

Week 3: To the Heights

Week of Oct. 25

The Approach: On The Mass

“They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers.” -Acts 2:42

GOAL: The goal of this session is to help the youth better understand the Mass and how it provides the grace necessary to accomplish the mission that they are sent on at the end of every Mass.

MAIN IDEAS:

- The word “Mass” comes from the Latin word “missio,” meaning “mission.” In the Mass, we are equipped for our mission and sent to accomplish it in our everyday lives. (CCC 1332)
- The fundamental structure of the Mass has remained the same since the birth of the Church, which revolved around the early Christian faithful coming together for “the teaching of the apostles and to the communal life, to the breaking of bread and to the prayers” (Acts: 2:42). (CCC 1342-1347)
- We are called to prepare ourselves for each Mass, even before we enter the doors of a church, so that we may give due reverence and respect to the Mass and be properly disposed to receiving Christ and all the grace He offers us. (CCC 1385-1389)

GATHER: “Ghost” The goal of the game is to spell words, but not finish them! The first player says a letter and then the second player must add another letter to the first, having a word in mind that they are trying to spell (two & three letter words do not count). The other player continues the chain, always adding on to the word without wanting to finish it because the player who adds on the final letter to complete the word loses the round and earns a "G." The first player to get 5 letters and spell G-H-O-S-T is out and this continues until there is one winner. If one player doesn't think that the last letter played by the other player creates any possible words—i.e. he doesn't believe they're working toward a real word anymore, they can “challenge.”

Example Rounds:

- | | |
|--------------------------------|---------------------------------------------------|
| • Player 1: S | • Player 1: S |
| • Player 2: Q | • Player 2: Q |
| • Player 1: U | • Player 1: U |
| • Player 2: A | • Player 2: A |
| • Player 1: S | • Player 1: G |
| • Player 2: H (Gains 1 letter) | • Player 2: Challenge |
| | • Player 1: Squaggly (Not a word, gains 1 letter) |

CONNECT: Our St. Matthew priests are giving the Connect message this week (video will be found on [Lessons@Home](#))

EXPLORE: *Lectio Divina*

Lectio Divina means “divine reading” in Latin. It is a form of prayer where we dive into the Sacred Scripture to have a conversation with God. The Bible is not an old book written by a bunch of guys who are now dead—it is the living Word of God that speaks to us, to you. When we pray Lectio Divina, we allow the Word to sink deep into our hearts and we can draw out what the Lord wants to say to us.

Follow *How to Pray Lectio Divina* below. Teens can follow along on page 11 of their booklet and in their Bible. Use [Matthew 5:1-12a](#) as the Scripture passage.

REFLECT: This Gospel reading is for a special solemnity (a feast day of the highest importance) this coming Sunday (November 1st) – The Solemnity of All Saints.

What does this reading have to do with All Saints Day? Jesus uses the word “blessed” in the same way the Old Testament does, which means that those who are blessed are righteous. Being righteous means that you are in right relationship with God, and you will join God in heaven when you die. Jesus is telling the crowds who is blessed,

who is righteous, which is very different than what they thought before. It is precisely those who are in need, who lack, and who are persecuted that are righteous and they will reap their reward in heaven. The saints of the Church are people like you and I who have done just that. We honor the saints because they made it! They have done what we're trying to do, which is make it to heaven! **Use the journal questions to continue your discussion.**

LIVE IT

Pray Lectio Divina again during the week. The daily Gospel readings are a great place to find good passages! Look up a saint and add them to your daily prayer this week asking for their help & intercession. If you have sports practice/games, try St. Sebastian! If you have a quiz or test, try St. Thomas Aquinas!

How to Pray Lectio Divina (Leader Guide)

Opening Prayer: Heavenly Father, we thank You so much for the gift of the Mass and the many graces that You offer to us to aid us in accomplishing Your Will in our lives. Lord, help us to open our hearts to Your Divine Word so that we may draw closer to Your Son, our Lord, Jesus Christ. Amen.

Lectio (Read)

Select a Scripture passage: **Matthew 5:1-12a**
Read through the passage aloud, slowly & deliberately.

Meditatio (Meditate)

Silently reflect and journal on the following questions in between readings.

What words or phrases stood out to you? Why?

Take a “two deep breaths” pause.

Read the passage for a second time.

Which person/character in this passage do you identify with most? Why?

Take a “two deep breaths” pause.

Choose another teen to read the passage for a third time.

What is God trying to tell/reveal to you through this passage? Why is this passage important to hear?

Take a “two deep breaths” pause.

Oratio (Pray)

Discuss these questions with your teen:

- What stuck out to you the most? Why?
- What does this Scripture reading reveal about God?
- Did this passage raise any questions for you?
- What in this passage can you practically apply to your own life?

Contemplatio (Contemplate/Think About)

What do you feel the Spirit is guiding you to add/change/remove from your life this week?

Closing Prayer: Father, we thank You for speaking to us through Your Holy Word. Give us a deep desire to receive Your Son, Jesus, both in the Word of God and in the Eucharist at Mass so that we may be strengthened to go out and be witnesses of Your love and mercy in the world. Amen.