

1. The Faith in Action Prayer

Every Reflection Point starts with the Faith in Action Prayer.

Following the Faith in Action Prayer, you may want to ask for the intercession of your patron saint(s).

2. The Good News

A piece of scripture is read in order to reinforce the theme and to give participants an initial insight into how their acts of service are part of a bigger picture.

The chosen scripture should be relevant to the theme. Although the theme must be either Love or Service, the main focus within the theme can be something that links strongly to your organisation.

For example, if the reflection point is based on love of neighbour, your organisation may wish to concentrate on immigration or homelessness. If the theme is Building the Kingdom of God, your focus may be on places of pilgrimage or environmental issues and stewardship.

3. The Church Story

This element of the Reflection Point allows young people to engage with the Church's teachings of love and service. This can be done by listening to extracts from the Catechism of the Catholic Church, quotes from the Holy Father & Apostolic Exultations, and by learning more about how Saints and other exemplar Christians responded to their vocation by serving others.

Similarly to choosing a relevant piece of scripture, here you may choose to share the story of your patron saint(s), use quotes from the Holy Father relating to the main focus of your reflection or reference/quote sources closely relating to your organisation (e.g. ambassadors, leaders, theologians, saints).

4. Personal Story

Young people are given the chance to share their recent experience and Faith in Action journey in light of the key texts and stories they have listened to. This gives them chance to reflect on what all of the above says about faith and what it is saying to them.

This part of the Reflection Point could be discussion-based, or involve the participants reflecting in their journal. Alternatively, it could merge with the activity section of the reflection point.

5. Activity

Providing a simple activity for the young people to participate in will help them to engage more fully with scripture, the Church's story and their personal story. Activities could include team building exercises, participant discussions, arts and craft activities, mind-mapping, writing or multimedia projects.

Your organisation may already have a bank of activities suitable to use here. For example, the CAFOD website contains a variety of games and activities relevant to themes of love and service.

6. Liturgy

The reflection points should conclude with a liturgy. Doing so will help remind participants that their acts of love and service are directly related to their personal calling from God.

The liturgy could relate directly to the specific or general theme of the Reflection Point, the piece of scripture, or something relating more closely to your organisation. Prayers, litanies, or reflective activities personal to your organisation/patron saint(s) could be included.