



Young
Adults

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Freedom (February 2020)



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LEARNING SESSION

FEBRUARY 2020

Finding Christ through Freedom

GOAL:

To learn about freedom

OBJECTIVE:

To identify one way you can practice gratitude 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://orthochristian.com/91304.html>

Article Source: <http://stgeorgegoc.org/pastors-corner/fr-ricks-sermons/freedom-free-will-in-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.

LEARNING SESSION:
OCF RESOURCES 2019-20

ICE BREAKER:

10 minutes

Tell us your name, and the best thing you have gotten for free.

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 Porphyrios:

<http://orthochristian.com/91304.html>

Ask the following questions, facilitating a discussion:

- What is the role of obedience in St. Porphyrios life?
- What do you think about the relationship (paradox) between obedience and freedom?
- How is obedience related to free will, and how can obedience be an exercise of free will?

ACTIVITY 2: ARTICLE

10 minutes

Read the following article:

<http://stgeorgegoc.org/pastors-corner/fr-ricks-sermons/freedom-free-will-in-christ>

Ask participants the following question and facilitate a discussion:

- What is true freedom in Christ?
- What is your current relationship with free will?
- How does becoming a servant to Christ make us free?

LEARNING SESSION:
OCF RESOURCES 2019-20

ACTIVITY 3: SCRIPTURE

10 minutes

Have participants read the following verses:

Mark 8:34-38

“34 Then he called the crowd to him along with his disciples and said: “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

35 For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.

36 What good is it for someone to gain the whole world, yet forfeit their soul? 37 Or what can anyone give in exchange for their soul? 38 If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father’s glory with the holy angels.”

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

- How does this relate to free will?
- How could we lose our life and still be saved?
- What is the paradox here?
- How can we answer Christ’s call to live in this way?

Conclusion: wrap-up & commitment

5 minutes

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

CLOSING PRAYER

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

Dear God, thank you for sending Jesus to save us by dying on the Cross. We acknowledge that we have sinned and we cannot save ourselves. We believe that Jesus came to give us life, and by faith we receive You in our lives as our Lord and Savior. We pray that you would grant us repentance leading to a knowledge of the truth so that we can experience our freedom in Christ and be transformed by the renewing of our minds. In the name of the Father, Son, and Holy Spirit.

Amen.