



Young
Adults

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Commitment (May 2020)



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LEARNING SESSION

MAY 2020

Finding Christ Through Commitment

GOAL:

To learn about commitment

OBJECTIVE:

To identify one way you can begin to commit
your whole life to Christ

ESTIMATED DURATION:

45 minutes

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SUPPLIES NEEDED:

1. projector and laptop
2. blank paper for each participant
3. pen for each participant

Saint Story Source: <https://holycrossoca.org/newslet/1104.html>

Article Source: <https://blogs.goarch.org/blog/-/blogs/commitment-to-christ>

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.

ICE BREAKER:

10 minutes

Tell us your name, and tell us a time you struggled to be committed to someone or something.

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

Read the following article before discussion, and talk to your group about some of the highlights of the life of Saint Innocent:

<https://holycrossoca.org/newslet/1104.html>

Ask the following questions, facilitating a discussion:

- What stuck out to you from this article?
- What are the steps to making a commitment?
- What are the steps that we can take towards committing ourselves to Christ?
- What is said about crosses? What makes that important?

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ACTIVITY 2: ARTICLE

10 minutes

Read the following article:

<https://blogs.goarch.org/blog/-/blogs/commitment-to-christ>

Ask participants the following question and facilitate a discussion:

- “Let us commit ourselves and one another and our whole life to Christ our God.” When have you heard this and why is it important?
- What is commitment?
- How committed would you say you are to God, in comparison to your world commitments?
- What does control have to do with commitment to God?
- How can we commit ourselves? Each other? Our whole lives?

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ACTIVITY 3: SCRIPTURE

10 minutes

Have participants read the following verses:

Luke 1:26-38

“26 In the sixth month the angel Gabriel was sent from God to a city of Galilee named Nazareth, 27 to a virgin betrothed to a man whose name was Joseph, of the house of David; and the virgin’s name was Mary. 28 And he came to her and said, “Hail, O favored one, the Lord is with you!” 29 But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. 30 And the angel said to her, “Do not be afraid, Mary, for you have found favor with God. 31 And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus.

32 He will be great, and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, 33 and he will reign over the house of Jacob forever; and of his kingdom there will be no end.”

34 And Mary said to the angel, “How shall this be, since I have no husband?” 35 And the angel said to her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy,

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the Son of God. 36 And behold, your kinswoman Elizabeth in her old age has also conceived a son; and this is the sixth month with her who was called barren. 37 For with God nothing will be impossible.” 38 And Mary said, “Behold, I am the handmaid of the Lord; let it be to me according to your word.” And the angel departed from her.”

Ask the following question and **facilitate a discussion:**

- How does this passage relate to commitment?
- How did the Virgin Mary make this commitment?
- How can we commit our whole lives to God when we cannot see our future?

Conclusion: wrap-up & commitment

5 minutes

Go around the circle and ask the group to name one way to incorporate commitment into the life of a college student.

CLOSING PRAYER

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

I thank You, O Lord my God, and I ask You to grant us, “healing of both soul and body, for the averting of everything hostile, for the enlightenment of the eyes of my heart, for the peace of the powers of my soul, for faith unashamed, for love unfeigned, for the fullness of wisdom, for the observance of Your commandments, for an increase of Your divine grace, and for abiding in Your Kingdom; that being kept by them in Your holiness I may ever be mindful of Your grace, and no longer live for myself but for You, our Master and benefactor. And thus, when from this life I have passed in the hope of life eternal, may I attain to everlasting rest, where the sound of those who celebrate is unceasing, and unending is the delight of those who behold the ineffable beauty of Your Countenance. For You are, indeed, the true object of our desire and the inexpressible gladness of those who love You, O Christ our God, and all creation praises You unto the ages.”

Amen.