category: 9-12 Years

Duration: 15 Minutes



### MATERIALS REQUIRED:

18 Balloons (9 red and 9 blue), Permanent Marker, two 6-foot strings, Books of the Bible Bookmark Click [here](#), adult assistant.

### PREPARATIONS FOR THE ACTIVITY:

Blow up all 18 balloons and knot-tie them closed. Do not blow up the balloons to the point of popping; rather, leave some expansion room within, so that the balloons won't pop as easily when the players roll them across the floor.

With permanent marker, print one category below per red balloon. Repeat the process for the blue balloons. Law (OT), Major Prophet (OT), History (NT).

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Divide children into two teams, each containing an adult leader. Before starting the game, leaders will hand out the Bible bookmarks and spend several minutes reviewing the books under each category with their team. Teams line up single file behind the first string. The string on the opposite side of the room is the finish line. Tell the children that they will be using just their feet to roll the balloon across the floor towards the finish line.

Leader #1 hands each member of "Team One" a red balloon and Leader #2 hands each member of "Team Two" a blue balloon, in random order. After handing out the balloons, both leaders position themselves at the finish line. When one leader says, "Bible Balloon Race," the first player from each team sets his or her balloon on the floor and begins to maneuver it towards the finish line. Once a player's balloon crosses the finish line, he or she must show the category printed on the balloon to his or her leader then name one book of the Bible from that category. If the player answers correctly, his or her team receives one point. If the answer is incorrect, no points are awarded. Either way, the next player on the respective team should begin moving his or her balloon to the finish line. If a player accidentally pops a balloon, no points are awarded and the next player on the team begins immediately. If teams are uneven, a child from the team with fewer players will need to play twice.

The team that finishes with the most points win the game or if both teams have equal points, the first team to finish wins the game.

### MESSAGE FROM THE ACTIVITY

This game intends that the kids learn the different books in the bible and the basis on which they are categorised. Kids are also given the message.

### REFERENCES

NA

### BIBLE VERSES

NA



## ACTIVITY 3 - OLD TELEPHONE GAME

Age Category: 9-12 Years

Duration: 15 Minutes



### MATERIALS REQUIRED:

Bible passages.

### PREPARATIONS FOR THE ACTIVITY:

Children in groups of 10 to stand in either a line or a circle. Players should be spaced far enough apart that they won't overhear the word when it isn't their turn.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Choose a person to start the game. This person will think of a word and whisper it to the person next to them. The word should be an uncommon one as the idea is to see how much it changes by the game's end. Once the word has been told to the next person, they will whisper it to the person next to them.

Players continue listening to the word and repeating what they think they heard to the person next to them. This is done until the last person in the line or circle is told the word.

Once the last person hears the word or phrase, they will say what they think they heard out-loud. This is compared to the original word that the game started with. This is the moment when all the players get to learn just how much the word or phrase changed through their "telephone line".

### MESSAGE FROM THE ACTIVITY

The old telephone game to show how difficult it would be for the people who wrote the different books of the Bible to do so from memory with such accuracy. It would be impossible without the help of the Holy Spirit.

Look up some scriptures that may help us understand the significance and truth about the Bible. Help the children find the following verses and have someone read each one. Then discuss each verse.

#### Verses and Discussion Questions:

##### 2 Timothy 3:16-17

1. Where does all Scripture come from? (From God.)
2. What is Scripture good for? (Teaching, rebuking, correcting, training and equipping.)

##### 2 Peter 1:20-21

1. Does Scripture come from the will of man? (No, from the Will of God.)
2. Who "inspired" or "carried" men to write the Bible? (The Holy Spirit.)

##### Psalms 12:6

1. Does the Bible contain any mistakes? (No, it is flawless.)
2. What does "pure" gold or silver mean? (Without any impurities.)

##### Psalms 119:160

1. How can you respond to someone who says the Bible isn't true? (All of God's words are true, so the Bible is also true because it is the Word of God.)
2. Does God ever need to come up with new rules or laws? (No, His laws are eternal.)

##### 1 Corinthians 2:14





1. Why is it difficult for some people to understand the Bible? (Because they do not have the Holy Spirit to guide them.)

How does God reveal the Bible to us? (By the Holy Spirit.)

#### REFERENCES

<https://www.kidssundayschool.com/gradeschool/lessons/spiritual-life/the-bible/the-inspired-word-of-god>

#### BIBLE VERSES

NA

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## ACTIVITY 4 - PUZZLE

Age Category: 9-12 Years

Duration: 15 Minutes



### MATERIALS REQUIRED:

Syro Malabar Cross cut out as puzzle pieces with the phrase “The word of God is the fuel of life” written at the back.

### PREPARATIONS FOR THE ACTIVITY:

Children will be given a set of bible passages to memorise on the first day of the fest.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

The game start with one student passing the ball to another and the student catching the ball has to say the word of God. This repeats till all members of the team have had a chance to pass the ball and say a bible verse.

The last person to catch the ball, after saying the verse, has to throw the ball into the basket kept at the centre of the circle. Once they do so successfully, they have to run to the basket which contains a puzzle/block. The team which completes the puzzle first will be the winner.

### MESSAGE FROM THE ACTIVITY

Children should understand that the word of God is a weapon they can use to get through their daily lives successfully. This is made clear when student who know the bible verses continue to stay in the game and fight to win. The student who do not remember the verses are unfortunately out of the game and this is symbolic of how if you don't constantly turn to their Word of God for strength and guidance, then you will find yourself weakened or not easily able to achieve eternal rest with God.

### REFERENCES

NA

### BIBLE VERSES

“Thy Word Is a Lamp unto My Feet and Light Unto My Path.” - Psalm 119:105

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## ACTIVITY 5 - CHARADES

Age Category: 9-12 Years

Duration: 30 Minutes



### MATERIALS REQUIRED:

Balloons, Baskets for holding Balloons 2.

### PREPARATIONS FOR THE ACTIVITY:

Class divided into groups of 10. A teacher is assigned for each group. Each group to pick two characters from the lot. Students with the help of teachers learn about the character and understand the character.

### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

Each group takes turn to do charades. 2-3 kids come forward and enact a major incident in the life of the character they got. The other teams a single chance each to guess the character. The team which does the charade also explains about the character and the virtue they hold and how they remained faithful to God.

### MESSAGE FROM THE ACTIVITY

The characters in the Bible clearly showed their steadfast faith, love, perseverance in God. Being human they have doubted their abilities and judgements many a times, but God has always showed them the right path through signs, symbols, talking to them and miracles.

### REFERENCES

NA

### BIBLE VERSES

“For where your treasure is, there your heart will be also.” - Mathew 6:21

“Seek the Lord and his strength; seek his presence continually.” - 1 Chronicles 16:11





## CONCLUSION

We will not be judged us by our strength, position or possession but the way we use our power and action and the way we follow his words. If we learn word of God and live according to his wish, we will achieve eternal life. It will also allow us to overcome daily challenges.

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# 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.  <a href="https://youtu.be/Nhk_5c6H-yc">https://youtu.be/Nhk_5c6H-yc</a></p>  <p>Share a <b>PowerPoint presentation</b> with the following information.</p> <p>The <b>theological virtues</b> are:</p> <ul style="list-style-type: none"> <li>• Faith (Belief) 🙏</li> <li>• Hope (Trust) 😊</li> <li>• Charity (Love) 😍</li> </ul> <p>The <b>cardinal virtues</b> are:</p> <ul style="list-style-type: none"> <li>• Prudence (Wisdom) 👉</li> <li>• Fortitude (Courage) 🦁</li> <li>• Temperance (Self-control) 🍷</li> <li>• Justice (Fairness) ⚖️</li> </ul> <p><b>Gifts of God</b>            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.            Heb :11/1 <i>Faith is the realization of what is hoped for and evidence of things not seen.</i>            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><b>How do we receive and exercise these gifts?</b></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"> <li>• Read Scripture (Read and meditate)</li> <li>• Prayer (Communion with God, Daily Mass, Rosary)</li> <li>• Love (Faith in Action, Fruit of faith is Love and fruit of Love is Service)</li> <li>• Exercise or practice faith in small things</li> </ul>
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		<a href="https://youtu.be/Nhk_5c6H-yc">https://youtu.be/Nhk_5c6H-yc</a>



## 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><a href="#"><u>Moving from fear to faith</u></a></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.



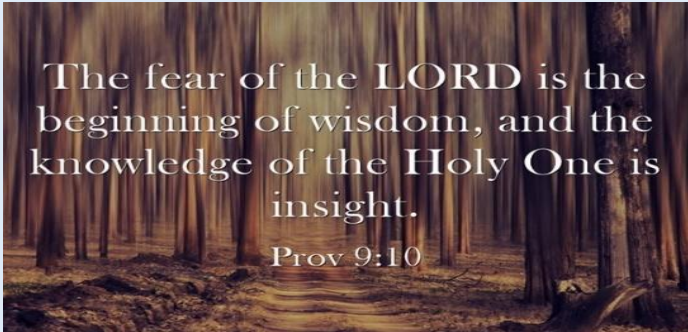
Jesus warned against worrying about tomorrow (see Matthew 6:34) or dwelling on the past (see Luke 9:62) for a reason. Doing either of these activities is a waste of time and a sure cause of anxiety. If there is something we can do today to correct a past mistake or prepare for the future, do it. Otherwise, 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. <b>RECEIVE THE SACRAMENTS</b>- 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. <b>STEP OUT IN FAITH</b>- 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](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><b>Fiery trials:</b> intense encounters or struggles; bursts of anger, grief, or lust</p> <p><b>Infirmities:</b> physical limitations and illnesses</p> <p><b>Reproaches:</b> ridicule and rejection on account of faith or holiness</p> <p><b>Persecutions:</b> harassment and oppression due to religious convictions</p> <p><b>Necessities:</b> wear and care of daily responsibilities</p> <p><b>Distresses:</b> disappointments and deep hurts</p> <p><b>Tribulations:</b> unusual pressures and challenges</p> <p><b>Temptations:</b> opportunities to yield to our sinful nature</p> <p>Your Response Makes All the Difference</p> <ul style="list-style-type: none"> <li>• Give Thanks</li> <li>• Rejoice</li> <li>• Believe and act on the Word of God</li> <li>• Cry out to God</li> <li>• Overcome evil with good</li> </ul> <p>The Apostle Paul regarded these “tests” as opportunities to grow spiritually. Instead of despairing when he encountered trials, <b>Paul said he would glory in his infirmities so that the power of Christ would rest upon him.</b> (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><b>Unless you accept God’s grace to deal with suffering, inevitably you will become bitter.</b> 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).

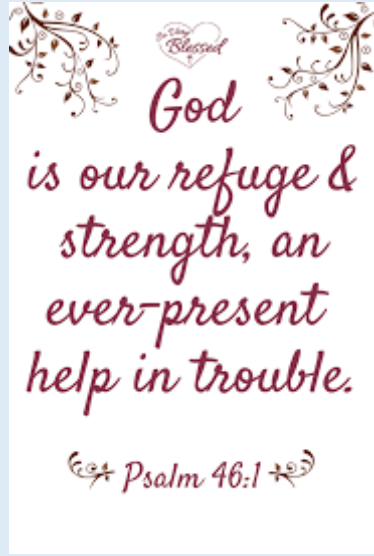
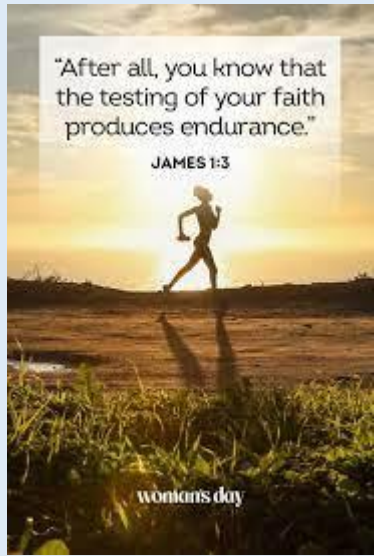
### The Rewards of Responding with Grace

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"> <li>• <b>The strength of Godly character</b> - <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></li> <li>• <b>Exceeding joy in God's glory</b> - <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></li> <li>• <b>God's strength in our weaknesses</b> - <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></li> <li>• <b>Fellowship with Christ</b> - <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></li> <li>• <b>Heavenly rewards</b> - <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></li> <li>• <b>Reigning with Christ</b> - <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></li> </ul> <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 <b>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.</b>"</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

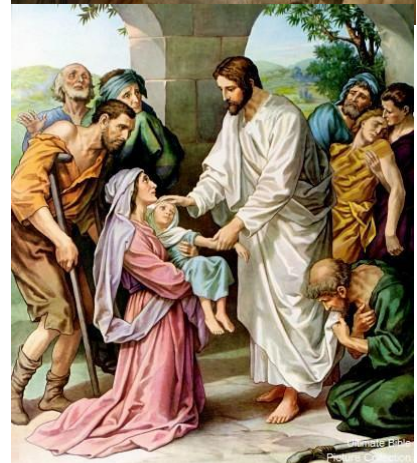
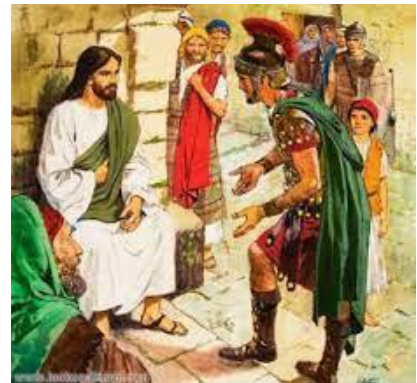
1. Was suffering from illness for a long time.
2. There was no request made to Jesus for healing.
3. Healing happened in a crowd
4. Healing happened by touch of faith

#### 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

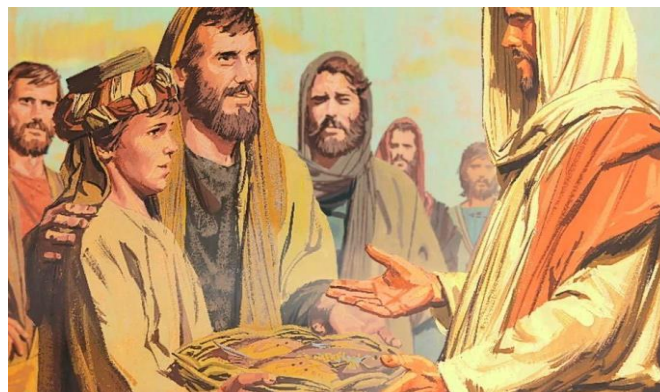




### MESSAGE FROM THE ACTIVITY

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.

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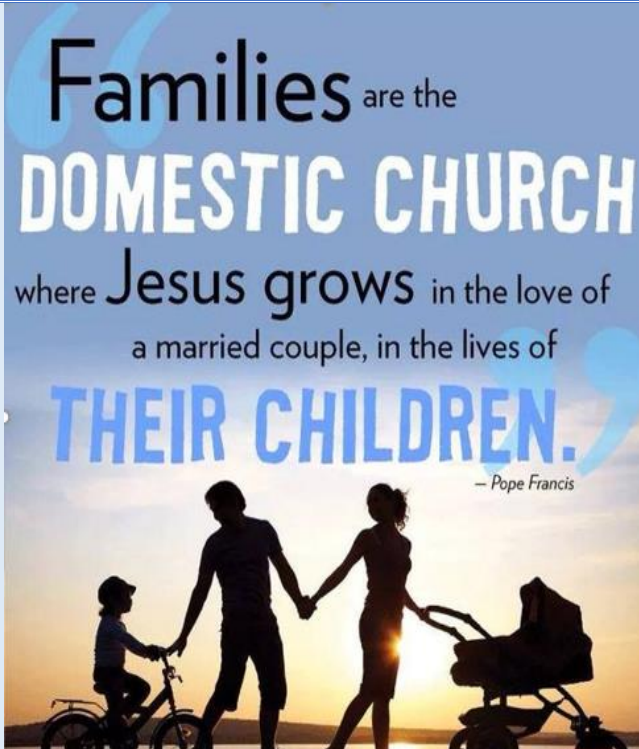
**Day 2**  
**Discover Ourselves in Ecclesial Living**  
**RUN SHEET**

#	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><b>Ecclesia</b> (or <b>Ekklesia</b>) means a particular body of faithful people, more commonly it means “the Assembly or Congregation or Council”</p> <ul style="list-style-type: none"> <li>– The term Ecclesia refers to church itself and Church Refers to the universal community of believers</li> <li>– Church is “one” yet formed of two components divine and human</li> <li>– We describe church as the body of Christ, bride of Christ, temple of Holy Spirit</li> <li>– Church has authority and structure, concerned with maintaining traditions</li> <li>– Other Dimensions of the church include being a sacrament, servant, herald, community of disciples.</li> <li>– Dimensions Focuses on announcing the good news, helping those in need.</li> <li>– All dimensions are necessary and equal.</li> </ul>





#### 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"> <li>– We are responsible for each other's welfare in our families</li> <li>– Home is the church in miniature</li> <li>– Family Life is sacred</li> <li>– Family Activity is holy</li> <li>– Families have a unique ministry</li> <li>– Families are an evangelizing community</li> </ul>  <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><a href="https://catholicmoraltheology.com/catholic-marriage-part-2-the-ecclesia-domestica/">The Domestic Church</a></p> <p><a href="https://catholicmoraltheology.com/catholic-marriage-part-2-the-ecclesia-domestica/">https://catholicmoraltheology.com/catholic-marriage-part-2-the-ecclesia-domestica/</a></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

NA


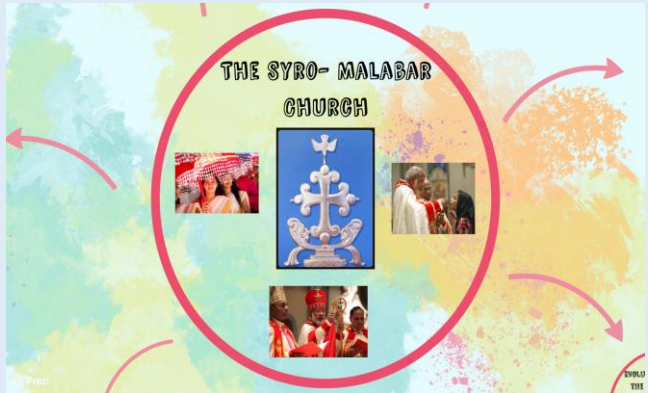
### BIBLE VERSES

NA

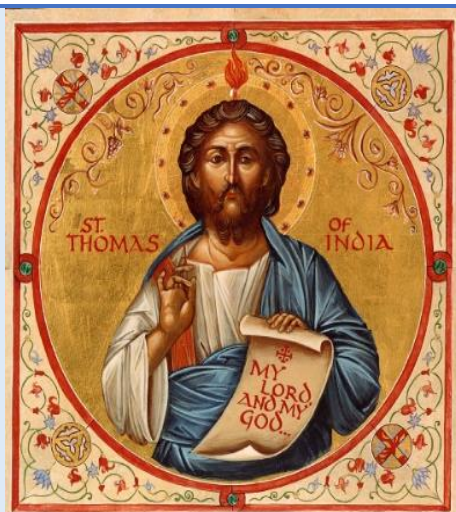




## SESSION 2 – HOLY QURBANA / COMMUNITY BUILDING

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"> <li>– 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.</li> <li>– 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.</li> </ul>





- 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><a href="#">The Saga of Syro Malabar Church in Australia</a></p> <p><a href="#">Syro-Malabar Qurbana tutorial</a></p> <p><a href="https://prezi.com/grv9Izuiiudr/the-evolution-of-the-syro-malabar-church/">https://prezi.com/grv9Izuiiudr/the-evolution-of-the-syro-malabar-church/</a></p> <p><a href="https://prezi.com/jzkvjii0zlcsl/holy-qurbana/?frame=80bd31fa5bd948b7d3d16f1ee29f987c8b6c4662">https://prezi.com/jzkvjii0zlcsl/holy-qurbana/?frame=80bd31fa5bd948b7d3d16f1ee29f987c8b6c4662</a></p> <p><a href="#">Syro Malabar.pptx</a></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.

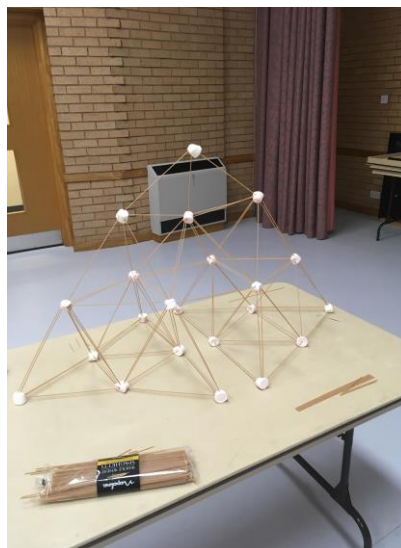
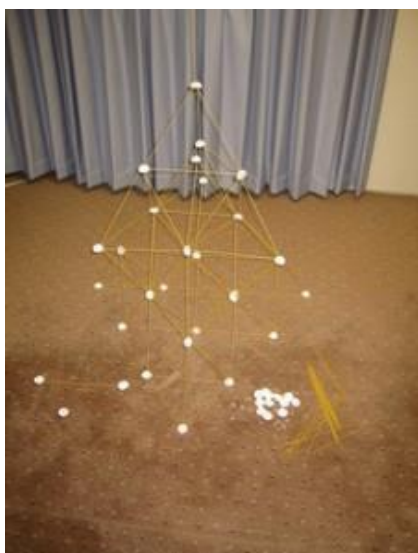
### HOW TO CONDUCT THE ACTIVITY / RULES ETC:

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




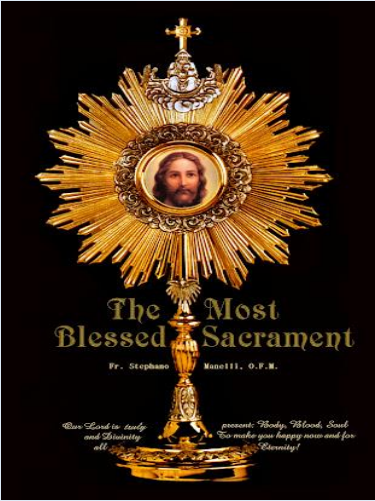
### BIBLE VERSES

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><b>Sacramental Living / Holy Spirit - PPT Presentation</b></p> <ul style="list-style-type: none"> <li>– 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.</li> <li>– It is him we hear, see with our own eyes, watch, and touch with our hands in the sacramental life of the Church.</li> <li>– It is his life we share when we participate in the sacraments of the Church.</li> <li>– 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.</li> <li>– Jesus is himself the great sacrament of God's love. Jesus was the fullest revelation possible of God's goodness and love.</li> <li>– 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.</li> </ul> 

- 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.

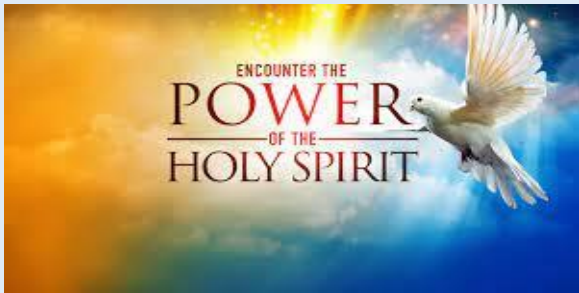


Present video on Sacraments.



- 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"> <li>• <b>Helper</b>-He helps us in our weakness. That means we are not alone in our struggles. He, our Helper, is with us all the time.</li> <li>• <b>Intercessor</b>-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</li> </ul> <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"> <li>• Boldly proclaim the gospel</li> <li>• Pray when we do not know how</li> <li>• Appreciate the mystery of the gospel</li> <li>• Deny our flesh and live rightly</li> <li>• Abound in hope and be filled with joy and peace</li> </ul>  <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><a href="https://www.youtube.com/watch?v=Qcgjhi1TghA">https://www.youtube.com/watch?v=Qcgjhi1TghA</a> - Sacraments</p> <p><a href="https://www.youtube.com/watch?v=eAGUIaCi5Gg">https://www.youtube.com/watch?v=eAGUIaCi5Gg</a> - Power of the Holy spirit</p> <p><a href="https://resource-macs.com/2018/10/03/introduction-to-sacraments/">https://resource-macs.com/2018/10/03/introduction-to-sacraments/</a></p> <p><a href="https://donotdepart.com/5-ways-the-holy-spirit-empowers">https://donotdepart.com/5-ways-the-holy-spirit-empowers</a></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

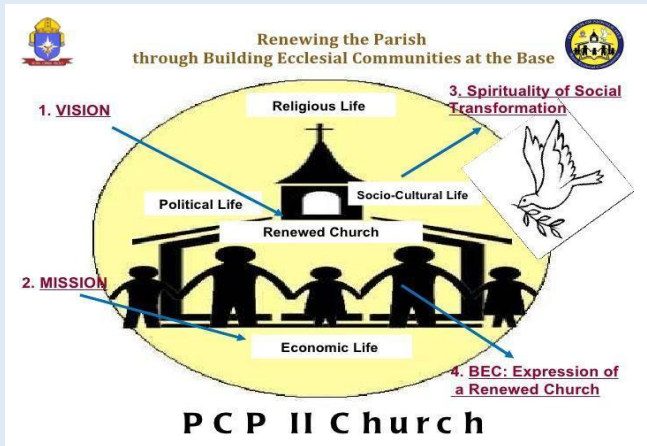
<https://classroom.synonym.com/sunday-school-lessons-about-the-body-of-christ-12079473.html>

### 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"> <li>– Our Mission is to transform the whole fabric of society according to the values of the Kingdom of God</li> <li>– 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.</li> <li>– At its best, the message of the church is one that involves every part of life; it is alive with hope and expectation.</li> <li>– Your participation in church activities is vital to your walk with God.</li> <li>– You cannot truly claim you are serving God rightly, if you are not involved in kingdom activities of your local church.</li> </ul> <p>Implementing the sacramental life takes form when the below are part of our lives.</p> <ul style="list-style-type: none"> <li>• Periodic Confession</li> <li>• Regular Sunday observance</li> <li>• House blessings other sacramentals</li> <li>• Church Contributions</li> <li>• Attending Catechism</li> <li>• Voluntary involvement in Church activities</li> <li>• Finding the needs of the other and a life of thanksgiving</li> <li>• Following the doctrines of the Church in practical living</li> <li>• Love for the Priests and religious</li> <li>• Missionary zeal &amp; fostering vocations</li> </ul>





		
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		<a href="https://www.slideshare.net/becnova/basic-ecclesial-communities-the-what-the-why-and-the-how">https://www.slideshare.net/becnova/basic-ecclesial-communities-the-what-the-why-and-the-how</a>



## 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 blindfolded. 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  <a href="https://www.youtube.com/watch?v=ak06MSETeo4">https://www.youtube.com/watch?v=ak06MSETeo4</a></p> <p>Share a PowerPoint presentation with important facts from Bible</p> <ol style="list-style-type: none"> <li>1. <b>How many books are in the Bible?</b> 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.</li> <li>2. <b>When was the Bible written?</b> 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.</li> <li>3. <b>In what language was the Bible written?</b> The simple answer is that the Old Testament was written in</li> </ol>

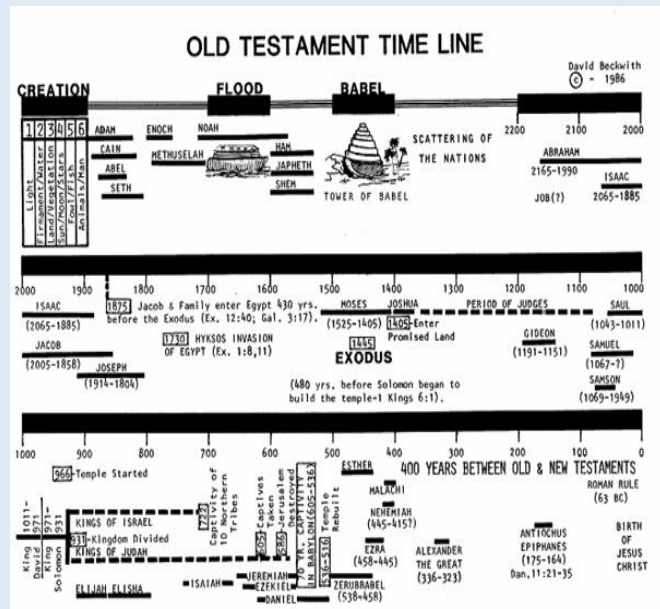


Hebrew, and the New Testament was written in Greek. There are a few exceptions to this in the Old Testament. Portions of Daniel were written in Aramaic, and the seven deuterocanonical books discussed above, as well as portions of Esther, were also written in Greek.

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

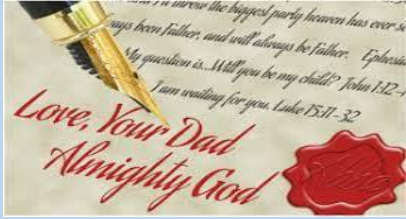
Bible Prathishta

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  <a href="https://www.catholicdigest.com/from-the-magazine/bible-in-5/5-basic-bible-facts/">https://www.catholicdigest.com/from-the-magazine/bible-in-5/5-basic-bible-facts/</a></p> <p>Bible Time line  <a href="https://www.youtube.com/watch?v=pBRhr1lgdJU">https://www.youtube.com/watch?v=pBRhr1lgdJU</a>  <a href="https://www.catholicbible101.com/bibletimeline.htm">https://www.catholicbible101.com/bibletimeline.htm</a></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

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## 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		<a href="https://teens.lovetoknow.com/Christian_Youth_Group_Activities">https://teens.lovetoknow.com/Christian Youth Group Activities</a>
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](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

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## 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-Who-Am-I-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"> <li>1. The word of God helps us to fight against the evil one.</li> <li>2. The word of God sanctifies us.</li> <li>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?)</li> </ol>
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><a href="https://dioceseofbrooklyn.org/defending-your-faith/where-is-the-hail-mary-in-the-bible/">https://dioceseofbrooklyn.org/defending-your-faith/where-is-the-hail-mary-in-the-bible/</a></p> <p><a href="https://www.christianity.com/wiki/prayer/glory-be-prayer-words-and-meaning.html">https://www.christianity.com/wiki/prayer/glory-be-prayer-words-and-meaning.html</a></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

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## 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

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## 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/>

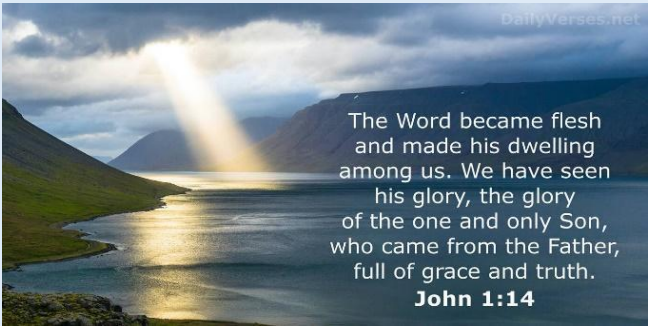


#### BIBLE VERSES

"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. <b>John 1:14</b></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><b>1. God's Word Is Effective</b></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

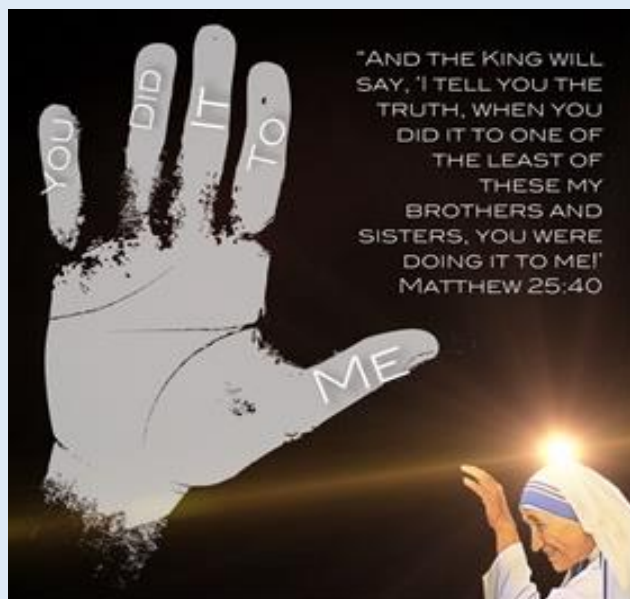
In Genesis 1:28-30 and 2:16, God speaks to his creation, Adam, to instruct him. In Genesis 15:1, the word of the Lord comes to Abram to establish a covenant relationship with him. Throughout the Old Testament, God's word is moving in his people through Moses, the judges, and the prophets, to instruct, 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		<a href="https://cruxnow.com/global-church/2017/11/murdered-nun-beatified-india-sister-rani-maria-martyr-social-justice/">https://cruxnow.com/global-church/2017/11/murdered-nun-beatified-india-sister-rani-maria-martyr-social-justice/</a> <a href="https://spousehood.com/faith/3-ways-scripture-alive/">https://spousehood.com/faith/3-ways-scripture-alive/</a>
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](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](https://www.youtube.com/watch?v=ZZ2zXc_9Q00)

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

[I Wanna Do Right](#)



# 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

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## 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

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## D - ACTIVITY 2

### ANY SLOGAN/ BIBLE VERSE



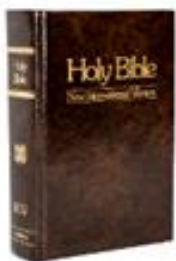
- Where we go-o!
- People want to know-o!
- Who we are!
- So, we tell them!
- We are Jerusalem!
- The mighty, mighty Jerusalem!

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](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

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*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

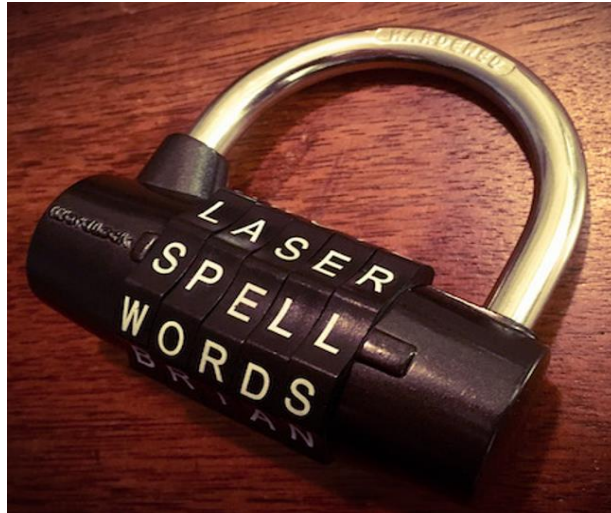
1 Peter 3:20

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)**



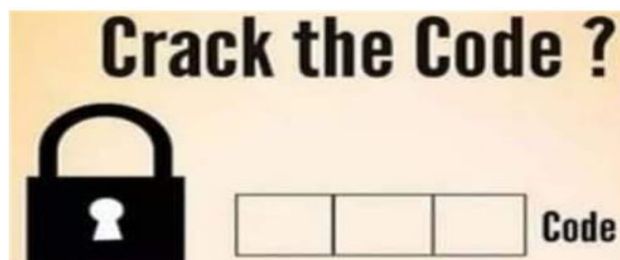
**INSIDE BOX 3 (BIGGEST BOX)**

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)

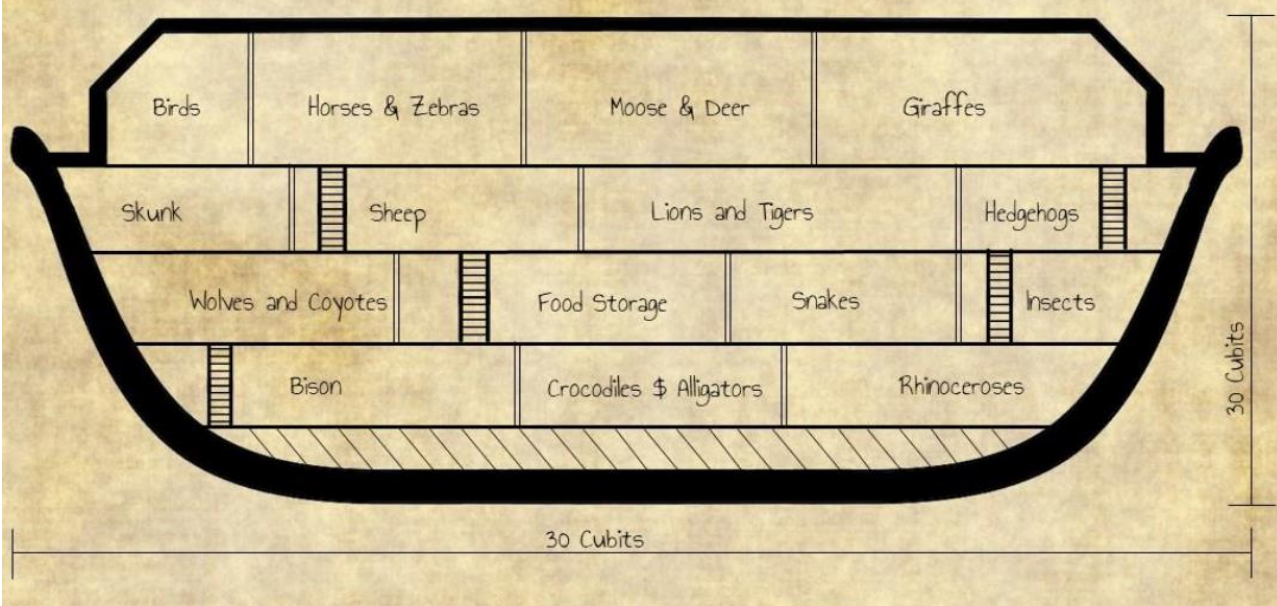
You have now eaten your fill for the next couple days.  
Now that you have a full tummy, you need to find your  
family. That is a dangerous mission with all of these  
dangerous animals around.

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.)

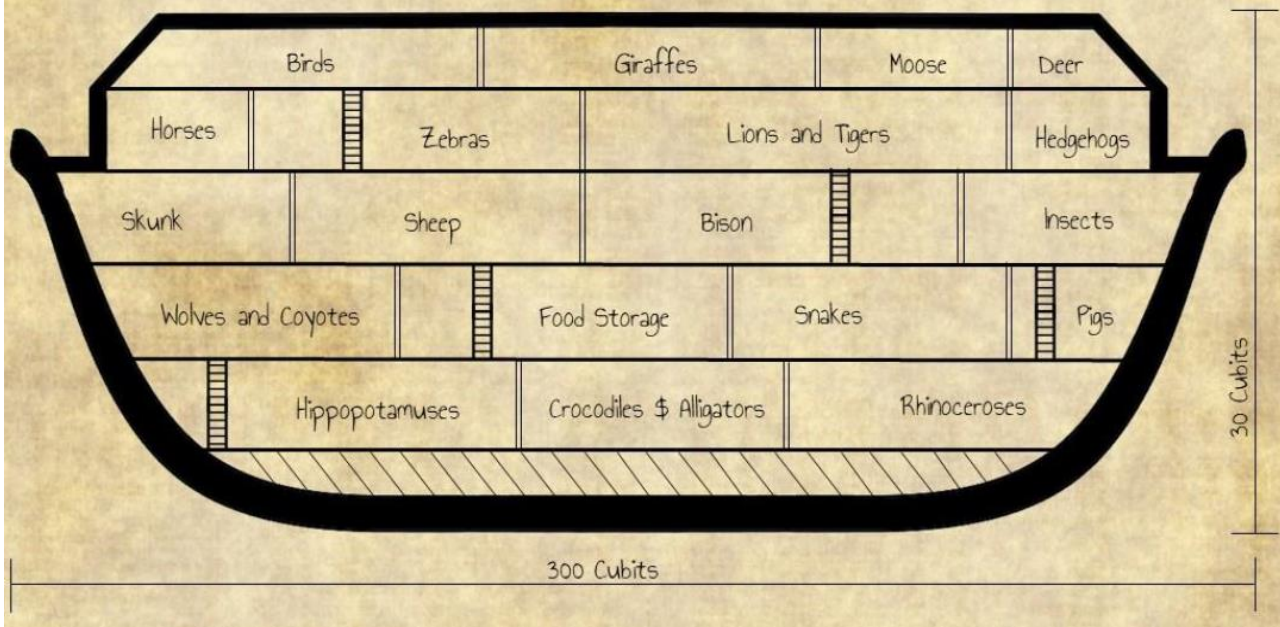
Genesis 6:9

## Ark Blueprint Draft #1

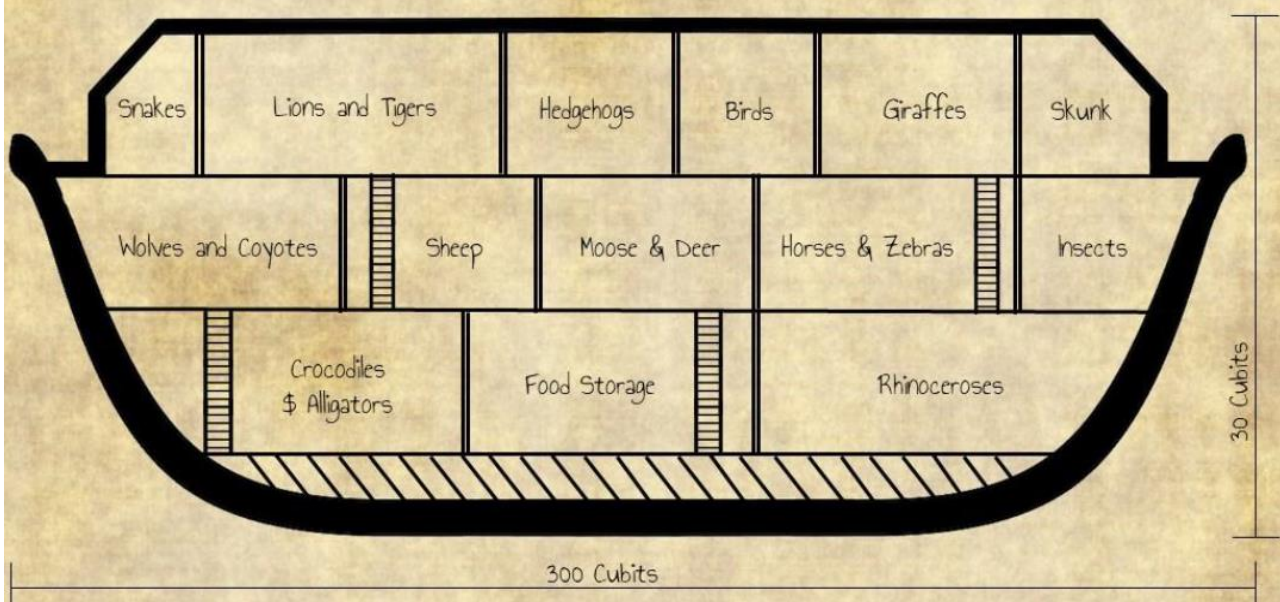




## Ark Blueprint Draft #2

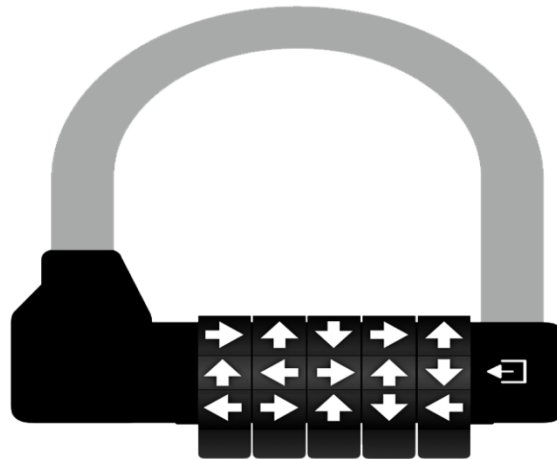


## Ark Blueprint Draft #3



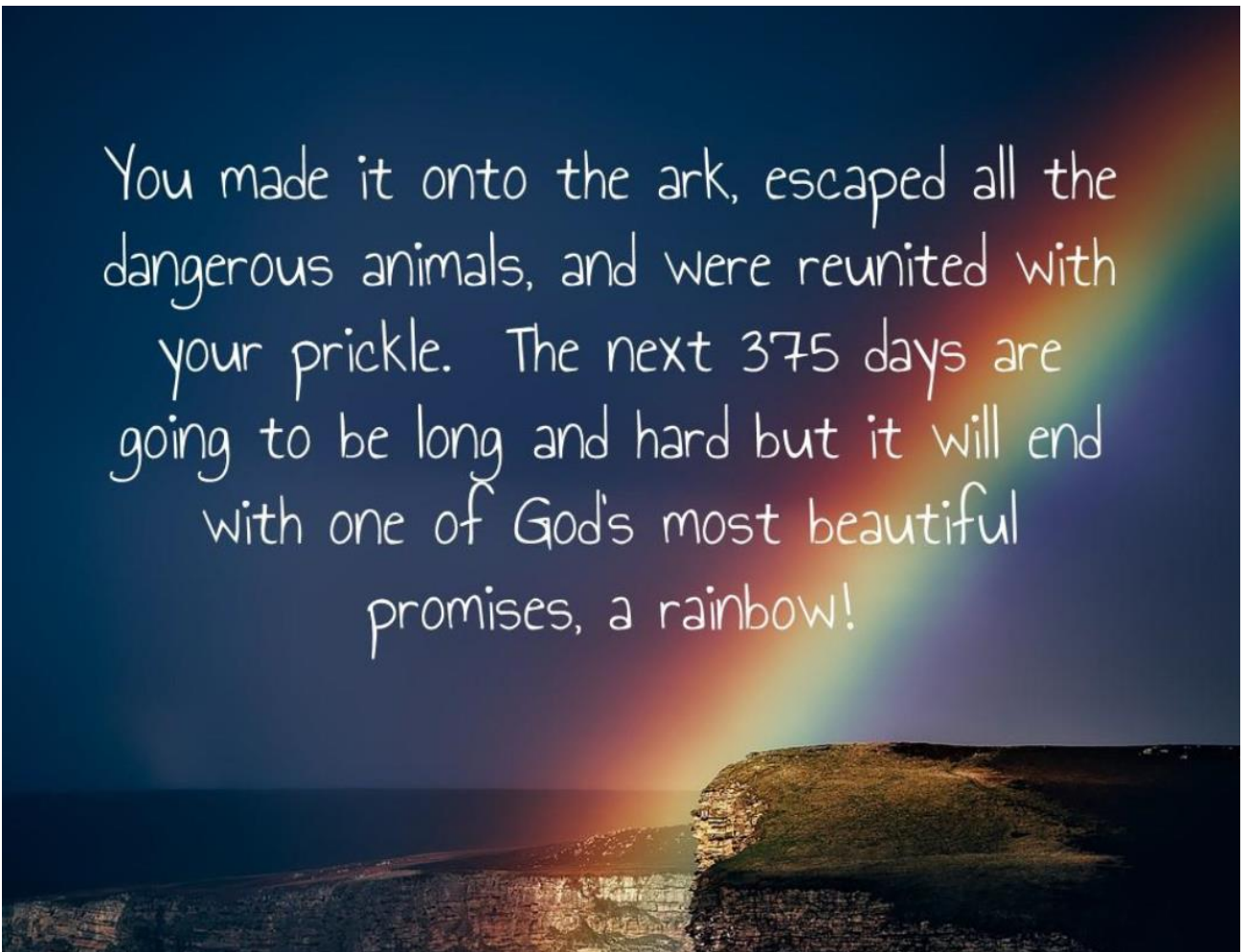


LOCK TO BE STUCK ON BOX 1 (THE SMALLEST BOX)



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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- What questions do you still have about Noah?

### 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?

### Reflection Questions

- What is one new thing you learned about Noah or the ark?
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- What questions do you still have about Noah?



## 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

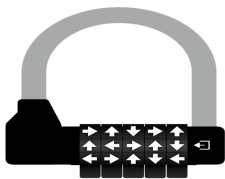
#### Finding the Answer:

- 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

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## 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

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## 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

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## 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



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## 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

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## Day 2

140

DEPARTMENT OF CATECHESIS  
SYRO MALABAR EPARCHY OF ST THOMAS THE APOSTLE,  
MELBOURNE





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

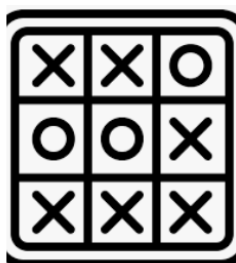
### MATERIALS REQUIRED:

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

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## 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:



**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-aHVD4ID4&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.

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## 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.

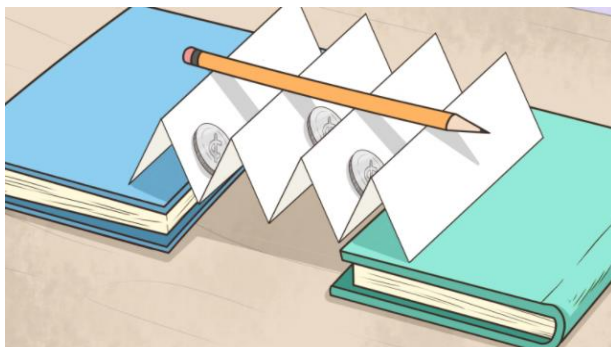


(Note to the resource person: Ask the participants to design the sling shot on their own, when you introduce the challenges. Only if a team is struggling, give them clue to design it as shown below. The cut they make on the balloon must be small enough to hold the paper cup tight, when the balloon is 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 - <sup>37</sup> 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. <sup>38</sup> "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)

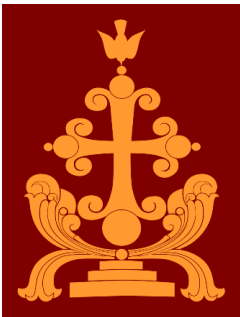



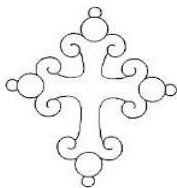




	<p>Zunara [Latin Tradition: Cincture or Girdle]: It is the belt like strip of cloth worn over the Kottina at the waist. It is the symbol of "Chastity" (9)</p>	<p>This reminds the Celebrant that the holy Qurbana and all other liturgical rites are to be performed with perfect holiness, keeping oneself 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](http://martomamargam.blogspot.com/2008/11/liturgical-vestments_10.html)

#### BIBLE VERSES

NA

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## 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

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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]

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#### BIBLE VERSES

NA



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