



GOYA

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Discipline (October 2019)



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1. **develop** a **vision** for ministry
2. **understand** the **challenges** to ministry
3. **implement** the **practices** of effective Christian ministry

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LEARNING SESSION ONE

OCTOBER 2019

Finding Christ Through Discipline

MONTH:

October 2019

GOAL:

To learn about discipline

OBJECTIVE:

To identify one area in which GOYAns wish to become more disciplined

ESTIMATED DURATION:

45 minutes

SUPPLIES NEEDED:

1. blank paper for each participant
2. pen for each participant
3. pitcher or cups
4. water
5. pebbles or marbles

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, allow us “to offer ourselves as a living sacrifice,” one that is, “holy and acceptable to God for this is Your true and proper worship.” Allow us “not conform to the pattern of this world, but be transformed by the renewal of our minds.” So that we may be able to “test and prove what is God’s will, His good, pleasing and perfect will.”

Amen.

(a passage from Romans 12:1-2)

LEARNING SESSION:
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ICEBREAKER:

10 minutes

Tell us your name, and something you want to get better at.

Remember:

It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.

ACTIVITY 1:

10 minutes

Pass out a piece of paper and a pen to each participant. Next, remind participants of the last session on stillness. We filled the pitcher with our distractions and through stillness we were able to empty the pitcher.

Pass out an empty pitcher or cup to each participant, and a small cup of marbles.

Ask participants to think about all of the choices that they made yesterday.

When they made a good choice (excelled at a virtue), ask them to add a marble to their pitcher. When they made a wrong choice (were tempted by a passion), ask them to take a marble out of their pitcher. The goal is to fill up our spiritual pitchers with goodness (marbles) through exercising discipline.

Remember: The pitcher in this activity represents our minds and how they can become cluttered with our thoughts and worries.

LEARNING SESSION: GOYA RESOURCES 2019-20

Debrief:

- What was your day like yesterday? Easy? Challenging? What made it that way?
- How many marbles did you add to your pitcher? Were you surprised by the number? Why or why not?
- How can discipline help us fill our pitchers and keep our them full?

ACTIVITY 2: DISCUSSION

10 minutes

Ask participants the following questions and facilitate a discussion: in either one large group discussion or small break-out groups, depending on how many Youth Workers are present to facilitate the discussion.

- Fr. Thomas Hopko has 55 maxims. Number 27 is, “do the most difficult and painful things first.” What does that mean to you?
- What are your values and virtues? How could these values and virtues help you get closer to God?
- What would your life be like if you “did the hard things first”?
- What would change? What would stay the same?

ACTIVITY 3: SCRIPTURE

10 minutes

John 5: 1-15

“1 After this there was a Jewish feast, and Jesus went up to Jerusalem. 2 Now there is in Jerusalem by the Sheep Gate a pool called Bethzatha in Aramaic, which has five covered walkways. 3 A great number of sick, blind, lame, and paralyzed people were lying in these walkways. 4 For an angel of the Lord went down at certain seasons into the pool, and troubled the water; whoever stepped in first after the troubling of the water was healed of whatever disease he had. 5 Now a man was there who had been disabled for thirty-eight years. 6 When Jesus saw him lying there and when he realized that the man had been disabled a long time already, he said to him, “Do you want to become well?” 7 The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up. While I am trying to get into the water, someone else goes down there before me.” 8 Jesus said to him, “Stand up! Pick up your mat and walk.” 9 Immediately the man was healed, and he picked up his mat and started walking. (Now that day was a Sabbath.)

10 So the Jewish leaders said to the man who had been healed, “It is the Sabbath, and you are not permitted to

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carry your mat.” 11 But he answered them, “The man who made me well said to me, ‘Pick up your mat and walk.’” 12 They asked him, “Who is the man who said to you, ‘Pick up your mat and walk’?” 13 But the man who had been healed did not know who it was, for Jesus had slipped out, since there was a crowd in that place.

14 After this Jesus found him at the temple and said to him, “Look, you have become well. Don’t sin anymore, lest anything worse happen to you.” 15 The man went away and informed the Jewish leaders that Jesus was the one who had made him well.”

Debrief:

- Who are the characters in this passage and what are their roles?
- Did any characters choose to be disciplined?
- How could the paralyzed man have chosen to act out discipline?
- What did the discipline of the paralyzed man lead to?
- How can we practice discipline in such a way that it leads to faithfulness in God?

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CONCLUSION: WRAP-UP

5 minutes

Go around the circle and ask each individual to name one new idea they learned during the session.

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

*“Thank You, Lord, for Your strength and guidance in my work. You are the fulfillment of all good things. Fill also my soul with joy and gladness, that I may praise You always.”
Amen.*

LEARNING SESSION TWO

OCTOBER 2019

Finding Christ Through Discipline

MONTH:

October 2019

GOAL:

To learn about discipline

OBJECTIVE:

To identify one way to practice discipline

ESTIMATED DURATION:

45 minutes

SUPPLIES NEEDED:

1. Divine Liturgy books
2. blank paper for each participant
3. pen for each participant
4. a few copies of the Saint story below
5. a few copies of the debrief questions

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, allow us “to offer ourselves as a living sacrifice,” one that is, “holy and acceptable to God for this is Your true and proper worship.” Allow us “not conform to the pattern of this world, but be transformed by the renewal of our minds.” So that we may be able to “test and prove what is God’s will, His good, pleasing and perfect will.”

Amen.

(a passage from Romans 12:1-2)

LEARNING SESSION:
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ICEBREAKER:

10 minutes

Tell us your name and if God were to give you a strength to help others, what would you want that to be?

Remember:

It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.

ACTIVITY 1: SAINT STORY

10 minutes

Watch the following video:

Be the Bee #81 - "Pray Simply, Pray Always"

<https://www.youtube.com/watch?v=xPpumAzqcm0>

Break the group up into three smaller groups. Instruct groups to talk about what they saw in the video and work together to answer the questions. After a few minutes, have the groups come back together into one and have each group share their answers.

Debrief:

- What was your view of holiness before hearing the story?
- How did your view change from hearing the story?
- What did this daily discipline do to Symeon's soul? How did it affect him?
- What does Symeon's story suggest to you about your own prayer life?
- What can you learn from Symeon about being closer to God?

ACTIVITY 2: DIVINE LITURGY

10 minutes

Read the following lines from the Divine Liturgy and then ask participants the following questions and facilitate a discussion:

“Let us be attentive.”

Debrief:

- Who is the “us” in this line from the Divine Liturgy?
- How many times in the liturgy are we called to “be attentive”? (6 times)
- Why are we being called to “be attentive” or pay attention so many times in the Liturgy?
- What does it mean for you to “attend”?

ACTIVITY 3: PRACTICE

10 minutes

Pray with the group for a few minutes. Pray the Trisagion Prayer and then Lord's Prayer or any other prayer you think would be helpful for your group.

Then read **1 Kings 19:11-13**:

11 "And he said, "Go forth, and stand upon the mount before the Lord." And behold, the Lord passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; 12 and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice."

Ask participants to sit quietly and practice stillness for two to four minutes.

Debrief:

- What was that like for you?
- What was going on in your body and mind as you were trying to be still?
- What could you do differently next time to help yourself?
- What do you think could be the value of stillness for you in your spiritual life?

CONCLUSION: WRAP-UP & COMMITMENT

5 minutes

Go around the circle and ask each individual to name one new idea they learned during the session.

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

“O Lord, You who steadied the hand of Peter as he began to sink on the stormy sea, if you are with me, no one is against me. Grant to me the shield of faith and the mighty armor of the Holy Spirit to protect me and guide me to do Your will. The future I put into Your hands, O Lord, and I follow You to a life in Christ.”

Amen.