



Young
Adults

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Service (November 2019)



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LEARNING SESSION

NOVEMBER 2019

Finding Christ through Service

GOAL:

Learn about service

OBJECTIVE:

To identify one way you can empower others through serving God and neighbor 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

Article Source : <http://saintandrewgoc.org/home/2015/9/23/on-serving-god-and-neighbor-part-ii>

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.

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ACTIVITY 1: ICE BREAKER

10 minutes

Tell us your name and a service trip you have been on or a volunteer experience you have had.

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 2: SAINT STORY

10 minutes

Read the following excerpt before discussion, and talk to your group about some of the highlights of the life of St. Nektarios:

“Christians, have we understood the great responsibility that we have taken on before God through baptism? Have we come to know that we must conduct ourselves as children of God, that we must align our will with the will of God, that we must remain free from sin, that we must love God with all our hearts and always patiently await union with Him? Have we thought about the fact that our heart should be so filled with love that it should overflow to our neighbor? Do we have the feeling that we must become holy and perfect, children of God and heirs of the Kingdom of Heaven? We must struggle for this, so that we may not be shown unworthy and rejected. Let none of us lose our boldness, nor neglect our duties, nor be afraid of the difficulties of spiritual struggle. For we have God as a helper, who strengthens us in the difficult path of virtue.”

St. Nektarios of Aegina, The Path to Happiness, 2

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Ask the following questions, facilitating a discussion:

- What things stood out to you? Did something surprise you or made you think?
- How could this quote connect to serving the other?
- How can our service to our neighbor help to transform ourselves?

ACTIVITY 3: ARTICLE

10 minutes

Read the following article:

<http://saintandrewgoc.org/home/2015/9/23/on-serving-god-and-neighbor-part-ii>

Ask participants the following question and facilitate a discussion:

- How can compassion and listening be an act of service?
- According to the Article, how can God help us with service?
- What do we offer to God when asking for help with service?
- How can we transform service to others into service to God?

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ACTIVITY 4: SCRIPTURE

10 minutes

Have participants read the following verses:

Matthew 14: 13-21

“Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. 14 When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. 15 When it was evening, the disciples came to him and said, “This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.” 16 Jesus said to them, “They need not go away; you give them something to eat.” 17 They replied, “We have nothing here but five loaves and two fish.” 18 And he said, “Bring them here to me.” 19 Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. 20 And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. 21 And those who ate were about five thousand men, besides women and children.”

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Ask the following question and facilitate a discussion:

- How could this be an example of service?
- How did the disciples participate in service for this miracle to occur?
- How/when has God transformed something in your life which served you and others?
- What stops you from being a vessel of Christ?

Conclusion: wrap-up & commitment

5 minutes

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

CLOSING PRAYER

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

"Christ our God, we thank You for the gifts that have been presented to us. As You served Your flock, instill in us that same spirit of service. Lead us to give ourselves unto others for the good of the world, just as You gave up Yourself for our salvation. Guide us in our journeys that we may always remember to be servants, for it is You who said "if anyone would be first, he must be last of all and servant of all."

Bless us oh Lord, and open our hearts and minds, so that on the day of judgement we may hear: "well done, good and faithful servant."

Amen.