



JOY

# Y<sup>2</sup>AM

## Ministry Plan

2019-20

Finding Christ  
Through Stillness (September 2019)



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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

#### 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, 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.*

## ICEBREAKER:

*10 minutes*

Ask participants sit in a circle. Pass around a bag of Skittles, telling each participant to pick two. Once everyone has their candies, explain that each color represents a question:

*Red: Tell us what you did this summer.*

*Orange: Tell us why you came to JOY today.*

*Yellow: Tell us a time when you tried something new.*

*Green: Tell us your favorite thing to do.*

*Purple: Tell us something no one knows about you.*

Going around the circle, ask each participant to tell us their name and the information about themselves based on the color candy they have selected.

**Note:** If you only have enough time to go around once, participants can choose between their two colors. If someone has two of the same colors, they can give two different answers to the same question.

## 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 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 stillness?
- What do you think about taking time to be still and quiet?
- What would your life be like if you didn't carry the tough or worrisome things around in your thoughts?
- How can you practice stillness in order to give or offer your distractions to God?

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.

## 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  
(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.*

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## 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*

Ask participants if they have ever heard of St. Anthony? If so, ask them to share something they know about him. See what responses you get, then share the story below.

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

Youth Workers can read the story again to 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.

### **Anthony and the Cobbler**

*Note: Story adapted below for JOY age readers.*

St. Anthony lived in the desert in Egypt almost two thousand years ago, and he was a very holy man. But he didn't understand how people who live in all the noise and busyness of a big city could really be close to God. So God told him to go into the nearest big city, Alexandria, and find a small store where there was a man who made and fixed shoes. St. Anthony didn't think a shoemaker would be able to teach him anything he didn't already know, but he was an obedient servant of God, so he went. When he got there, the shoemaker invited him in and asked St. Anthony how he could help him. St. Anthony said, "The Lord sent me for you to teach me." The shoemaker was horrified. "Me? But Father, I don't know anything. I'm

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sure I've never done anything good or worthy of attention." St. Anthony reassured him. "Just tell me how you spend your days; God knows how to judge us fairly." At that the shoemaker offered this description. "Well, Father, I struggle to follow the holy teachings of the Gospel. And I'm always aware of my faults and my lack of spiritual progress. So while I'm working I say to myself: You good-for-nothing, everybody else will be saved and only you will be useless. Because of your sin, you will never be worthy to see the Lord." At this St. Anthony started to cry. He raised his eyes to heaven and gave thanks to God for teaching him how a humble mind is able to live as though in Paradise, even amidst the noise and bustle of city life. He hugged the puzzled shoemaker goodbye, and went back to the desert. While he walked, he thought more about the lesson God had just given him. "Humility is the key. Humility is the robe God put on when He came to earth as a man."

**Note:** *The full text can be found here:*

[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)

### **Debrief:**

- What do you think of this story?
- How are stillness, prayer, and humility related?
- What can we learn from the shoemaker?
- How can we follow his example in our own lives?

## 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?

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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.*