



GOYA

Y<sup>2</sup>AM  
Ministry Plan  
2019-20

Finding Christ  
Through Stillness (September 2019)



The next step in keeping kids **safe**.



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# EFFECTIVE CHRISTIAN MINISTRY

BUILDING FAITH TO MOVE **MOUNTAINS**

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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

SEPTEMBER 2019

## **Finding Christ Through Stillness**

### MONTH:

September 2019

### GOAL:

To learn about stillness

### OBJECTIVE:

To identify distractions in their lives through  
negative thought patterns

### ESTIMATED DURATION:

45 minutes

## SUPPLIES NEEDED:

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

## 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:  
GOYA RESOURCES 2019-20

## ICEBREAKER:

*10 minutes*

Tell us your name, and play “2 truths and a lie.”

### **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. Ask participants to think about the thoughts that distract them, tend to take their attention, or worry them during their day. Next, ask them to fold these papers and place them into the pitcher.

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

### **Debrief:**

- When you have free time and your attention is not required of you, where does your attention go?
- Right now, where is your attention and what are you carrying around?
- How do these thoughts affect us?



## 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.

- What is the difference between silence, stillness, and mindfulness ?
- What would your life be like if you didn't carry the tough or worrisome things around in your thoughts?
- How can you clear the pitcher?
- How can you give or offer your distractions to God?

## ACTIVITY 3: SCRIPTURE

*10 minutes*

### **Luke 10: 38-42**

“38 Now as they went on their way, he entered a village; and a woman named Martha received him into her house. 39 And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. 40 But Martha was distracted with much serving; and she went to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” 41 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things; 42 one thing is needful. Mary has chosen the good portion, which shall not be taken away from her.”

### **Debrief:**

- Who are the characters in this passage and what are their roles?
- How could we be like Martha in our lives? Mary?
- How does Mary choose and act out stillness?
- What is the better portion and how do we choose that in our daily lives?

## 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

SEPTEMBER 2019

# Finding Christ Through Stillness

### MONTH:

September 2019

### GOAL:

To learn about stillness

### OBJECTIVE:

To identify one ways to meet God in the present

### 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:  
GOYA RESOURCES 2019-20

## ICEBREAKER:

*10 minutes*

Tell us your name and if you would rather live in the present, past, or future and why?

### **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*

Break up the large group into three small groups based on their answer to the icebreaker question. Give each group a copy of the story of Saint Anthony and the debrief questions.

[full-of-grace-and-truth.blogspot.com/2010/01/st-anthony-and-cobbler.html](http://full-of-grace-and-truth.blogspot.com/2010/01/st-anthony-and-cobbler.html)

Instruct groups to read the story 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.

### **Anthony and the Cobbler**

St. Anthony the Great once prayed: “Lord, reveal to me how the faithful person in the city among the noise can reach the spiritual level of the ascetic who dwells in the deep desert.”

He had not even finished this request to the All-good God when he heard a voice tell him:

“The Gospel is the same for all men, Anthony. And if you want to confirm this, how one who does the will of God is saved and sanctified wherever he is, go to Alexandria to the small cobbler's store, which is simple and poor. It is there below the last road of the city.”

“To the cobbler's store, Lord? And who there can help shine some light on my thought?” replied the puzzled Saint.

“The cobbler will explain to you.” replied the same voice.

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“The cobbler? What does this man know about struggles and temptations? What does the poor toiler know of the heights of faith and of the truth?” He wondered.

His objections however could not be straightened by the divine explanation. Because of this, at dawn he traveled to the city. However, as God had shown him, he stopped at the small cobbler store that he found. Happily and reverently the simple man welcomed him in and asked him: “In what way could I be of use to you, Abba? I’m an illiterate and uncouth villager, but for the stranger, whoever he is, I will try to help, whatever the need.”

“The Lord sent me for you to teach me.” replied the ascetic humbly. The poor worker jumped up in wonder. “Me? What could I, the illiterate one, teach your holiness? I don’t know if I have done anything good or noteworthy in my life, something which could stand unadulterated before the eyes of God.”

“Tell me what you do, how you pass your day. God knows; He weighs and judges things differently.” replied St. Anthony.

“I, Abba, have never done anything good, I only struggle to keep the holy teachings of the Gospel. And further, I try to never forget to never overlook my shortcomings and my spiritual fruitlessness. Therefore, as I work during the day I think and say to myself: O wretched man, all will be saved and only you will remain fruitless. Because of your sin, you will never be worthy to see His Holy Face.”

“Thank you O Lord,” the ascetic said raising his weeping eyes towards heaven. And as the cobbler remained puzzled at this, the ascetic embraced him with love and bid him farewell saying:

“And thank you, O holy man. Thank you, for you taught me how easy it is with only a humble mind, for someone to live in the grace of Paradise.”

And as the poor cobbler continued to stare uneasily, without at all understanding this, St. Anthony took his staff and departed for the deep desert.



## LEARNING SESSION: GOYA RESOURCES 2019-20

He walked, his only companion being the sound of his staff. He walked and his prayer burned like the sands of the desert, rising towards heaven. He traveled all day and prayerfully reflected on the lesson that he received that day from the poor cobbler.

“Humility! This therefore is the quickest path to the gate of Paradise.” he said in his thoughts. “Humility is the robe with which God clothed himself and came to earth as man,” the Saint said, and he struggled to perceive the greatness of this holy virtue.

He walked, praying in his nous, and he brought to mind whatever God had taught him, until immediately before him he saw thrown underfoot a countless number of traps. Traps of every sort, terrible notions, machinations never before seen.

“My God,” he exclaimed and turned the frightened eyes of his soul towards heaven, “Who could ever flee, O Lord, from such traps and ruses?”

“Humility, Anthony. This can singly deliver from all of these.” He again heard the sweet, beloved voice deep within his heart. And this was the response which instilled light within him and gave him courage for the new battles which he experienced within the deep desert with the eternal enemy of man.

### **Debrief:**

- How does this story relate to the theme of stillness?
- What is the connection between humility and prayer?
- How can we follow the example of the cobbler to practice stillness in our busy daily lives?
- What is the lesson learned from this story?

## 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, who mystically represent the Cherubim and who sing the thrice-holy hymn to the life-creating Trinity, now lay aside every worldly care. So that we may receive the King of all.”*

### **Debrief:**

- Who is the “us” and “we” in the hymn?
- Why are we called to lay aside every worldly care?
- What does it mean for you to “receive the King of all”?
- How can we stop living in the past and future and live more in the present?

## 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?

## 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.*

*“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.*