



JOY

Y²AM

Ministry Plan

2019-20

Finding Christ
Through Discipline (October 2019)



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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 practice as discipline

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
JOY RESOURCES 2019-20

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, we want to help You make the world a place where everybody loves You, and we all love each other. Help us to keep our attention on You and Your will for us. Help us to avoid getting distracted by the things that lead us away from You. Have mercy on us, Lord, and keep us always close to You.

Amen.

LEARNING SESSION: JOY RESOURCES 2019-20

ICEBREAKER:

10 minutes

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

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 silence we were able to empty the pitcher.

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

Ask participants to think about all of the choices 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 spiritual discipline.

Note: *Participants may or may not be familiar with the word “discipline,” defined as “the practice of training,” not*

LEARNING SESSION: JOY RESOURCES 2019-20

as punishment. Please explain that you are not talking about punishment, but a spiritual practice (like fasting) to get closer to God.

Debrief:

- What is spiritual discipline?
 - the practice of training
- 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 spiritual discipline help us fill and keep our pitchers 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 does this quote mean to you?
- What kinds of things do you leave for last or avoid doing?
- What would your life be like if you “did the hard things first”?
- How can you give or offer your time and put God first?

ACTIVITY 3: SCRIPTURE

10 minutes

1 Corinthians 9:24-27

“24 Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. 25 Athletes exercise self-control in all things; they do it to receive a perishable wreath, but we an imperishable one. 26 So I do not run aimlessly, nor do I box as though beating the air; 27 but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.”

Debrief:

- What is happening in this passage?
- How is discipline shown in this passage?
- What kind of discipline or training does an athlete need?
- What kind of discipline or training do we need in our spiritual lives?
- What does discipline or training lead to for an athlete?
- How can we practice discipline in such a way that it leads to a closer relationship with God?

LEARNING SESSION:
GOYA RESOURCES 2019-20

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 ways 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
(for the facilitators)
5. a few copies of the debrief questions
(for the facilitators)

OPENING PRAYER

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

“Christ our Lord, You gave sight to the blind man and wisdom to simple fishermen. Give to our minds the grace of the Holy Spirit. We ask for understanding to learn and choose to do good works to glorify You.”

Amen.

LEARNING SESSION:
JOY RESOURCES 2019-20

ICEBREAKER:

10 minutes

Tell us your name and if God was going to give you a superpower tonight, what would you want it 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://youtu.be/xPpumAzqcm0>

Break up the large group into three small groups based on their answer to the icebreaker question.

Youth Workers can replay the video for their group and work together to answer the debrief questions. After a few minutes, have the groups come back together into one and have each group share their answers.

Debrief:

- What is holiness?
- How did your view of holiness change from reading the story?
- What did this daily discipline do to Symeon’s soul?
- How did it affect him?

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?
- What does it mean to “be attentive”?
- Why are we being called to “be attentive” or pay attention so many times in the Liturgy?
- How can attentiveness help us in our practice of discipline in our daily lives?

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?

LEARNING SESSION:
JOY RESOURCES 2019-20

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.

“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.