



Young
Adults

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Discipline (October 2019)



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LEARNING SESSION

OCTOBER 2019

Finding Christ Through Discipline

GOAL:

To learn about discipline

OBJECTIVE:

To identifying way to practice discipline in your
daily life

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
OCF RESOURCES 2019-20

SUPPLIES NEEDED:

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

Saint Story Source: <http://myocn.net/saint-stylianوس-protector-children/>

Article Source: <http://orthodoxinfo.com/praxis/habits.aspx>

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: OCF RESOURCES 2019-20

ICEBREAKER:

10 minutes

Tell us your name, and talk about some habits you have in your life, e.g. brushing your teeth in the morning, or biting your nails.

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 story before discussion, and talk to your group about some of the highlights of the life of St. Stylianos:

<http://myocn.net/saint-stylianos-protector-children/>

Ask the following questions, facilitating a discussion:

- What ideas stood out to you in the article? Did something surprise you or make you think differently?
- How was discipline incorporated into his life?
- What is the relationship between obedience and discipline and how does St. Stylianos implement them into his ascetic life?
- How did God work through St. Stylianos and how did St. Stylianos allow God to work through him?
- Why do you think that the road of virtue is so difficult, and how does discipline play an important role in salvation?

ACTIVITY 2: ARTICLE

10 minutes

Read the following article:

<http://orthodoxinfo.com/praxis/habits.aspx>

Ask participants the following questions and facilitate a discussion:

- What are the three elements the article described to establish good habits?
- What is your current relationship to discipline?
- Where do you begin with motivation, and how can you develop it if you don't have it?
- How can you utilize discipline to transform bad habits?
- What can you do to practice discipline in your everyday life? How can you keep yourself accountable?

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ACTIVITY 3: SCRIPTURE

10 minutes

Have students read the following verses:

John 5: 1-13

“5 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. 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.)

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

Ask the following questions and facilitate a discussion:

- Who are the characters in this passage and what are their roles?
- How does the paralytic choose and 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?

Conclusion: wrap-up

5 minutes

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

CLOSING PRAYER

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

Grant unto me, my Lord, that with peace in mind I may face all that this new day is to bring. Grant unto me grace to surrender myself completely to Thy holy will. Instruct and prepare me in all things for every hour of this day. Whatsoever tidings I may receive during the day, do Thou teach me to accept them calmly, in the firm conviction that all eventualities fulfill Thy holy will. Govern Thou my thoughts and feelings in all I do and say. When things unforeseen occur, let me not forget that all cometh down from Thee. Teach me to behave sincerely and reasonable toward every member of my family and all other human beings, that I may not cause confusion and sorrow to anyone. Bestow upon me, my Lord, strength to endure the fatigue of the day and to bear my share in all its passing events. Guide Thou my will and teach me to pray, to believe, to hope, to suffer, to forgive, and to love. Amen.

Amen.