

YOUTH IN THE LIGHT OF CHRISTUS VIVIT

*Everything he touches
becomes young,
new, full of life.*

Training material for young people



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INTRODUCTION

Welcome to this new adventure!

You have in your hands an easy, new, dynamic material full of possibilities to deepen the post-synodal ***Apostolic Exhortation Christus Vivit (ChV)***.

This document was a precious gift from Pope Francis to all young people, born after the Synod of Bishops held at the Vatican from 3rd to 28th October 2018, which had as its title: ***"Young people, the faith and vocational discernment"***.

This event was lived intensely as a moment of grace inside and outside the Church, both for the priests in charge of youth ministry in their various fields, and for all the agents, mentors and promoters in these exciting tasks.

We at Catholic Action (CA) also participated actively in the preparation at various levels: at local, diocesan and parish levels and at national and international levels, participating with our representatives in the Pre-Synod and Synod.

The hope and desire of all to see the Spirit blow strongly, and a "new time" open up, within our Church, with new possibilities with young people, was evident.

- **The Church listening to young people**

The Synod was a success, and not only because of the proposals for dialogue, openness, receptiveness and participation with highly positive signs, but also because of the previous process carried out in the previous months. Here we were able to reflect and dialogue on the basis of the survey in preparation for the previous document: *Instrumentum Laboris*, and thus discern what God was asking us to do for the youth of the world at this time in history.

"The Church" has listened to us: it has opened its ears and its heart to young people by means of a survey open to all the realities of youth ministry in the world; it is addressed to all young people of any condition or race, even offered to "non-believers", and it is totally open to young people who are searching.

"The Church" has listened to us: it was clearly perceived in the Pre-synod held in Rome, from 19th to 24th March 2018, where the representatives of the various movements and associations of the world working with youth were able to express their desires and concerns to the Pope.

"The Church" has listened to us: because during the Synod there was a large number of young people, representing everyone's opinion, within the dynamics and spaces of synodal dialogue.

"The Church has listened to us and is listening to us", that is why this is the time to enjoy, and to fill us with life and the desire to evangelize, with all that she wants to transmit the fruit of all that has been worked on during this time: **Christus Vivit**. We can say that the Synod is continuing in our local Churches and CA immediately began to hold CV as a point of reference in various countries and also at regional and continental meetings.

The International Forum of Catholic Action (FIAC), thanks to the work done by its international youth coordination, offers all the youth of the world this didactic material for working with groups and teams in parishes and ecclesial communities, so that we may deepen all the possibilities offered by *Christus Vivit*.

"Christ is alive and he wants you to be alive!" (ChV 1), we are offered the opportunity to participate actively and responsibly in the life of the Church, as **young protagonists** of evangelisation and to therefore contribute to the rejuvenation of our Church in this favourable time, our Kairos!

The certainty that we are not "strange", and that living the faith in **our youth is a talent and a gift**. We invite the youth not to live on the defensive, but to live with intensity so that they can strengthen **their being "missionary discipleship"**.

The exhortation also addresses the importance of **women's claims** *"for greater reciprocity between males and females"* (ChV 42) within and outside the Church, the importance of **sexuality in the youth stage**, the use of **digital media for pastoral work** and as a means of communication extended

throughout our society. Various Chapters full of possibilities and invitations towards the creativity required to present the authentic truth of the proposal of Jesus Christ.

It places at the centre certain social problems such as the **anti-immigrant discourse**, so dangerously widespread in today's society, **the scourge of abuse**, the reality of **the elderly**, and it renames young people as "**protagonists in the revolution of charity in the Church**". It invites us to know these social issues where young people are called to renew, change, work for, eradicate, and get involved first hand in each of these problems.

Young pastoral protagonists at parish and diocesan level, it is no longer the time of creating youth ministry for young people but putting CV in practice means programming, working with young people, making them protagonists of projects, and not mere recipients or spectators of a process.

The exhortation renews the concept of **parish, community and group**. It affirms that a young person needs the Gospel to be proclaimed to him in order to have a personal experience with Jesus Christ, undoubtedly but, in the same way, he also needs a subsequent path, an integral process where he can continue to strengthen his friendship with Jesus.

With this perspective, we want to emphasise also in the light of the associative experience that young people are an indispensable link in the intergenerational dialogue in the family, in the Church and in society (ChV 80, 191). In *Christus Vivit* the figure of the priest as an assistant **is reinforced and the concept of being accompanied** both on a personal and group level is reaffirmed. It also reiterates the importance of **discernment** to discover God's call in our lives and the vocation that every one of us is called to discover and live fully. "Your vocation inspires you to bring out the best in yourself for the glory of God and the good of others. It is not simply a matter of doing things, but of doing them with meaning and direction" (ChV 257). Together, let us take up the invitation to young people to question themselves about holiness, starting from the normality of living faith in our daily life. A renewed proposal in which holiness is attractive and transforming for young people so that they are not "photocopies" but fully themselves. (ChV 107). ChV encourages us to grow in holiness and commitment to our vocation (ChV 3).

• The adventure of "being young"

We invite all young Christians, men and women of the world, to savour *Christus Vivit* as a deepening, as an effective instrument, as an evangelizing compass to transform our hearts and those of other young people according to the Good News of Jesus of Nazareth.

Dream... Create... Be ambitious and passionate!

The Church needs you and expects great things from each and every one of you: “You are the now of God”, never forget that.



Keep running, “attracted by the face of Christ, whom we love so much, whom we adore in the Holy Eucharist and acknowledge in the flesh of our suffering brothers and sisters. May the Holy Spirit urge you on as you run this race.

(ChV 299)

The date of this text is July 4, 2020.

This date is particularly dear to us because it is the liturgical memory of Blessed Pier Giorgio Frassati who returned to the house of the Father on the 4th of July, 1925 and was beatified on the 20th of May 1990. Pope Francis included him in the list of witnesses in CV 60: "was a young man filled with a joy that swept everything along with it, a joy that also overcame many difficulties in his life". He said he wanted to return the love of Jesus that he received in Holy Communion by visiting and helping the poor."

Pier Giorgio had the great passion of friendship; we hope that this text will also help us to nourish the same passion of friendship.

We thank Fran Ramirez Mora, Jóvenes Acción Católica General Spain, and Jorge Arrieta, Jóvenes Acción Católica Argentina, who coordinated this work.

International Forum of Catholic Action

Youth Coordination

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METHODOLOGICAL NOTES

- A dynamic material

This document is designed for young people, **groups of young people** who wish to enter into the adventure of reflecting on their vocation and their missionary discipleship as young Christians, both outside and inside the Church, in the light of *Christus Vivit*.

It contains visual and musical resources to energise all the chapters, thus achieving a greater result in each one of them.

- Dynamics of each chapter

Each chapter corresponds to its counterpart in the exhortation, having the following simple structure:

Contents

It offers a simple and summarized proposal of the contents of the chapter, avoiding a theoretical exhibition and focusing on a visual and attractive proposal.

You... are the NOW of God

Resources of the theme

We offer some musical and visual proposals to energize the chapter with the youth's own resources, using examples of young people trying to bring to their lives some aspect of what was discussed in the chapter.

'You are the NOW of God' consists of:

What's there
to see...



Pastoral tools through **videos and testimonies** about young people living in line with what is discussed in each chapter.



I'm all
ears ...

Music resources, for meetings, in English and Spanish.

Young people
reflecting



Meeting in groups: This is the moment where we deepen our reflection on the chapter, proposing a group meeting, accessible and close, with questions. We will use, for this purpose, the dynamic of **the revision of life: See, Judge and Act**, or as Francis has renamed it: **Recognise, Interpret and Choose**.

The aim of this part is to seek dialogue and reflection on the lives of young people, inviting them to listen to the calls of God and to know how to respond with concrete commitments in their lives, seeking to transform their environments and society in general.



ACT - Be (a) missionary: This is the last part of the chapter, where we invite the group of young people to take a group commitment in a missionary key.

Young people must change the world "*by walking together*".

- **Invitation to collaboration**

This text is a dynamic tool, it is the first version, dated July 4, online.

We are waiting for your comments, your criticisms, and your suggestions for a next version or even for later versions that could deal with one or more chapters of CV.

WRITE TO US on:

youth@catholicactionforum.org

CHAPTER I

WHAT DOES THE WORD OF GOD HAVE TO SAY ABOUT YOUNG PEOPLE?

"Speak, Lord, for your servant is listening"
(1 Sam 3, 9-10)



Samuel was still a young boy, yet the Lord spoke to him. Thanks to the advice of an adult, he opened his heart to hear God's call: "Speak, Lord, for your servant is listening" (1 Sam 3:9-10).
(ChV 8)

King David was chosen while still a boy. When the prophet Samuel was seeking the future king of Israel, a man offered as candidates his sons who were older and more experienced. Yet the prophet said that the chosen one was the young David, who was out tending the flock (cf. 1 Sam 16:6-13), for "man looks on the outward appearance, but the Lord looks on the heart" (v. 7).

(ChV 9)

Jeremiah called despite his youth to rouse his people. In his fear, he said: "Ah, Lord God! Truly I do not know how to speak, for I am only a youth" (Jer 1:6). But the Lord told him not to say that (cf. Jer 1:7), and added: "Do not be afraid of them, for I am with you to deliver you" (Jer 1:8). The devotion of the prophet Jeremiah to his mission shows what can happen when the brashness of youth is joined to the power of God.

(ChV 10)

In the Old Testament

In the New Testament

Young people are not meant to become discouraged; they are meant to dream great things, to seek vast horizons, to aim higher, to take on the world, to accept challenges and to offer the best of themselves to the building of something better. That is why I constantly urge young people not to let themselves be robbed of hope; to each of them I repeat: "Let no one despise your youth" (1 Tim 4:12).

(ChV 15)

Jesus, himself eternally young, wants to give us hearts that are ever young. God's word asks us to "cast out the old leaven that you may be fresh dough" (1 Cor 5:7).

(ChV 13)

We should never repent of
spending our youth being good,
opening our heart to the Lord, and
living differently. None of this takes
away from our youth but instead
strengthens and renews it: "Your
youth is renewed like the eagle's"
(Ps 103:5).

(ChV 17)

If you have lost your inner vitality, your
dreams, your enthusiasm, your
optimism and your generosity, Jesus
stands before you as once he stood
before the dead son of the widow,
and with all the power of his
resurrection he urges you: "Young
man, I say to you, arise!" (Lk 7:14).
(ChV 20)

In the Word of God, everyone can find the light to strengthen their faith, ask themselves questions and seek answers.

Young man, do not be afraid and turn to the Word of God.

"The truth will set you free" (Jn 8:32)

Here is a testimony from a young woman who read the Bible and found faith:



Whats there to see...

You... are
the Now of God

RESOURCES for this TOPIC



I'm all ears ...

We live in a world full of constant noises and over information. Sometimes, to meet each other we need a moment of silence where we may travel to our inner selves.

It is there that the Word is most vibrant and effective.

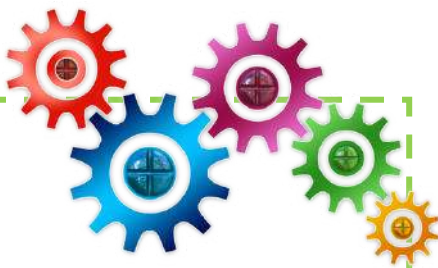
We invite you to live these moments of meditation, recollection and desert in your daily life to reflect on and savour the Word of God.

The song "**Alone**" by **Hollyn**, may help you to seek a little solitude. Let the Lord speak to you.

Listen carefully:



Young people reflecting



SEE – Recognise

- Do you turn to the Word of God for answers, to find peace? Why?
- Do you have any experience of having found light in your life in God's Word, in the Bible?

JUDGE - Interpret

- Do you hear the Lord's voice in your daily life?
- Can you discern what the Lord is asking of you when he speaks to you?
- What situations make you give up and what others make you dream of your youth?

ACT - Choose

- Look for a real and achievable commitment so that the Word of God is more present in your "day to day".
 - The Word of God strengthens our happiness as young people rooted in Christ.
- Are you able to convey to others the joy that comes from being young?

Young
people on a
MISSION



ACT – Be (a) MISSIONARY

- We propose that you take a few moments to read the Biblical passages of Samuel, David and Jeremiah, so that before the Lord, you can question your life as a young person, in the light of these passages.
- Make a **missionary** commitment to transmit to other young people the eternal joy that comes from an encounter with Jesus.

CHAPTER II

JESUS, EVER YOUNG

“Jesus is young among the young in order to be an example for the young and to consecrate them to the Lord” (ChV 22)



- The Lord “gave up his spirit” (cf. Mt 27:50) on a cross when he was little more than thirty years of age (cf. Lk 3:23). It is important to realize that Jesus was a young person. He gave his life when he was, in today’s terms, a **young adult**. He began his public mission in the prime of life, and thus “a light dawned” (Mt 4:16) that would shine most brightly when he gave his life to the very end. (ChV 23)
- Every young person who feels called to a mission in this world is invited to hear the Father speaking those same words within his or her heart: “**You are my beloved child**”. (ChV 25)

Jesus' youth

His youth teaches us

Jesus does not teach you, young people, from afar or from without, but from within your very youth, a youth he shares with you. It is very important for you to contemplate the young Jesus as presented in the Gospels, for he was truly one of you, and shares many of the features of your young hearts. **(ChV 31)**

- Jesus is risen, and he wants to make us sharers in the new life of the resurrection. He is the true youthfulness of a world grown old, the youthfulness of a universe waiting “in travail” (Rom 8:22) to be clothed with his light and to live his life. With him at our side, we can drink from the true wellspring that keeps alive all our dreams, our projects, our great ideals, while impelling us to proclaim what makes life truly worthwhile. **(ChV 32)**



A Church open to renewal

Let us ask the Lord to free the Church from those who would make her grow old, encase her in the past, hold her back or keep her at a standstill. But let us also ask him to free her from another temptation: that of thinking she is young because she accepts everything the world offers her, thinking that she is renewed because she sets her message aside and acts like everybody else. No! The Church is young when she is herself, when she receives ever anew the strength born of God's word, the Eucharist, and the daily presence of Christ and the power of his Spirit in our lives. The Church is young when she shows herself capable of constantly returning to her source. **(ChV 35)**

Those of us who are no longer young need to find ways of keeping close to the voices and concerns of young people. "Drawing together creates the conditions for the Church to become a place of dialogue and a witness to life-giving fraternity". We need to make more room for the voices of young people to be heard: "listening makes possible an exchange of gifts in a context of empathy...". **(ChV 38)**

The youth of the Church

A substantial number of young people, for all sorts of reasons, do not ask the Church for anything because they do not see her as significant for their lives. Some even ask expressly to be left alone, as they find the presence of the Church a nuisance, even an irritant. **(ChV 40)**

This request does not always stem from uncritical or impulsive contempt. It can also have serious and understandable reasons: sexual and financial scandals; a clergy ill-prepared to engage effectively with the sensitivities of the young; lack of care in homily preparation and the presentation of the word of God; the passive role assigned to the young within the Christian community; the Church's difficulty in explaining her doctrine and ethical positions to contemporary society". **(ChV 40)**

Although many young people are happy to see a Church that is humble yet confident in her gifts and capable of offering fair and fraternal criticism, others want a Church that listens more, that does more than simply condemn the world. **(ChV 41)**

*A Church attentive to
the signs of the times*



They do not want to see a Church that is silent and afraid to speak, but neither one that is always battling obsessively over two or three issues. To be credible to young people, there are times when she needs to regain her humility and simply listen, recognizing that what others have to say can provide some light to help her better understand the Gospel. A Church always on the defensive, which loses her humility and stops listening to others, which leaves no room for questions, loses her youth and turns into a museum. **(ChV 41)**

In the heart of the Church, Mary shines forth. She is the supreme model for a youthful Church that seeks to follow Christ with enthusiasm and docility. While still very young, she accepted the message of the angel, yet she was not afraid to ask questions (cf. Lk 1:34). With open heart and soul, she replied, "Behold, I am the handmaid of the Lord" (Lk 1:38). **(ChV 43)**

Mary did not take out an insurance policy! She took the risk, and for this reason she is strong, she is an **'influencer'**, the **'influencer' of God**. Her 'yes' and her desire to serve were stronger than any doubts or difficulties'. **(ChV 44)**

Without yielding to evasions or illusions, "she accompanied the suffering of her Son... she supported him by her gaze and protected him with her heart. She shared his suffering, yet was not overwhelmed by it. She was the woman of strength who uttered her 'yes', who supports and accompanies, protects and embraces. **She is the great guardian of hope...**" **(ChV 45)**

Today, Mary is the Mother who watches over us, her children, on our journey through life, often weary and in need, anxious that the light of hope not fail. For that is our desire: that the light of hope never fail. Mary our Mother looks to this pilgrim people: a youthful people whom she loves, and who seek her in the silence of their hearts amid all the noise, the chatter and the distractions of the journey. Under the gaze of our Mother, there is room only for the silence of hope. Thus Mary illumines anew our youth. **(ChV 48)**

YOUNG WITNESSES ... YOUNG SAINTS

The heart of the Church is also full of young saints who devoted their lives to Christ, many of them even to dying a martyr's death. They were precious reflections of the young Christ; their radiant witness encourages us and awakens us from our lethargy. The Synod pointed out that "many young saints have allowed the features of youth to shine forth in all their beauty, and in their day they have been real prophets of change. Their example shows what the young are capable of, when they open themselves up to encounter Christ". **(ChV 49)**

Through the holiness of the young, the Church can renew her spiritual ardour and her apostolic vigour. Some examples are found in the lives of Saint Sebastian, Saint Francis of Assisi, Saint Joan of Arc, Saint Dominic Savio, Saint Thérèse, Therese of the Child Jesus, among many others. **(ChV 50-63)**

Pope Francis emphasizes the figure of a young man we have in Catholic Action as an example of a faithful friend and witness of Jesus, "Blessed Pier Giorgio Frassati, who died in 1925, "was a young man filled with a joy that swept everything along with it, a joy that also overcame many difficulties in his life". Pier Giorgio said that he wanted to return the love of Jesus that he received in Holy Communion by visiting and helping the poor. (ChV 60)

A light for us in Catholic Action and for all young Christians in the world. A reflection of how God can do wonders in our hearts if we allow ourselves to be guided by Him.

Following in the footsteps of Pier Giorgio, we invite young people to always aim high:

Upwards! Verso Ualto!



You... are the Now of God

RESOURCES for this TOPIC

Young people have always been considered as "the motor of change" on a political, economic, social and educational level.

Young people with their critical spirit, their overflowing joy and their great boldness have been able to bring about great changes and movements in our society.

Likewise in our Church.

Many of our great saints are young. They have advocated change in the Church from within, from the heart; building and transforming Church structures with love.

Music is a tremendous vehicle for executing this renewal, that "breath of the Spirit" always young and renewed within our Church.

GRILEX. The
Conversion
Testimony of a
young rapper

What's there to see...

Therefore we invite you to savour the testimony of a young man who, through rapping, is able to meet Christ and make others meet Him.

It is a bit long, but worth it.

Youth can change the signs of the times.





I'm all ears ...

How many times have you heard a song you like and didn't stop to think about what it means to you? I suggest the song "**The Scientist**".

Its lyrics allude to a man who surrendered to love, who expressed his desire to return to the beginning. According to Chris Martin, leader of the British band Coldplay, the song talks only about girls, but what if we analyse it with "God's glasses" in our eyes?

Today we have to deal with a hectic pace of life: studies, work, parish meetings, our family and friends, etc. All of this means that, on some occasions, God is not as present in our lives as we would like him to be. Surely you've been away from Him at some point and turned on the autopilot of routine.



The protagonist of our song is shown as a reasonable person, who delves between numbers and figures trying to decipher the enigma of his happiness. However, the questions he tries to answer do not speak as loudly as his heart. Soon, he finds himself and realizes that God is still waiting for him. This makes him come back in repentance, assuming he was the one who had left. This time, he has understood what his relationship with Him must be like: tell me your secrets and what is going on in your head, let's run in circles, let's chase each other and go to an unknown science. In short, he wants to know Him, to trust

Him and to let himself be carried away by His unconditional Love.

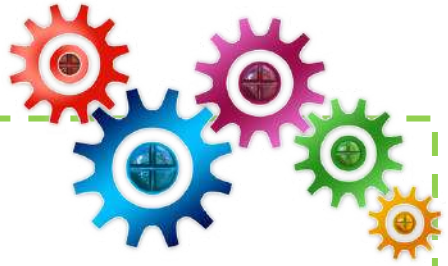
Like all the important things in life, no one said that our relationship with God was easy. But rest assured that He is waiting for you, He is "ever-young", He knows you and above all, He welcomes you with open arms when you decide to return to His side. That is why I invite you to listen to this song and to stop for a moment to analyse what your relationship with God is:



The scientist
COLDPLAY



Young people reflecting



SEE - Recognise

- How has the Church helped you throughout your life? Give an example or a life event where this is reflected.
- Do you believe that the young Jesus Christ is an example for the young people of our time? Why?

JUDGE – Interpret

- What elements in your life make you feel part of the Church?
- What do we need as a Church in order to make an authentic journey of renewal?
- What things do you identify in your mission, in your commitment in the Church that contributes to your holiness?
- Does the Church help you to reflect on your life?

ACT- Choose

- How do you intend to discern the signs of the times and identify your inputs as a young Christian in this journey of constant ecclesial renewal?
 - What are you doing to make the Church "younger"?
- We invite you to make a clear and achievable commitment to this topic.

Young
people on a
MISSION



ACT – Be (a) MISSIONARY

- We propose that you may bring back to your Parish, someone, some young person, who for various reasons, has moved away from the Church. In the same way, we invite you to pray for that person.

CHAPTER III

YOU ARE THE “NOW OF GOD”

“After this brief look at the word of God, we cannot just say that young people are the future of our world. They are its present; even now, they are helping to enrich it.”
(ChV 64)



Each young person's heart should thus be considered "holy ground", a bearer of seeds of divine life, before which we must "take off our shoes" in order to draw near and enter more deeply into the Mystery.

(ChV 67)

Indeed, "youth" does not exist: there exist only young people, each with the reality of his or her own life. In today's rapidly changing world, many of those lives are exposed to suffering and manipulation.

(ChV 71)

Young people in a world in crisis

We weep when we think of all those young people who have already lost their lives due to poverty and violence, and we ask society to learn to be a caring mother. None of this pain goes away; it stays with us, because the harsh reality can no longer be concealed. The worst thing we can do is adopt that worldly spirit whose solution is simply to anaesthetize young people with other messages, with other distractions, with trivial pursuits.

(ChV 75)

At times, the hurt felt by some young people is heart-rending, a pain too deep for words. They can only tell God how much they are suffering, and how hard it is for them to keep going, since they no longer believe in anyone. Yet in that sorrowful plea, the words of Jesus make themselves heard: "Blessed are those who mourn, for they shall be comforted" (Mt 5:4)

(ChV 77)

Our present-day culture exploits the image of the young. Beauty is associated with a youthful appearance, cosmetic treatments that hide the traces of time. Young bodies are constantly advertised as a means of selling products.

(ChV 79)

Desires, hurts and Longings:

For this and other reasons, sexual morality often tends to be a source of "incomprehension and alienation from the Church, inasmuch as she is viewed as a place of judgment and condemnation".

(ChV 81)

Body and Sexuality

Yet in a world that constantly exalts sexuality, maintaining a healthy relationship with one's body and a serene affective life is not easy.

(ChV 81)

Young people are aware that the body and sexuality have an essential importance for their lives and for their process of growth in identity.

(ChV 81)

The capacity to intervene in DNA, the possibility of inserting artificial elements into organisms (cyborgs) and the development of the neurosciences represent a great resource, but at the same time they raise serious anthropological and ethical questions". They can make us forget that LIFE IS A GIFT, and that we are creatures with innate limits, open to exploitation by those who wield technological power.

(ChV 82)

In our times, "advances in the sciences and in biomedical technologies have powerfully influenced perceptions about the body, leading to the idea that it is open to unlimited modification.

(ChV 82)

"Life is a gift"

Scientific and technological advances

The web and social networks have created a new way to communicate and bond. They are "a public square where the young spend much of their time and meet one another easily, even though not all have equal access to it, particularly in some regions of the world.

(ChV 87)

The Digital World

They provide an extraordinary opportunity for dialogue, encounter and exchange between persons, as well as access to information and knowledge.

(ChV 87)

It is not healthy to confuse communication with mere virtual contact. Indeed, "the digital environment is also one of loneliness, manipulation, exploitation and violence, even to the extreme case of the 'dark web'".

(ChV 88)

New forms of violence are spreading through social media, for example cyberbullying. The internet is also a channel for spreading pornography and the exploitation of persons for sexual purposes or through gambling.

(ChV 88)

The proliferation of fake news is the expression of a culture that has lost its sense of truth and bends the facts to suit particular interests. The reputation of individuals is put in jeopardy through summary trials conducted online. The Church and her pastors are not exempt from this phenomenon.

(ChV 89)

It is true that the digital world can expose you to the risk of self-absorption, isolation and empty pleasure. But don't forget that there are young people even there who show creativity and even genius. That was the case with the Venerable Carlo Acutis.

(ChV 104)

How can we fail to think of all those young people affected by movements of migration?" Migration, considered globally, is a structural phenomenon, and not a passing emergency. It may occur within one country or between different countries. The Church's concern is focused especially on those fleeing from war, violence, political or religious persecution, from natural disasters including those caused by climate change, and from extreme poverty. Many of them are young.

(ChV 91)

Migrants

In general, they are seeking opportunities for themselves and their families. They dream of a better future and they want to create the conditions for achieving it". Migrants "remind us of a basic aspect of our faith, that we are 'strangers and exiles on the earth'

(ChV 91)

In a special way, I urge young people not to play into the hands of those who would set them against other young people, newly arrived in their countries, and who would encourage them to view the latter as a threat, and not possessed of the same inalienable dignity as every other human being.

(ChV 94)

Recently, urgent appeals have been made for us to hear the cry of the victims of different kinds of abuse perpetrated by some bishops, priests, religious and laypersons. These sins cause their victims "sufferings that can last a lifetime and that no repentance can remedy. This phenomenon is widespread in society and it also affects the Church and represents a serious obstacle to her mission"

(ChV 95)

"The Synod reaffirms the firm commitment made to adopting rigorous preventative measures intended to avoid the recurrence [of these crimes], starting with the selection and formation of those to whom tasks of responsibility and education will be entrusted". At the same time, the determination to apply the "actions and sanctions that are so necessary" must be reiterated. And all this with the grace of Christ. There can be no turning back.

(ChV 97)

Abuses

You... are the Now of God

RESOURCES for this TOPIC

There are many young people in difficulty: migrants, the unemployed, the poor, the highly addicted, lonely and desperate young people who do not know what direction to give to their lives.

But there are also many young people who, being in these problematic situations, find God, and radically change perspective on their lives.

Young people who find that Jesus Christ is "the now" of their lives, and begin to live with faith the hardships that come from day to day.

What's there to see...

In ENGLISH

This is the case of María Martínez, who, faced with a situation of difficulty, darkness and enormous loneliness, found the light.

María knew how to open her heart so that Jesus would be *"its now"*.





I'm all ears ...

In this proposed itinerary about Christus Vivit, we suggested from the start that music is one of the most identifying languages of youth.

Young people, as the Pope emphatically affirms, are the "now of God", the "now" of evangelization, the "now" of the necessary change in the world and in our beloved Church, the "now" to give an alternative to other young people with difficulties in our environments and in other parts of humanity that are going through important and real problems.

Young people are the "now of God" also in the social networks to show that in this new and exciting digital world the presence of Jesus of Nazareth can also be present, and in a natural way.

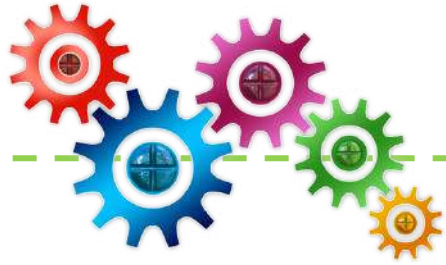
This song tells us how God is present in spite of the problems and difficulties of our lives.

Enjoy it as an inspiration for your missionary and evangelistic work:



*God Only Knows
KING & COUNTRY*

Young people reflecting



SEE – Recognise

- What are young people like today? What do you think they need from the Church?
- How do you manage to evangelize on social networks? Give an example of an event or an experience that has happened to you through social networks and faith.

JUDGE – Interpret

- Do you think that Jesus Christ is present in the digital world and “social networks”? How?
- The Lord was also a "migrant", how do you behave and what do you see in people you encounter who are in a migration situation ?
- Do you pray or do you do something to counteract the pain of the Church for suffering sins of abuse, marginalization, incoherence, or do you simply contribute to the easy and cruel criticism of the world?

ACT- Choose

- What concrete actions do you take for young people in vulnerable situations?
- Look for a real and concrete commitment to make during this week that will help you to bring a Christian message into the realm of social networks.

Young
people on a
MISSION



ACT – Be (a) MISSIONARY

- We invite you to think and take a concrete action of mission with some young people who need you.
- Or you can look for a personal commitment of action with migrants, the poor, the isolated and the marginalized of society

CHAPTER IV

A GREAT MESSAGE FOR ALL YOUNG PEOPLE

“I now wish to speak to young people about what is essential, the one thing we should never keep quiet about”
(ChV 111)



A God who is love

"God loves you". It makes no difference whether you have already heard it or not. I want to remind you of it. God loves you. Never doubt this, whatever may happen to you in life. At every moment, you are infinitely loved. **(ChV 112)**

But what I can tell you, with absolute certainty, is that you can find security in the embrace of your heavenly Father, of the God who first gave you life and continues to give it to you at every moment. He will be your firm support, but you will also realize that he fully respects your freedom. **(ChV 113)**

In God's word, we find many expressions of his love. It is as if he tried to find different ways of showing that love, so that, with one of them at least, he could touch your heart. **(ChV 114)**

For him, you have worth; you are not insignificant. You are important to him, for you are the work of his hands. That is why he is concerned about you and looks to you with affection. **(ChV 115)**

When he asks something of you, or simply makes you face life's challenges, he is hoping that you will make room for him to push you, to help you grow. He does not get upset if you share your questions with him. He is concerned when you don't talk to him, when you are not open to dialogue with him. **(ChV 117)**

Christ saves you

Christ, out of love, sacrificed himself completely in order to save you. His outstretched arms on the cross are the most telling sign that he is a friend who is willing to stop at nothing: "Having loved his own who were in the world, he loved them to the end" (Jn 13, 1). **(ChV 118)**

Look to his cross, cling to him, let him save you, for "those who accept his offer of salvation are set free from sin, sorrow, inner emptiness and loneliness". And if you sin and stray far from him, he will come to lift you up by the power of his cross. Never forget that "he forgives us seventy times seven". **(ChV 119)**

Time and time again, he bears us on his shoulders. No one can strip us of the dignity bestowed upon us by this boundless and unfailing love. With a tenderness that never disappoints but is always capable of restoring our joy, he makes it possible for us to lift up our heads and to start anew". **(ChV 119)**

We are saved by Jesus because he loves us and cannot go against his nature. We can do any number of things against him, yet he loves us and he saves us. For only what is loved can be saved. Only what is embraced can be transformed. The Lord's love is greater than all our problems, frailties and flaws. **(ChV 120)**

Young people, beloved of the Lord, how valuable must you be if you were redeemed by the precious blood of Christ! Dear young people, "you are priceless! You are not up for sale! Please, do not let yourselves be bought. Do not let yourselves be seduced. Do not let yourselves be enslaved by forms of ideological colonization that put ideas in your heads, with the result that you end up becoming slaves, addicts, failures in life. You are priceless. You must repeat this always: I am not up for sale; I do not have a price. I am free! Fall in love with this freedom, which is what Jesus offers". **(ChV 122)**



Christ is alive! We need to keep reminding ourselves of this, because we can risk seeing Jesus Christ simply as a fine model from the distant past, as a memory, as someone who saved us two thousand years ago. **(ChV 124)**

Alive, he can be present in your life at every moment, to fill it with light and to take away all sorrow and solitude. Even if all others depart, he will remain, as he promised: "I am with you always, to the end of the age" (Mt 28,20). **(ChV 125)**

Because he lives, there can be no doubt that goodness will have the upper hand in your life and that all our struggles will prove worthwhile. If this is the case, we can stop complaining and look to the future, for with him this is always possible. That is the certainty we have. Jesus is eternally alive. **(ChV 127)**

He is alive!

The Spirit gives life

In these three truths – **God loves you; Christ is your Saviour; he is alive** – we see **God the Father and Jesus**. Wherever the Father and the Son are, there too is the Holy Spirit. He is the one who quietly opens hearts to receive that message. He keeps alive our hope of salvation, and **he will help you grow in joy if you are open to his working.** (ChV 130)



You... are the Now of God

RESOURCES for this TOPIC

The greatest act of love that we can contemplate on and that surpasses any heroic action in the history of humanity, is to contemplate on the sacrifice of Jesus on the cross.

He did everything to make us happy. Jesus offered and gave his life for each one of us.

“No one has greater love than this, to lay down one's life for one's friends.” (Jn 15, 13)

Jesus no longer wants us to be servants; he renews us, makes us worthy, gives us life. Now he wants us to be friends, "his" friends.

Accept this friendship that Jesus offers you, and enjoy it.

Testimony of Jim Caviezel
the actor of *The Passion
of the Christ*

What's there to see...

The film industry is a powerful and effective instrument in evangelisation.

We invite you, to see the testimony of the actor protagonist of the film "**The Passion of the Christ**" of Mel Gibson.

“I suffered while acting but I knew that this film could save lives”





I'm all ears ...

God loves you!

He loves you and wants you as a friend. He wants you to live and to be happy with great intensity, so that you can offer that life in abundance to other young people.



He has saved us on the Cross, he has suffered and risen for us, simply out of love.

He loves us beyond our sin and our weaknesses.

How can we correspond to so much love?

Simply by turning our gaze to Christ, by sharing his friendship, we can transform our hearts and make them full of his strength, his joy and his grace.

Reflect now on this fact. Christ loves you, he saves you, he wants you alive, and he wants you to give life, and most of all Christ loves you madly.

Reflect while you enjoy this song:

"As I contemplate you on the Cross"
ATHENAS



Young people reflecting



SEE - Recognise: GOD IS LOVE!

- In which daily situations can I observe that God loves me?
- Give some examples from the last few days of experiencing God's love and joy in your life.

JUDGE - Interpret: CHRIST SAVES!

- What limits do I have that keep me from trusting that God really loves me and saves me?
- Is God close to me in my daily difficulties or in my daily joys? How do I feel?
- How do you think God wants to save you? In which way do you believe that this salvation is concrete in your life?

ACT- Choose: HE IS ALIVE!

- With what gestures and attitudes do I show others that Christ lives?
- How can I let God live in me in a clearer and more real way? What can I change concretely in my life, so that God is more present in my actions, decisions, etc?

ACT – Be (a) MISSIONARY

- We invite you to think of someone: a friend, a relative, a classmate or a work colleague, who needs to talk to someone and be listened to by someone, who needs some words of joy and encouragement.

- In the next few days try committing yourself to talking to that person, to listen to them and tell them your experience and thus sharing with them where your joy comes from.

Young
people on a
MISSION



CHAPTER V

PATHS OF YOUTH

**“God is the giver of youth and he
is at work in the life of each young
person”
(ChV 135)**



Youth, more than a source of pride, is a gift of God: “To be young is a grace, a blessing”. It is a gift that we can squander meaninglessly, or receive with gratitude and live to the full. **(ChV 134)**

God is the giver of youth and he is at work in the life of each young person. Youth is a blessed time for the young and a grace for the Church and for the world. It is joy, a song of hope and a blessing. **(ChV 135)**



A time of dreams and decisions

Youth is marked by dreams which gather momentum, by relationships which acquire more and more consistency and balance, by trials and experiments, and by choices which gradually build a life project. **(ChV 137)**

To talk about young people is to talk about promise and to talk about joy. Young people have so much strength; they are able to look ahead with hope. **(ChV 139)**

A young person is a promise of life that implies a certain degree of tenacity. He is foolish enough to delude himself, and resilient enough to recover from that delusion. **(ChV 139)**

Keep following your hopes and dreams. But be careful about one **TEMPTATION** that can hold us back. It is **ANXIETY**. Anxiety can work against us by making us give up whenever we do not see instant results. Our best dreams are only attained through hope, patience and commitment, and not in haste. **(ChV 142)**

Dear young people, make the most of these years of your youth. Don't observe life from a balcony. Don't confuse happiness with an armchair, or live your life behind a screen. **(ChV 143)**

Don't be parked cars, but dream freely and make good decisions. Take risks, even if it means making mistakes. Don't go through life anaesthetized or approach the world like tourists. **Make a ruckus! (ChV 143)**

Cast out the fears that paralyze you, so that you don't become young mummies. Live! Give yourselves over to the best of life! **Open the door of the cage, go out and fly!** Please, don't take early retirement. **(ChV 143)**

As you work to achieve your dreams, make the most of each day and do your best to let each moment brim with love. This youthful day may well be your last, and so it is worth the effort to live it as enthusiastically and fully as possible.

This can also be applied to times of difficulty that have to be fully experienced if we are to learn the message they can teach us. **(ChV 148-149)**

No matter how much you live the experience of these years of your youth, you will never know their deepest and fullest meaning unless you encounter each day your best friend, the friend who is Jesus. **(ChV 150)**

Friendship is one of life's gifts and a grace from God. Through our friends, the Lord refines us and leads us to maturity. Faithful friends, who stand at our side in times of difficulty, are also a reflection of the Lord's love, his gentle and consoling presence in our lives. **(ChV 151)**

Friendship with Jesus cannot be broken.

He never leaves us, even though at times it appears that he keeps silent. When we need him, he makes himself known to us (cf. Jer 29:14); he remains at our side wherever we go (cf. Jos 1:9). **(ChV 154)**



Prayer

With a friend, we can speak and share our deepest secrets. With Jesus too, we can always have a conversation. **Prayer is both a challenge and an adventure. (ChV 155)**

Prayer enables us to share with him every aspect of our lives and to rest confidently in his embrace. At the same time, it gives us a share in his own life and love. (ChV 155)

Seeking the Lord, keeping his word, entrusting our life to him and growing in the virtues: all these things make young hearts strong. That is why you need to stay connected to Jesus, to “remain online” with him, since you will not grow happy and holy by your own efforts and intelligence alone. **(ChV 158)**

At times, a certain inferiority complex can make you overlook your flaws and weaknesses, but that can hold you back from growth in maturity. Instead, let yourself be loved by God, for he loves you just as you are. He values and respects you, but he also keeps offering you more. **(ChV 161)**

But I would also remind you that you won't become holy and find fulfilment by copying others. Imitating the Saints does not mean copying their lifestyle and their way of living holiness: "There are some testimonies that may prove helpful and inspiring, but that we are not meant to copy, for that could even lead us astray from the one specific path that the Lord has in mind for us". You have to discover who you are and develop your own way of being holy, whatever others may say or think. Becoming a saint means becoming more fully yourself, becoming what the Lord wished to dream and create, and not a photocopy. **(ChV 162)**

At times, seeing a world so full of violence and selfishness, young people can be tempted to withdraw into small groups, shunning the challenges and issues posed by life in society and in the larger world. **(ChV 168)**

They may feel that they are experiencing fraternity and love, but their small group may in fact become nothing other than an extension of their own ego. This is even more serious if they think of the lay vocation simply as a form of service inside the Church: serving as lectors, acolytes, catechists, and so forth. They forget that the lay vocation is directed above all to charity within the family and to social and political charity. It is a concrete and faith-based commitment to the building of a new society. It involves living in the midst of society and the world in order to bring the Gospel everywhere. **(ChV 168)**

I ask young people to go beyond their small groups and to build "social friendship, where everyone works for the common good. Social enmity, on the other hand, is destructive. Families are destroyed by enmity. Countries are destroyed by enmity. The world is destroyed by enmity. **(ChV 169)**

Young and committed

You... are the Now of God

RESOURCES for this TOPIC

The World Youth Days (WYD) are an unforgettable experience of communion, fraternity, prayer and witness to the "young Church".

In the same way, during these days, we encounter many young people from different countries of the world. We share with them the faith and the testimony of how the Lord opens "paths" within our hearts and within our lives.

Prayer, sacraments, the Word of God, are vehicles that if we use them will give us light and peace in the midst of the reality that we live.

We invite you to follow [the testimony of a young woman at WYD in Krakow in 2016.](#)

What's there to see...

The Lord changed and converted her life, which was seemingly happy, but in reality she broken and sad inside.

She changed with the strength of His grace from the sacrament of confession. Listen to her testimony carefully:





I'm all ears ...

Music is a good tool to aid in showing people and making them aware that always, no matter what happens, wherever we are, whether we choose different paths in our life, or we carry our commitment inside or outside the Church; that the friendship of Jesus will prevail over everything.

Jesus is always faithful and will always be by our side.

God is ever-young and he wants us to be young, and he wants it to be reflected in our attitude, in our smile, in our life and in the love that our actions denote.



He accompanies us, because we are part of His family, of His people: we are His friends.

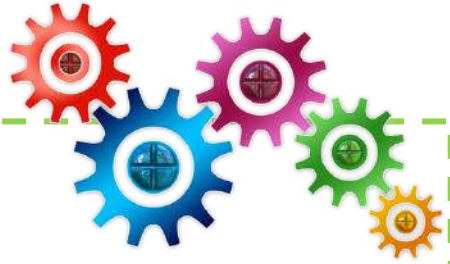
Live your youth as a time where you have the possibility to dream of immense things and impossible utopias, but to dream at the end of the day. Above all, I invite you to live this time as a gift: *Youth is an exciting gift from God.*

Close your eyes and listen to how wonderful it is to live youth as a friend of Jesus.

"Mine"
HOLLYN



Young people reflecting



SEE – Recognise

- Jesus, your great Friend, knows what your dreams are, do you tell them to him? Do you talk to him?
- Where do you put your longing for happiness at this moment? What are your projects, your goals in life?

JUDGE – Interpret

- Is God part of your Life Project? In which way?
- Do you think He has to be "an addition" or the one who guides all your actions?
- Can you express in words, and share with the rest of the group, which actions in your life help you reach happiness: sanctity?
- What abilities and what limitations do you offer to the Lord?

ACT- Choose

- How is your daily prayer?
- Are you aware that your commitment depends on your prayer?
- The Pope asks us to be "contemplative in action", so that all our actions in the world are supported by prayer. How can you make your moments of prayer with Jesus greater and better? Choose an "action", a concrete commitment that will reinforce your prayer in your daily.

Young
people on a
MISSION



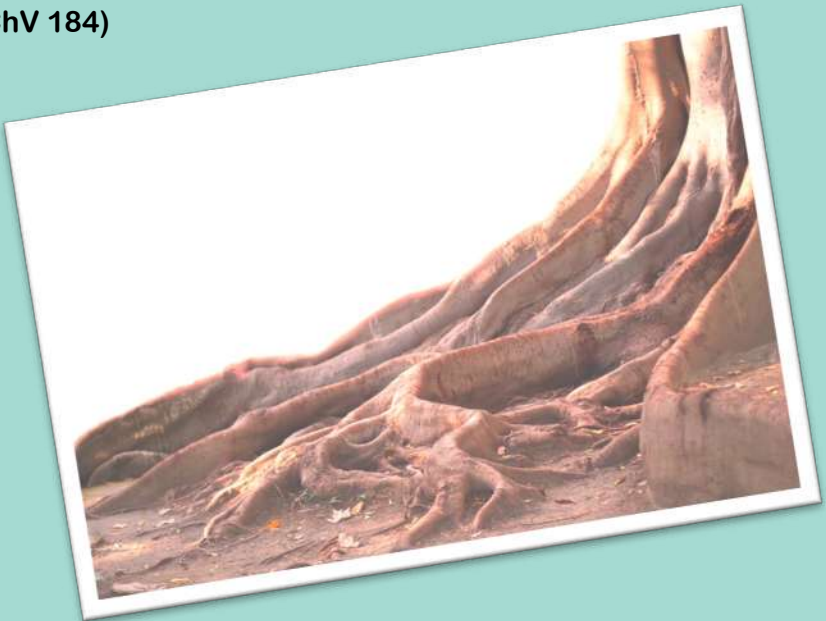
ACT – Be (a) MISSIONARY

- We suggest that you carry out an action, inside the parish, and another outside, in your family, work or social environment, that will contribute to your holiness and your joy.
- As a young person committed to your reality, study or work; what can you contribute in your daily environment so that the joy that Christ desires for all men and women reigns?

CHAPTER VI

YOUNG PEOPLE WITH ROOTS

**“I propose another way, one born of freedom, enthusiasm, creativity and new horizons, while at the same time cultivating the roots that nourish and sustain us”
(ChV 184)**



Young people with roots

That is why it pains me to see young people sometimes being encouraged to build a future without roots, as if the world were just starting now. For "it is impossible for us to grow unless we have strong roots to support us and to keep us firmly grounded. It is easy to drift off, when there is nothing to clutch onto, to hold onto".

(ChV 179)

If we appreciate this issue, we can distinguish the joy of youth from a false cult of youth that can be used to seduce and manipulate young people.

(ChV 180)

Dear young friends, do not let them exploit your youth to promote a shallow life that confuses beauty with appearances.

(ChV 183)

These masters of manipulation also use another tactic: the cult of youth, which dismisses all that is not young as contemptible and outmoded. The youthful body becomes the symbol of this new cult; everything associated with that body is idolized and lusted after, while whatever is not young is despised.

(ChV 182)

We are also witnessing attempts to promote a spirituality without God, an affectivity without community or concern for those who suffer, a fear of the poor, viewed as dangerous, and a variety of claims to offer a future paradise that nonetheless seems increasingly distant. I do not want to offer you any such thing, and with great love I urge you not to let yourselves be taken in by this ideology. It will not make you any younger, but enslave you instead.

(ChV 184)



The elderly

The word of God encourages us to remain close to the elderly, so that we can benefit from their experience: "Stand in the assembly of the elders. Who is wise? Cling to him... If you see an intelligent man, visit him; let your foot wear out his doorstep" (Sir 6:34-36).

(ChV 188)

The elderly have dreams built up of memories and images that bear the mark of their long experience. If young people sink roots in those dreams, they can peer into the future; they can have visions that broaden their horizons and show them new paths. But if the elderly do not dream, young people lose clear sight of the horizon.

(ChV 193)

If we journey together, young and old, we can be firmly rooted in the present, and from here, revisit the past and look to the future. To revisit the past in order to learn from history and heal old wounds that at times still trouble us. To look to the future in order to nourish our enthusiasm, cause dreams to emerge, awaken prophecies and enable hope to blossom. Together, we can learn from one another, warm hearts, inspire minds with the light of the Gospel, and lend new strength to our hands. (ChV 199)

You... are the Now of God

RESOURCES for this TOPIC

There are many young Christians with huge and strong "roots".

They are determined to change the reality around them, and are not satisfied with what they see around them.

Young Christians who are part of and work within political structures and institutions, in NGOs, at the service of children and the elderly, or with the poor in the streets. There are others who fight for the empowerment of women.

This is the example of the young women who participate in the WUCWO, the "World Union of Catholic Women's Organizations".

What's there to see...

This is a clear example of the search for women's equality in countries where they still suffer violence, trafficking and marginalisation.

Alba Martorell, tells us of her testimony at a WUCWO assembly, in which she was lucky enough to participate:

Testimony of Alba Martorell, a young woman from the General Catholic Action in Tortosa (Spain)

One of the commitments that the group of young women discussed at the WUCWO assembly in Dakar was to share what we had done and experienced:

SEE-RECOGNISE

You may wonder what **WUCWO** is: World Union of Catholic Women's Organizations. More than 100 organizations from 66 countries on 5 continents are represented in this global network. From Spain we were 11 people from the General Catholic Action.



At first, I admit that I was shocked by the idea of being an all-women's organisation because, even if it's in associations that work specifically for women's rights, we are used to mixed groups. But I immediately understood the reason for this “positive discrimination” : the reality is not the same in all countries. For many women it is easier to associate with each other and this empowers us and allows us to work on issues that concern us. But what are the issues that do not concern us?

WUCWO has the capacity to bring together women from all over the world, there were 450 of us at this assembly to reflect and work on issues that are necessary for humanity. Because the good that we women of the world, in this case

Christians, can do by working together and putting aside our differences is not only for our own benefit but for the benefit of all.

The theme of the meeting was "WUCWO Women, Bearers of living water to a world thirsty for peace". If you think about it, it is a very beautiful image, because it refers to the task of, on the one hand, giving drink to the thirsty, which is something practical and urgent, but, on the other hand, it speaks of satiating by bringing God to others.

Every 4 years there is an assembly, this time it was held in Dakar (Senegal, Africa). This made it very special. For us it was all very exotic: the buses with the suitcases on them, the latrine type toilets, the little birds that prowled around the hotel, etc., the havoc with simultaneous translation, the attempts to dance in the hotel shows, our stellar performance of "La Macarena", or the amusing offer of a woman to marry her son in Nigeria, etc.

We were in a hotel two hours from Dakar, in the region of Saly. We were not in the city long, but on the first day we went to the cathedral for the welcoming mass and to the national theatre where we were welcomed by the President of the Republic. We had a cultural dinner, where we could see dances and dresses of all kinds and colours. The final celebration was held in a sanctuary on the outskirts of the city (I will only tell you that I have never cried so much and danced so much at a mass) and, last but not least, a visit to a project of Manos Unidas (Catholic NGO) in *Sam Sam* neighbourhood. An impressive work of women's promotion.

JUZGAR-INTERPRETAR

The function of the assembly was to vote on the new presidency, renew the council and choose some work proposals for the coming years. In the new council, there will be a Hungarian girl from the young group, Sarolta, which makes us very excited to have a voice. The motions we voted on were as follows:

1. A healthy planet depends on all of us.
2. Let us take care of the family in difficult situations, especially its most vulnerable members.
3. Let us eliminate discrimination and violence against women.
4. Let us educate to respond to the call to holiness.
5. Educate and protect in the responsible use of new information technologies to have healthy families.

Among the many interesting topics of women empowerment, we also dealt with forced migration and how it disrupts the lives of individuals and families in particular.

The working groups were divided by regions, but young women from all countries worked together in one group. It was very enriching to see how everyone's point of view was very different and the priorities of each country also changed, but we could still come to an agreement.

ACT – CHOOSE

Our role as a group of young people at the assembly was to make a final speech. We prepared it together and I had the opportunity to read a part of it, together with Denisse from Mexico and Almudena from Argentina, because we did it in Spanish. We proposed the institution of a youth committee and it was approved.

The older women were very excited about the initiative and dedicated beautiful words to us. We made a commitment to disseminate what we had experienced and set ourselves some challenges to continue working from a distance.

I gained new ideas, perspectives, a great lesson in inter-faith, a bittersweet perception of political hypocrisy, a new, more expressive and emotional way of living my faith, a greater awareness of the situation of women in the world and especially of Christian and African women, and a hard shock of reality about extreme poverty. I need to know more and do more for Africa, because these struggling women, with their colourful fabrics and extravagant headdresses, have stolen my heart.





I'm all ears ...

In the previous topic, we talked about how WYD is a source of experiences and shared testimonies, with young people from all over the world.

Nowadays, the rhythms, the cultures, and of course, the music flows like a stream of fresh, living water.



We invite you to enjoy the Official Hymn of WYD 2008 in Sydney.

It is a good moment to remember how the Spirit is our strength and makes us capable of being authentic "Youth with Roots", strong and robust.



"Receive the power"
HIMNO DE LA JMJ
DE SYDNEY 2008



Young people reflecting



SEE – Recognise

- Share some happy and beautiful memories about your grandparents or an elderly person.
- What actions do you remember taking towards the elderly?
- Tell us about a situation in the last few days where you had a positive experience, where you learned something, with an older person.

JUDGE- Interpret

- What are the roots on which young people rely today? Does our society contribute to forging young people with good “roots”?
- What are your roots, your ideals? Why?

ACT- Choose

- How do you serve and help other young people to set firm roots?
- Think of some real commitment you can make during this week to further strengthen the roots that Jesus wants you to have in your life: love, help, charity, joy, etc.

Young
people on a
MISSION



ACT – Be (a) MISSIONARY

- We suggest that you take an action together with your family or with some elder of the community.
- Or look for a commitment to carry on with your parish group where you will help, accompany, or visit one or more elderly people in your environment.

CHAPTER VII

YOUTH

MINISTRY

“I want to state clearly that young people themselves are agents of youth ministry. Certainly they need to be helped and guided, but at the same time left free to develop new approaches, with creativity and a certain audacity”
(Chv 203)



Ministry "with" young people and not Ministry "of" young people

Young people frequently fail to find in our usual programmes a response to their concerns, their needs, their problems and issues. (ChV 202)

Although it is never easy to approach young people, two things have become increasingly evident: the realization that the entire community has to be involved in evangelizing them, and the urgent requirement that young people take on a greater role in pastoral outreach. **(ChV 202)**

I am more concerned with helping young people to use their insight, ingenuity and knowledge to address the issues and concerns of other young people in their own language. **(ChV 203)**

The young make us see the need for new styles and new strategies. For example, while adults often worry about having everything properly planned, with regular meetings and fixed times, most young people today have little interest in this kind of pastoral approach. Youth ministry needs to become more flexible: inviting young people to events or occasions that provide an opportunity not only for learning, but also for conversing, celebrating, singing, listening to real stories and experiencing a shared encounter with the living God. **(ChV 204)**

Youth ministry has to be synodal; it should involve a “journeying together” that values “the charisms that the Spirit bestows in accordance with the vocation and role of each of the Church’s members, through a process of co-responsibility... Motivated by this spirit, we can move towards a participatory and co-responsible Church. **(ChV 206)**

In our institutions **we should provide young people with places they can make their own**, where they can come and go freely, feel welcome and readily meet other young people, whether at times of difficulty and frustration, or of joy and celebration. (ChV 218)



MAIN COURSES OF ACTION

The Search

“The outreach, the way we attract new young people to an experience of the Lord.” (ChV 209)

I trust that young people themselves know how best to find appealing ways to come together. They know how to organize events, sports competitions and ways to evangelize using social media, through text messages, songs, videos and other ways. **(ChV 210)**

They only have to be encouraged and given the freedom to be enthused about evangelizing other young people wherever they are to be found.

When the message is first brought up, whether at a youth retreat, in a conversation at a bar, on school holidays, or in any of God’s mysterious ways, **it can awaken a deep experience of faith. (ChV 210)**

What is most important, though, is that each young person can be daring enough to sow the seed of the message on that fertile terrain that is the heart of another young person. (ChV 210)

Young people need to be approached with the grammar of love, not by being preached at. (ChV 211)



The Growth

“Growth, the way we help those who have already had that experience to mature in it.” (ChV 209)

I would make one important point. In some places, it happens that young people are helped to have a powerful experience of God, an encounter with Jesus that touched their hearts. But the only follow-up to this is a series of “formation” meetings featuring talks about doctrinal and moral issues, the evils of today’s world, the Church, her social doctrine, chastity, marriage, birth control and so on. **(ChV 212)**

As a result, many young people get bored, they lose the fire of their encounter with Christ and the joy of following him; many give up and others become downcast or negative. **(ChV 212)**

Rather than being too concerned with communicating a great deal of doctrine, let us first try to awaken and consolidate the great experiences that sustain the Christian life. (ChV 212)

We also have to give greater thought to ways of incarnating the kerygma in the language of today's youth. (ChV 211)

It is likewise important that it have two main goals. One is the development of the kerygma, the foundational experience of encounter with God through Christ's death and resurrection. **The other is growth in fraternal love, community life and service. (ChV 213)**

It would be a serious mistake to think that in youth ministry "the kerygma should give way to a supposedly more 'solid' formation. Nothing is more solid, profound, secure, meaningful and wisdom-filled than that initial proclamation. **All Christian formation consists of entering more deeply into the kerygma and incarnating it ever more fully in our lives. (ChV 214)**

Areas needing to be developed

Many young people have come to appreciate silence and closeness to God. Groups that gather to **ADORE the BLESSED SACRAMENT** or to **pray with the word of God** have also increased. (ChV 224)

Christian service represents a unique opportunity for growth and openness to God's **gifts of faith and charity**. Many young people are attracted by the possibility of helping others, especially children and the poor. (ChV 225)

The **LANGUAGE OF MUSIC** also represents a pastoral resource with a particular bearing on the liturgy and its renewal. **Singing can be a great incentive to young people as they make their way through life.** (ChV 226)

Equally significant is the emphasis that young people place on **SPORTS**; the Church should not underestimate the potential of sports for education and formation, but instead maintain a strong presence there. At the heart of the experience of sport is "joy: the joy of exercising, of being together, of being alive and rejoicing in the gifts the Creator gives us each day". (ChV 227)

Various manifestations of popular piety, especially **PILGRIMAGES**, attract young people who do not readily feel at home in ecclesial structures, and represent a concrete sign of their trust in God. (ChV 238)



Broader and more flexible, it goes out to those places where real young people are active, and fosters the natural leadership qualities and the charisms sown by the Holy Spirit. (ChV 230)

It tries to avoid imposing obstacles, rules, controls and obligatory structures on these young believers who are natural leaders in their neighbourhoods and in other settings. We need only to accompany and encourage them, trusting a little more in the genius of the Holy Spirit, who acts as he wills. (ChV 230)

Some of our pastoral activities can assume that a journey of faith has already begun, **but we need a "popular" youth ministry that can open doors and make room for everyone**, with their doubts and frustrations, their problems and their efforts to find themselves, their past errors, their experiences of sin and all their difficulties. (ChV 234)

A 'popular' Youth Ministry

Room should also be made for “all those who have other visions of life, who belong to other religions or who distance themselves from religion altogether. All the young, without exception, are in God’s heart and thus in the Church’s heart.
(ChV 235)



Here I would point out that it doesn't take much to make young people missionaries. (ChV 239)

Inseparable from a "popular" youth ministry is an irrepressible "popular" missionary activity that breaks through our customary models and ways of thinking. Let us accompany and encourage it, but not presume to overly regulate it. **(ChV 239)**

If we can hear what the Spirit is saying to us, we have to realize that youth ministry is **ALWAYS MISSIONARY. (ChV 240)**

Always missionaries

You... are
the Now of God

RESOURCES for this TOPIC

We propose to the young people a different life, a complete reality, a new path where it is Christ who accompanies their steps.

We must therefore explicitly propose Christ to our parishes and dioceses by doing initiatives of "first announcement".

The Lord must be known, especially by young people and adolescents.

When they know and meet the Lord, they are the first to know that they no longer have to seek him, because they have found happiness.

When young people know the faith and the joy of Jesus, they embrace it and communicate it to other young people in a passionate way.

So let us show young people, without fear or concealment, that there is something, or rather someone, who can make them immensely happy forever and ever.

Here are some simple testimonies from young Christians who have known Christ

and are not afraid or ashamed to want to pass him on to others:

What's there to see...





I'm all ears ...



This chapter of the *Christus Vivit* invites us to think about and explore action guidelines to invent, create and dream about new paths for youth ministry.

After the Synod, we are learning to speak of a pastoral **"with" young people** and not of a pastoral **"of" or "for" young people**.

Young people are called to be involved and to be protagonists in the life of the community, in the tasks and initiatives of youth ministry that are planned in their parishes and dioceses.

"Young people evangelize other young people". Therefore you must listen to them and make them protagonists and direct agents of the youth ministry in ecclesial environments.

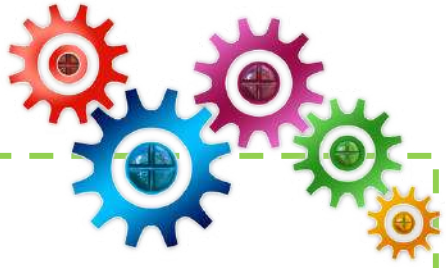
Young people have creative, renewed ideas and different ways of transmitting the faith.

This is the case of Grilex, a young rapper, of whom we speak in chapter II. He, through Hip Hop, evangelizes and transmits the language of Jesus with the "ways" of the 21st century.

"Sigo en camino"
GRILEX



Young people reflecting



SEE-Recognise

- What "pastoral style" would you like to see in your parish, in your group, in your community? What "pastoral style" do you propose as a leader, accompanier, group helper?
- What kind of pastoral actions could we develop with the most disadvantaged young people?
- Tell us about a situation where changing the pastoral style in your parish, community, diocese, etc., has improved the results of your work.

JUDGE- Interpret

- What kind of structures should you leave aside, both on a personal level and those we have in our parishes, so that other young people can come to the Church?
- Do you dedicate part of your time to reflecting on the style of youth ministry that your parish needs and that the Lord is asking of you? How?

ACT- Choose

- Think of a commitment or an action to carry out in the next few days which is directed at the adolescents of your parish, town, neighborhood, city, etc., to bring the message of Jesus to their lives in an attractive way.
- As a group you can also look for a creative, renewing and youthful action to carry out in your parish: an activity, live-in, concert, pilgrimage, or any other dream that the Lord has put in your heart, with the objective of rejuvenating the type of youth ministry that is carried out in your parish community.

Young
people on a
MISSION



ACT – Be (a) MISSIONARY

- As a pastoral agent in your parish, we suggest that you seek out, choose and pray constantly for a young person who needs your prayer because he or she is in a particular situation. How will you do this?
- We suggest that you think of some creative and youthful pastoral action to carry out in your parish: activity, gathering, concert, pilgrimage, or any other dream that the Lord has placed in your heart. Share it in the group.

CHAPTER VIII

VOCATION

**“Nothing is the result of pure chance but that everything in our lives can become a way of responding to the Lord, who has a wonderful plan for us”
(ChV 248)**



Vocation, God's plan for us

The word "vocation" can be understood in a broad sense as a calling from God.

This is helpful, since it situates our whole life in relation to the God who loves us. It makes us realize that nothing is the result of pure chance but that everything in our lives can become a way of responding to the Lord, who has a wonderful **PLAN FOR US. (ChV 248)**

The first thing we need to discern and discover is this: Jesus wants to be a friend to every young person. (ChV 250)

The life that Jesus gives us is a love story, a *life history* that wants to blend with ours and sink roots in the soil of our own lives. **(ChV 252)**

The salvation that God offers us is an invitation to be part of a love story interwoven with our personal stories; it is alive and wants to be born in our midst so that we can bear fruit just as we are, wherever we are and with everyone all around us. **The Lord comes there to sow and to be sown. (ChV 252)**

Being there for others

Vocation in the strict sense, as a call to missionary service to others. (ChV 253)

The Lord calls us to share in his work of creation and to contribute to the common good by **using the gifts we have received. (ChV 253)**

This **missionary vocation** thus has to do with service. For our life on earth reaches full stature when it becomes an offering. **(ChV 254)**

I am a mission on this earth; that is the reason why I am here in this world. It follows that every form of pastoral activity, formation and spirituality should be seen in the light of our Christian vocation. **(ChV 254)**

Your own **personal vocation** does not consist only in the work you do, though that is an expression of it. Your vocation is something more: it is a path guiding your many efforts and **actions towards service to others. (ChV 255)**

So in discerning your vocation, **it is important to determine if you see in yourself the abilities needed** to perform that specific service to society. (ChV 255)

Your vocation inspires you to bring out the best in yourself for the glory of God and the good of others. It is not simply a matter of doing things, but of doing them with meaning and direction. (ChV 257)



Love and Family

Young people **intensely feel the call to love**; they dream of meeting the right person with whom they can form a family and build a life TOGETHER. (ChV 259)

This is undoubtedly a vocation which God himself makes known to them through their feelings, desires and dreams. (ChV 259)

I like to think that **two Christians who marry have recognized the call of the Lord** in their own love story, the vocation to form one flesh and one life from two, male and female. The Sacrament of Holy Matrimony envelops this love in the grace of God; it roots it in God himself. (ChV 260)

Here, we need to remember that God created us as sexual beings. He himself "created sexuality, which is a marvellous gift to his creatures". **Within the vocation to marriage we should acknowledge and appreciate that sexuality, sex, is a gift from God.** It is not taboo. It is a gift from God, a gift the Lord gives us. It has two purposes: TO LOVE AND TO GENERATE LIFE. (ChV 261)

Don't let yourselves be robbed of a great love. Don't let yourselves be led astray by those who propose a life of rampant individualism that in the end leads to isolation and the worst sort of loneliness. (ChV 263)



Work

Work defines and influences a young adult's identity and self-concept and is a prime place where friendships and other relationships develop because generally it is not done alone. **(ChV 268)**

Work allows **young adults** to meet their practical needs but even more importantly to seek meaning and fulfilment of their **dreams and visions**. **(ChV 268)**

Although work may not help **achieve their dreams**, it is important for young adults to nurture a vision, learn how to work in a truly personal and life-giving way, and to **continue to discern God's call**. **(ChV 268)**

I ask young people not to expect to live without working, depending on others for help. This is not good, because work is a necessity, part of the meaning of life on this earth, a path to growth, human development and personal fulfilment. **(ChV 269)**

Knowing that **we don't do things just for the sake of doing them**, but rather we endow them with meaning, as a **response to a CALL** that resounds in the depth of our being to offer something to others: that is what makes these occupations bring a sense of deep fulfilment. **(ChV 273)**

The Lord cannot fail in his promise to provide the Church with shepherds, **for without them she would not be able to live and carry out her mission. (ChV 275)**

In discerning your vocation, do not dismiss the possibility of devoting yourself to God in the priesthood, the religious life or in other forms of consecration. **Why not?** You can be sure that, if you do recognize and follow a call from God, there you will find complete fulfilment. **(ChV 276)**

If it is true that some priests do not give good witness, that does not mean that the Lord stops calling. On the contrary, he doubles the stakes, for he never ceases to care for his beloved Church. **(ChV 275)**

Yet today the stress and quick pace of a world constantly bombarding us with stimuli can leave no room for **that interior silence in which we can perceive Jesus' gaze and hear his call. (ChV 277)**

*The vocation to
special consecration*

You... are
the Now of God

RESOURCES for this TOPIC

Vocation is not only a response to religious, priestly or married life but a YES in any area of life, as long as it is clear that we must bring God's love wherever we are, in order to become saints.

But the vocation to the priestly life has always helped us, as young people, to make a visible and tangible example of the gift of self starting from love.

Therefore, we offer you the possibility of enjoying this brief testimony of a Spanish priest from Yepes (Archdiocese of Toledo) where he tells us simply how he said YES to Jesus and how this response is materialised in his service in the parish.

What's there to see...

Juan García del Rincón.

Priest from Yepes.

(Toledo-Spain)



Testimony of
Tera, a Young
swimmer.

God gave sense
to her life:



We also add a beautiful testimony of a young woman with a vocation in the world of sport. She teaches us that difficulties are really opportunities if they are lived out of love, and the vocation to always respond to God's call in our lives.



I'm all ears ...

Vocation is an exciting adventure.

If we allow ourselves to be entrusted to God's hands, open our hearts and listen to His word, a multitude of joys and exciting opportunities will come to our lives.

Vocation is to say "YES" to the one we know who wants the best for us: Jesus Christ.

Vocation is knowing how to ask Jesus every day: *"Lord, what do you want from me?"*



Vocation to work, vocation to be an educator, vocation to the priestly or consecrated life, vocation to marriage, vocation to politics, vocation... in short *"a response of love to the one who loved you first"*.

There is nothing better than sharing our life dream with the person who will never abandon us.

I invite you to listen to this melodic song and to reflect on the calls that Jesus makes to you in your daily life. Meditate on the answers you offer him.

"Sparrow"
AUDREY ASSAD



Young people reflecting



SEE – Recognise

- Do you feel called by God in your life? In what concrete aspects? How do you perceive it?
- How do you live your vocation? Think of 5 qualities or characteristics that make you think that your life is a call; a vocation.
- Give an example of your life where you have responded to a call from God. It does not have to be a big question, it can be a small everyday gesture.

JUDGE – Interpret

- Share with the group how you put your vocation at the service of others.
- Do you feel that your life is fulfilled by doing what you do? Why?
- Do you usually ask Jesus in prayer, “Lord, what do you want from me”?

ACT – Choose

- What elements and attitudes would you change in your life to improve, and to grow in greater service to others?
- Look for a personal commitment, in terms of prayer, sacramental life, the Word of God, or some action with someone, that will strengthen your vocation.

ACT – Be (a) MISSIONARY

- We suggest that you take some time this week to pray for vocations to the priesthood, religious life, marriage, and service in any of the social fields. Try to keep it up over time.

Young
people on a
MISSION



- In the same way, we suggest that as a parish group, you make a prayer and invite the whole community to ask and give thanks for our advisors/priests who accompany us, for the Pope and for the bishop of our diocese.

CHAPTER IX

DISCERNMENT

**“Without the wisdom of discernment, we can easily become prey to every passing trend”
(ChV 279)**



Such discernment, even though it includes reason and prudence, goes beyond them, for it seeks a glimpse of that unique and mysterious plan that God has for each of us.

(ChV 280)

It has to do with the meaning of my life before the Father who knows and loves me, and with the real purpose of my life, which nobody knows better than he.

(ChV 280)

The importance of the formation of conscience, which allows discernment to grow in depth and in fidelity to God.

(ChV 281)

Discerning your vocation: "the CALL from a friend"

A particular form of discernment involves the effort to DISCOVER our own vocation. Since this is a very personal decision that others cannot make for us, it requires a certain degree of solitude and silence.

(ChV 283)

This sort of discernment that takes place among friends is what I suggest you take as a model for trying to discover God's will for your lives.


(ChV 287)

To discern our personal vocation, we have to realize that it is a calling from a friend, who is Jesus. When we give something to our friends, we give them the best we have. It will not necessarily be what is most expensive or hard to obtain, but what we know will make them happy.

(ChV 287)

We must remember that prayerful discernment must be born of a readiness to listen: to the Lord and to others, and to reality itself, which always challenges us in new ways. Only if we are prepared to listen, do we have the freedom to set aside our own partial or insufficient ideas, our usual habits and ways of seeing things.

(GE 172)



Listening and Accompaniment to
help discern (from chapter VII)

Accompaniment by adults

- **Young people need to have their freedom respected, yet they also need to be accompanied.** The family should be the first place of accompaniment. (ChV 242)
- That is why **youth ministry and the pastoral care of families should be coordinated and integrated**, with the aim of ensuring a continuous and suitable accompaniment of the vocational process. (ChV 242)
- **The community has an important role in the accompaniment of young people;** it should feel collectively responsible for accepting, motivating, encouraging and challenging them. (ChV 243)
- At the Synod, **many pointed to the shortage of qualified people devoted to accompaniment.** The Synod also recognized the need to train consecrated persons and laypeople, male and female, to accompany young people. (ChV 244)

The same young people described to us the qualities they hope to find in a mentor, and they expressed this with much clarity.

The qualities of such a mentor include:

1. Being a faithful Christian who engages with the Church and the world.
2. Someone who constantly seeks holiness.
3. Someone who is a confidant without judging.
4. Someone who actively listens to the needs of young people and responds in kind.
5. Someone deeply loving and self-aware.
6. Someone who recognizes his or her limits and knows the joys and sorrows of the spiritual journey.
7. An important quality in mentors is the acknowledgement of their own humanity – the fact that they are human beings who make mistakes: not perfect people but forgiven sinners.
8. They should respect the freedom that comes with a young person's process of discernment and equip them with tools to do so well.
9. Should therefore nurture the seeds of faith in young people, without expecting to immediately see the fruits of the work of the Holy Spirit.

(ChV 246)



Listening and Accompanying to
help discern (from chapter IX)

There are many priests, men and women religious, lay and professional persons, and indeed qualified young people, who can help the young with their vocational discernment.

“When we are called upon to help others discern their path in life, what is uppermost is the ability to listen.”

Listening calls for three distinct and complementary kinds of sensitivity:

- **The first kind of sensitivity is directed to the INDIVIDUAL. (ChV 292)**
- **It is a matter of LISTENING to SOMEONE** who is sharing his very self in what he says. A sign of this willingness to listen is the time we are ready to spare for others. More than the amount of time we spend, it is about making others feel that my time is their time, that they have all the time they need to say everything they want.

- **The other person must SENSE that I am listening** unconditionally, without being offended or shocked, tired or bored. We see an example of this kind of listening in the Lord; he walks alongside the disciples on the way to Emmaus.
- Attentive and selfless listening is **a sign of our respect for others**, whatever their ideas or their choices in life.
- **The second kind of sensitivity es marked by DISCERNMENT. (ChV 293)**
 - **It tries to grasp exactly** where grace or temptation is present, for sometimes the things that flit across our minds are mere temptations that can distract us from our true path.
 - **I need to ask myself what is it that the other person is trying to tell me**, what they want me to realize is happening in their lives.
 - **This kind of listening seeks to discern the salutary promptings of the good Spirit** who proposes to us the Lord's truth, but also the traps laid by the evil spirit – his empty works and promises.

- **The third kind of sensitivity is the ability to PERCEIVE what is driving the other person (ChV 294-295)**

- This calls for a deeper kind of listening, **one able to discern the direction in which that person truly wants to move.** Apart from what they are feeling or thinking right now, and whatever has happened up to this point in their lives, the real issue is what they would like to be.

- This may demand that **they look not to their own** superficial wishes and desires, but rather to what is most pleasing to the Lord, to his plans for their life. And that is seen in a deeper inclination of the heart, beyond the surface level of their likes and feelings.

- **In this way, discernment becomes a genuine means of spiritual combat, helping us to follow the Lord more faithfully.** In the end, good discernment is a path of freedom that brings to full fruit what is unique in each person, something so personal that only God knows it.

Conclusion

When we listen to others in this way, at a certain moment we ourselves have to disappear in order to let the other person follow the path he or she has discovered.

We have to vanish as the Lord did from the sight of his disciples in Emmaus, leaving them alone with burning hearts and an irresistible desire to set out immediately. (ChV 296)

***Because “time is greater than space”,
we need to encourage and accompany
processes, without imposing
our own roadmaps. (ChV 297)***

You... are
the Now of God

RESOURCES for this TOPIC

Why are you a Christian?

It is a question that we should all ask ourselves at some point, and answer from our heart: *"because, being a Christian, makes me immensely happy".*

Just as we should ask, out of respect and charity, to non-Christians in our own surroundings: Why aren't you a Christian, when God can fill your life with full and true happiness?

Testimony of
JACKSON GÓMEZ

What's there to see...

We have for you the testimony of a Latin singer, Jackson Gomez, who one day, in a discerning and happy way,

asked himself this question:

To be a Christian, why not?





I'm all ears ...

Listen, call and vocation, are key words within the growth of a person's faith. But if all this is achieved by listening, by positive and active reflection, and by discernment, the response will be more enriching, fuller and more transformative.

In this chapter we have been able to see what the Pope tells us in *Christus Vivit* about discernment.

Catholic Action offers the methodology of review of life: SEE, JUDGE, and ACT (recognise – interpret – act), to help us discern at all times.

Thanks to it we review, with a "believing gaze", the events that happen to us daily and we see the presence of God in them.

For this review, this response to God's call, and this discernment to be truly effective, the presence of the Holy Spirit in the centre of everything is fundamental.

That is why we invite you to listen to this song that speaks to us about the real presence of God through his Holy Spirit:

"Espíritu" (SPIRIT)
JESÚS CABELLO





We also invite you to enjoy this song and what Christ (without perhaps, the authors of the song themselves realising is) wants to tell us.

It's catchy, and I guarantee you'll hum and whistle it non-stop. It's called "**Todas las flores**" (all the flowers) by **Presuntos Implicados**, a Spanish group.

The song says: "I'm going to write you a song with open arms, with hopeful hearts, so that you can sing"... and yes, they did it!

The piece evokes joy, gratitude and hope.

Each phrase connects directly with God.

While listening to it, I feel that it is encouraging and supporting me to go forward, without looking back, just trusting in Him. It invites us to discern with joy and to say YES to Christ.

So, when you are feeling down, hit Play, because the energy that this song transmits when seen through God's glasses is simply compelling.

Certainly, "music works miracles".

Because when He appears, what seems to be asleep, today wakes up again.

Because so many times I have been lost and in your eyes I have found myself again.

Because so many times I have fallen and with your hand I get up again.

*With all these reasons, I don't need more
If this is our fate, I' m happy to see you...
let's start the story over again.*



Young people reflecting



SEE-Recognise

- Do I know myself, beyond appearances or perceptions?
Do I discern by asking myself "where is my life going"?
- Do I really know what makes my heart happy or sad?
- What are my strengths and weaknesses?

JUDGE- Interpret

- Do I look for moments where I can stop and think, to discern the important decisions in my life?
- Do I review what happened in my day, at the end of the day, when I go to sleep?
- Am I accompanied by someone, like a spiritual companion, who can help me to discern and know what the Lord wants from me?

ACT- Choose

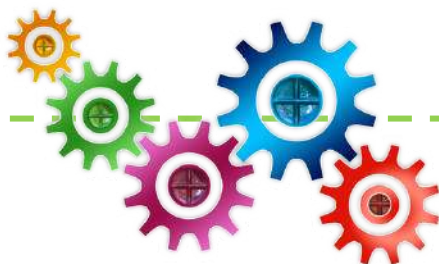
- How can I serve the Church and my brothers and sisters better?
- What is my place on this earth? What could I offer to society?
- Do I have the necessary capacities to render this or that service, or could I acquire and develop them? How?
- Choose a concrete, reviewable and achievable commitment that helps you to be a reflective young man, who stops, thinks, discerns, and on that basis, takes an action..



So often in life, we waste time asking ourselves: “*Who am I?*”
You can keep asking, “*Who am I?*” for the rest of your lives.

But the real question is: ‘**For whom am I?**’.
Of course, **you are for God.**

But he has decided that you should also be for others, and he has given you many qualities, inclinations, gifts and charisms that are not for you, but to share with those around you.



Young
people on a
MISSION

ACT – Be (a) MISSIONARY

• We suggest that you analyse and review your life and write down what you want to challenge.

Do it quietly, but seriously, stopping at important aspects such as:



- Prayer.
- Sacraments.
- Reading of the Word of God.
- Personal and group formation in the parish.
- Action.
- Service.
- Commitment in the parish.
- Commitment in the word.
- Personal finances.
- Family.
- Work/studies.
- Friends.
- Leisure and free time.
- Etc.

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**Rome, July 4, 2020,
Feast of Blessed Pier Giorgio Frassati.**



And finally... a wish

Dear young people, my joyful hope is to see you keep running the race before you, outstripping all those who are slow or fearful. Keep running, “attracted by the face of Christ, whom we love so much, whom we adore in the Holy Eucharist and acknowledge in the flesh of our suffering brothers and sisters. May the Holy Spirit urge you on as you run this race. The Church needs your momentum, your intuitions, your faith. We need them! And when you arrive where we have not yet reached, have the patience to wait for us”

(ChV 299)