

1. We Are Loved

Objectives:

- Explore what it means to love and be loved.
- Understand how God shows us love and teaches us to love one another through acts of service.
- Reflect upon how our experience of love affects the way we live our lives and love one another.

0. 00	Faith in Action Prayer Say together the Faith in Action Prayer
0. 05	The Good News Prodigal Son - https://www.youtube.com/watch?v=g98fX0BJzi8
0. 10	Activity Maze (see below) *If you have time and space you may want to make a maze out of cones or masking tape and ask the young people to find their way through the maze* Young people need to make their way through the maze. Explanation – In that activity you may have found yourself getting lost. And when you are lost it is hard to get yourself out of that situation. The Prodigal Son scripture reminds us that no matter how lost we are in life, no matter how many mistakes we have made God still values us and loves us and so calls us to himself.
0. 20	The Church Story An example of this is the life of St. John Henry Newman who spent much of his life thinking about the best way he could follow God. His life story is attached. St. John Henry Newman famously wrote the hymn ‘Lead kindly light’ (you can find this hymn in any parish hymn book). When we think about the words of this hymn we might think that as we are valued by God we can be the light in the darkness for others and show the love that we have received from God to other people that we meet. This is referenced in the Catechism of the Catholic Church 782. You may wish to reference Laudato Si 13 and 96.
0. 30	Personal Story This time can either be a discussion time, or simply some time of personal reflection when young people can make notes in their journal. Some prompts for any discussion or notes could be: How do we know God loves us? Can you be commanded to love? Can you be taught to love? Can we measure love? Does everyone deserve to be loved? When is it difficult to love? If you love someone, do they have to love you back?
0. 50	Liturgy Each young person receives a heart template. On one side of the heart they write/draw the ways in which they have been shown love and who has shown them love. On the other side they write/draw the ways in which they show love to others and who they show love to. Once everyone has completed their heart, string the hearts together to make a chain of hearts. Say together Some Definite Service Prayer. (Other suggestions: Listen to/sing Lead kindly light)











