

# Contents

## About Call to Faith

A Thematic Approach to Young Adolescent Catechesis . . .	4-5
Session Contents . . . . .	6-7
Scheduling and Organizing . . . . .	8-11
The Role of Session Leader . . . . .	12-13
Leading a Session . . . . .	14-15

## Participant Session Plans

Session 1	
<b>GOD Is Trinity</b> . . . . .	16-23
Session 2	
<b>JESUS Word of God</b> . . . . .	24-31
Session 3	
<b>HOLY SPIRIT Comforter and Guide</b> . . . . .	32-39
Session 4	
<b>JESUS Reveals the Trinity</b> . . . . .	40-47
Session 5	
<b>WE ARE Christ's People</b> . . . . .	48-55
Session 6	
<b>TEMPLE of the Holy Spirit</b> . . . . .	56-63
<b>Faith in Action</b> . . . . .	64-67

## Resource Bank

Reproducible Session Resources . . . . .	68-74
Ministry and Multimedia Resources . . . . .	75-76
Resources for Building a Learning Community . . . . .	77-80

# The Trinity Session Contents

Purpose	Scripture References	Content Summary
<b>Session 1</b> <b>God Is Trinity</b> Young people will learn about the mystery of Father, Son, and Holy Spirit. They will learn how the love shared in the Trinity shows us what our own relationships can be like.	Matthew 28:19, Matthew 28:16-20, John 10:31-38	As Catholics, believing in the Blessed Trinity is central to our faith. <ul style="list-style-type: none"> <li>▶ The Trinity is a mystery that can never be totally understood by the human mind, but can be approached through faith. The Father sent the Son and the Holy Spirit to help us know him and to guide us to him.</li> <li>▶ The love that the Father, the Son, and the Holy Spirit have for each other shows us what our own relationships should be like.</li> <li>▶ God has a plan of loving goodness for all his people and offers the gift of grace so that we can become more like him. This sharing in divine life helps us trust in God, have faith in him, and work for his kingdom.</li> </ul> <i>Catechism of the Catholic Church:</i> 261, 267, 314, 316, 320, 455, 743, 1890, 2248, 2254, 2680
<b>Session 2</b> <b>Jesus, Word of God</b> Young people will learn how in the Incarnation, the second Person of the Blessed Trinity became fully man while remaining fully divine. They will explore how in Jesus' lifetime, he showed his divinity particularly through working miracles, and how his life gives us a glimpse into his human nature as well.	John 1:1-14, John 1:2, Matthew 1:21, John 6:35, John 8:12, John 10:7, John 10:11, John 15:5, Matthew 1:23, Matthew 1:18-23, Luke 1:46-55, John 9:1-41, Luke 5:17-26, Luke 7:11-17, Matthew 20:34, Mark 6:34, John 11:33, John 11:35, Luke 5:1-11, John 21:7-13	Because Jesus is the Son of God, true God and true man, he saves us and brings us back into relationship with God the Father. <ul style="list-style-type: none"> <li>▶ The Son of God has existed for all times, and through the Incarnation, became fully human while remaining fully divine.</li> <li>▶ By the Holy Spirit, Mary conceived and gave birth to Jesus, the Son of God. She is a model of trust and discipleship for all of us. Her acceptance of God's will brought Jesus into the world.</li> <li>▶ Jesus showed that he was God in many ways, particularly through the working of miracles. We see his humanity through his care, compassion, and other human emotions.</li> </ul> <i>Catechism of the Catholic Church:</i> 452, 454, 479-480, 483, 509, 744, 973
<b>Session 3</b> <b>Holy Spirit, Comforter and Guide</b> Young people will learn how being human means facing times of struggle and solitude. The Holy Spirit is our companion and helper even at our loneliest moments. He works through the Church and those around us to guide us and help us live virtuous and happy lives.	John 14:15-17, Luke 22:14-20, Matthew 26:26-29, Mark 14:22-25, John 13:1-17, Luke 11:13, Philippians 2:1	The Holy Spirit is our Advocate, guiding and comforting us, strengthening us to know and live by the truth. <ul style="list-style-type: none"> <li>▶ The Holy Spirit, who strengthened the first disciples to spread Jesus' message and understand his truth, keeps the Church going, giving it life and energy and uniting us as one Body of Christ.</li> <li>▶ We all experience difficulties and challenges, some that we must face alone. However, we are never truly alone because the Holy Spirit is with us comforting, strengthening, and supporting us.</li> <li>▶ The Holy Spirit guides the Church in her living Tradition and her prayer. The Holy Spirit helps us pray at different times, in different ways, and in different circumstances.</li> </ul> <i>Catechism of the Catholic Church:</i> 747, 809, 2590, 2644, 2661
<b>Session 4</b> <b>Jesus Reveals the Trinity</b> The young people will learn about the Transfiguration, and how through God's gift of grace we grow in wisdom and faith, and come to know God as Father, Son, and Holy Spirit. They will appreciate the role that the Blessed Trinity plays in their lives.	Luke 9:35, Luke 9:28-36, Luke 9:34-36, John 8:12	We relate to the three Persons of the Trinity in different ways. We are children of God, brother and sister of Christ, and Spirit-filled. <ul style="list-style-type: none"> <li>▶ Jesus' Transfiguration revealed his divine glory as the Son of God, and shows us God the Father, Son, and Holy Spirit.</li> <li>▶ The Holy Spirit is alive and active in the Church, who helps us recognize and give thanks for the many ways in which God reveals his glory.</li> <li>▶ The gift of grace helps us to know and love God, to learn what it means to be his adopted children, and to grow in that role.</li> </ul> <i>Catechism of the Catholic Church:</i> 455, 1112, 1284, 2021, 2680

Purpose	Scripture References	Content Summary
<b>Session 5</b> <b>We Are Christ's People</b> All members of the Church have an important role in spreading the message of the Gospel. The young people will learn how they belong to the Church, the People of God, through their Baptism and belief in Christ, and that the Church is a part of God's plan for people to come to know and love him.	1 Peter 2:9-10, 1 Peter 2:15, John 5:17	As the People of God, all the Church's members have an important relationship with God and a role in spreading his message. ▶ We belong to the People of God as believers in Christ. Our faith matures as we grow and learn to better appreciate our Baptism. ▶ The Church is part of God's plan for all people to come to know him and love him. The Christian family, as the domestic Church, has a special role in this plan. ▶ Through Baptism, each of us shares in Jesus' mission as priest, prophet, and king. We offer our lives and prayer to God, show others the Good News through our words and actions, and serve and lead others. <i>Catechism of the Catholic Church: 777, 778, 804, 808, 942</i>
<b>Session 6</b> <b>Temple of the Holy Spirit</b> God the Holy Spirit lives within each of us and within the Church. The young people will learn how they are temples of the Holy Spirit, how the Spirit's gifts help them give witness to Christ, and how they can live faithful lives.	1 Corinthians 6:19-20, 1 Corinthians 6:19, Isaiah 11:1-2, Galatians 5:22-23, 2 Corinthians 6:16-18	God the Holy Spirit lives within each of us as individuals and in the Church as a community. We are temples of the Holy Spirit as is the Church. ▶ Our souls and bodies united make us who we are, and we need to take care of our souls as we take care of our bodies. ▶ The Gifts of the Holy Spirit help us to give witness to Christ and live faithful lives. The Fruits of the Holy Spirit are the results of these gifts working in people's lives. ▶ The Church is both a visible, structured organization and the Mystical Body of Christ, in which the Holy Spirit lives uniting the Church, guiding her, and giving her life. <i>Catechism of the Catholic Church: 382, 747, 809, 852, 1280, 1316, 1317, 1597, 1845</i>
<b>Faith in Action!</b> <b>CATHOLIC SOCIAL TEACHING THEME:</b> <b>Life and Dignity of the Human Person</b> This theme's Faith in Action feature teaches young adolescents the principle of defending the life and dignity of the human person.	Matthew 25:31-46, John 4:4-42, Luke 5:12-16, 1 Corinthians 12:12-13, Galatians 3:27-28, Luke 10:25-37	The Catholic Church calls us to ▶ recognize that all persons, as children of God, are equal in dignity. ▶ recognize that racism is a serious sin against God and God's children. ▶ challenge these sinful inequalities. <i>Catechism of the Catholic Church: 1711, 1945, 1947</i>



# JESUS

## Word of God

### Session Background

#### Purpose

Young people will learn how in the Incarnation, the second Person of the Blessed Trinity became fully man while remaining fully divine. They will explore how in Jesus' lifetime, he showed his divinity particularly through working miracles, and how his life gives us a glimpse into his human nature.

#### Objectives

##### Learners will

- ▶ know that Jesus is the Son of God, and is the eternal Word of God, existing for all times.
- ▶ reflect on Mary, the Mother of God.
- ▶ explore the wonder of the Incarnation, Jesus as both true God and true man.

#### Church Documents


For more background on session content, refer to *Catechism* paragraphs 452, 454, 479, 480, 483, 509, 744, and 973.

"We need to provide concrete ways by which the demands, excitement, and adventure of being a disciple of Jesus Christ can be personally experienced by adolescents..."

—*Renewing the Vision*, pages 10–11

#### Catechist Formation

In his incredible love for us God, chose to become man. In so doing, he restored the intimacy that Adam and Eve lost through their sinfulness. Jesus, true God and true man, came to show us what a human life is supposed to be like. In him we have the template for a life lived lovingly and generously, without being held back by fear as our lives so often are. Jesus reminds us of the magnificent dignity of the human person, and challenges us to live as he lived. He also reminds us that, while death is indeed part of the human experience, we do not need to be enslaved by it. Just as Jesus did, we are called to face with courage and faith, all the "deaths" in our lives, big and small.

 *How has Jesus been an inspiration for you to overcome personal weakness and failure?*



#### Catechist Prayer

Jesus, my Lord and my brother, walk with me today. Help me to remember your loving presence when I feel alone, to follow your example when I feel weak, and to look to your cross when I feel powerless. I ask this in your holy name. Amen.

#### Young Adolescents Learning Faith

- ▶ Younger adolescents often feel as if they lead multiple lives—they might feel like one person to their families, another to their friends at school, and so on. In the process, they try to discover who they are for themselves. Self-definition is a key developmental need for young people. Your patient presence is important as they develop their identity and grow as young disciples.
- ▶ Since what others think of them is so important at this age, some young people are often reluctant to share their true feelings with anyone until they feel complete trust in that person. Encourage youth to share, but don't force it.



# Preparing for the Session



For a session planning sheet, visit  
[www.osvcurriculum.com](http://www.osvcurriculum.com).

## Session at a Glance

### WHAT'S THE ISSUE?

10 minutes

**PRAY** the opening prayer.

**SHARE** about assumptions.

**READ** about Maria and Jenn, **PAGES 12–13**.

**REFLECT** on the story in large group discussion.

### WHAT DOES FAITH SAY?

40 minutes

**PRESENT** that Jesus is the Son of God and reveals who God is.

**FACILITATE ACTIVITY** to discover how complex the human person is.

**READ** about **THE ETERNAL WORD, THE SON OF GOD, and THE WONDER OF THE INCARNATION** on **PAGES 14–15**.

**FACILITATE ACTIVITY** to explore Scripture passages that tell us about who Jesus is.

**PRESENT** how Jesus changes our relationship with God on **PAGES 16–17**.

**EXTEND THE SESSION** by creating an art piece representing ways we can say “yes” to God, add 20 minutes.

**REFLECT** on how we know Jesus is the Son of God.

**READ** about **SIGNS OF BEING GOD** on **PAGE 18**.

**EXTEND THE SESSION** by reflecting on Scripture passages about Jesus’ divinity and humanity, add 15 minutes.

**PRESENT** what **CATHOLICS BELIEVE** on **PAGE 19**.

### WHAT NOW?

10 minutes

**FACILITATE ACTIVITY** to complete the What Now? section on **PAGE 20**.

**EXTEND THE SESSION** to explore **PEOPLE OF FAITH** on **PAGE 21**.

**PRAY** the closing prayer, using **Resource 2**.

## Getting Ready

- ▶ Read **Session 2** in *The Trinity Faith Booklet*.
- ▶ Prepare a prayer space with a small table, simple cloth, a Bible, candle, and cross. Be sure to have matches or a lighter for the candle.
- ▶ Identify young adolescents to help with prayer and to read aloud portions of the text.

### Supplies Needed

- *The Trinity Faith Booklets*—one per participant
- newsprint
- markers
- tape
- Bibles—one per participant
- pens or pencils
- blank sheets of paper—one per participant
- copies of **Resource 2**—one per participant
- *Call to Faith Grade 7 & 8 Music CDs*

See individual **EXTEND THE SESSION** activities for other supplies needed.

## Personal Sharing Preparation

Prepare for personal sharing and faith sharing.

- ▶ In *What’s the Issue?*, you will share about being surprised by someone you have made an assumption about. 1 minute
- ▶ In *What Does Faith Say?*, you will participate in the activity to describe yourself along with the young people. 1 minute
- ▶ In *What Now?*, you will share about a person you know who is authentic and why. 1 minute

# Facilitating the Session

## WHAT'S the ISSUE?

**10 minutes**



Visit [www.osvcurriculum.com](http://www.osvcurriculum.com).  
Look under Reproducible Resources  
for a printable version of this prayer.



- PRAY** Greet the young people as they arrive for the session.
- ▶ Ask for the group's attention and begin the prayer with the Sign of the Cross.
  - ▶ Light the candle. Have one participant read the Scripture passage, John 1:1–2. A second person will read the prayer.
  - ▶ God the Father, your Word, Jesus, has been present with you from the beginning. The Word became man, like us in all things except sin, so that we could come to know and love you fully again. O Lord, with the guidance of the Holy Spirit, let your Word be alive in us. Amen.

**SHARE** As a brief focusing activity, ask the participants if they have ever had the experience of thinking they knew someone, only to find out later that they didn't know much about that person at all.

- ▶ Share from your own experience about being surprised by someone you have made assumptions about.

**READ** Invite volunteers to read aloud the story on **PAGES 12–13**.

**REFLECT** As a large group, talk about the story, using these questions to facilitate the discussion:

What does Maria discover, both about herself and about Mrs. Monroe?

Give examples of how we show different parts of ourselves depending on the role we're in—for example, student, daughter or son, brother or sister, athlete. Are any of these *not* the real you or are they *all* the real you? Explain.

How do you remain true to who you are?

When you're getting to know someone else, how do you get to know the real person?

## WHAT does FAITH SAY?

**40 minutes**

**PRESENT** Paraphrase the **CONNECT** on **PAGE 14**. Emphasize the last two sentences: *Jesus, the Son of God, reveals who God the Father is. He saves us and brings us back into relationship with the Father.*

**FACILITATE ACTIVITY** Who I Am 10 minutes

In this activity, which leads into the content about Jesus as the Eternal Word, the young people will discover how complex the human person is.

- ▶ Each participant needs a pen or pencil, a blank sheet of paper, and a hard surface on which to write. Place markers around for the young people to use. (If you have a large group, divide the young people into groups of eight to ten and have them sit in a circle with their group.)

- ▶ Ask each person to write his or her name in the middle of the paper with one of the markers. Have the young people write five words around their names that describe who they are. (You will complete this activity about yourself along with the young people.)
- ▶ Next, have them quickly write five words that their family members would use to describe them. Then, have them write five words that their close friends would use to describe them.
- ▶ Next, have them write five words that members of a group they belong to such as a sports team or band club would use. Continue with this for a few minutes.
- ▶ Now ask the young people to pass their papers to the person on their right. That person then writes one or two words describing the person whose paper he or she now has. Remind the participants of their responsibility to be courteous and positive.
- ▶ Continue passing the papers around the room (or around their small group) until they arrive back at their original owners. Note: It may not be possible to have the papers circulated around the entire group; if time is running short, allow for four or five people to work on each paper before papers are returned to their owner.
- ▶ Have the young people review what is on their papers.
- ▶ Show them your paper. Suggest the following in similar words:

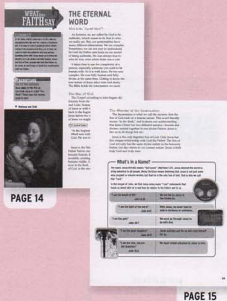
All of what is on my paper describes a part of who I am, who (your name) is. From this one word, (your name), which symbolizes me, we came up with all of this. (Name some of the things on your paper.) But, what is here doesn't even scratch the surface of who I am, because the human person is complex and deep; our personalities have many different dimensions, and sometimes we're not easy to understand.

- ▶ Write the word, *Jesus*, on a piece of newsprint. Have the group quickly brainstorm words that describe who Jesus is to them. Add the phrase *Eternal Word* to the newsprint. Tell the group that this phrase describes who Jesus is: God's Word.

**READ** Invite the participants to read silently **THE ETERNAL WORD**, **THE SON OF GOD**, and **THE WONDER OF THE INCARNATION** on **PAGES 14–15**.

- ▶ Going back to the Jesus newsprint, ask them to add any new words that describe Jesus based on what they just read.
- ▶ Read the first paragraph in What's in a Name? aloud on **PAGE 15**, and have the group add more words to the newsprint based on what you read.

## WHAT DOES FAITH SAY? (continued)



# Facilitating

## FACILITATE ACTIVITY Getting to Know Jesus 15 minutes

In this activity, the young people will explore Scripture passages that tell us about who Jesus is.

- ▶ Have the participants review the graphic organizer on **PAGE 15**.
- ▶ Create five small groups of equal size.
- ▶ Distribute Bibles, a poster board, and markers to each group.
- ▶ Assign each group one of the five Scripture passages with the "I am" statements. The group's job is to look up their passage, then create a visual poster or representation of who Jesus is based on the Scripture passage. Tell them to be sure that their poster teaches us about who Jesus is and how he relates to his Father and to us.
- ▶ Allow the groups 10 minutes to complete the activity.
- ▶ Have them present their posters to the large group. Display the art around the room.

**PRESENT** Summarize the content on **PAGES 16–17** to understand how Jesus changed our relationship with God.

- ▶ Take 2 or 3 minutes to summarize how the Incarnation happened (i.e., the Annunciation, and Mary's "Yes"), and why it is amazing news for us. Point out that Mary became the Mother of God because the Holy Spirit made it possible.
- ▶ Explain in these or similar words:

Mary cooperated with God's plan, and was Jesus' first and foremost disciple. She is our spiritual mother. She shows us the way to love by her example. She points us to Jesus. In fact, during the wedding at Cana, she tells us, "Do whatever he tells you." (*John 2:5*) Her life shows us the way to Jesus.

### GOD IS WITH US

Read the following passage from the Bible. Then, write down what you think the passage means for you.

*Matthew 1:18-25*

Now the birth of Jesus Christ took place in this way. When his mother Mary had been betrothed to Joseph, before they came together she was found to be with child by the Holy Spirit. And so, when he was born, Joseph his father took care of him until he was weaned, for he was a righteous man, one who did not wish to expose her to public disgrace, but he wished to raise the child secretly. He called the child Jesus, because he was to save his people from their sins.



PAGE 16

The Holy Spirit came upon Mary, and she became pregnant with Jesus. This was a miracle, and it was the beginning of the Incarnation. Mary's "Yes" to God was a crucial moment in the history of the world, as it allowed God to become flesh and dwell among us.

Read the following passage from the Bible. Then, write down what you think the passage means for you.

*John 1:1-14*

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and the life was the light of all people. The Word became flesh and made his dwelling among us. We have seen his glory, the glory of a man full of grace and truth.

CONSIDER YOUR FAITH

PAGE 17

## EXTEND THE SESSION 20 minutes

### Saying "Yes" to God

In this activity, the participants will create an art piece that is a visual representation of a way that they can follow Mary's example and say "Yes" to God. Ahead of time, gather arts and craft supplies such as chenille pipe cleaners, multicolored clay, glitter, art paper, colored paper, tempera paints and brushes, and colored markers.

- ▶ Set up a table with arts and crafts materials for the participants to create art pieces or symbols of how we have been asked to be disciples of Jesus. Their creations should represent or symbolize a way that they can follow Mary's example and say "Yes" to God.
- ▶ Allow 15 minutes for the young people to work creating their designs.
- ▶ Have them share what they made with the large group.





# WHAT NOW

**10 minutes**



PAGE 20



PAGE 21

## FACILITATE ACTIVITY Living Authentically 10 minutes

In this activity, the participants will complete the What Now? page with a partner and a foursome, and on their own.

- ▶ First, have the participants form pairs.
- ▶ Have the pairs review the **LIVE OUR FAITH** ideas on **PAGE 20** and discuss them together, focusing on concrete ways they might be able to carry out the ideas.
- ▶ Next, share about a person you know who you consider “authentic” and explain to the adolescents why you think that. Then have pairs come up with an example of a person they feel is authentic, and join with another pair to share about that person.
- ▶ After a few minutes of sharing, have the participants complete the **WHAT ABOUT YOU?** on their own. If you are short on time, encourage them to reflect on their “I am” statements at home.
- ▶ Encourage youth to continue sharing **FAITH AT HOME** by using the suggestion on **PAGE 20**.

## EXTEND THE SESSION 10 minutes

### PEOPLE OF FAITH

Invite the young people to read about Saints Maria Zhao-Guo, Rosa Zhao, and Mary Zhao.

- ▶ Facilitate a large group discussion on how these three women demonstrated authentic Christian witness.  
How were they true to themselves?
- ▶ Share about a person you know who is authentically Christian.

## EXTEND THE SESSION

### Saying “Yes” to God

In this activity, the participants will create an art piece that is a visual representation of a way that they can follow Mary’s example and say “Yes” to God. Ahead of time, gather arts and craft supplies such as chenille pipe cleaners, multicolored clay, glitter, art paper, colored paper, tempera paints and brushes, and colored markers.

- ▶ Set up a table with arts and crafts materials for the participants to create art pieces or symbols of how we have been asked to be disciples of Jesus. Their creations should represent or symbolize a way that they can follow Mary’s example and say “Yes” to God.
- ▶ Allow 15 minutes for the young people to work creating their designs.
- ▶ Have them share what they made with the large group.



Use **Resource 2** for the closing prayer service. Earlier in the session, small groups created posters of five "I am" statements of Jesus. Display these posters in the prayer space while you read the prayer.

At the conclusion of the prayer, play or sing one of the suggested songs.

## NOTES

WHAT NOW? (continued)



Visit [www.osvcurriculum.com](http://www.osvcurriculum.com). Look under Reproducible Resources for a printable version of this prayer.

**FYI** If you don't have time for the prayer service, you may choose to pray together the prayer on **PAGE 20** of the *Faith Booklet*.

**FYI** Distribute **Resource 2: Litany of the Holy Name of Jesus**.



GUIDE PAGE 69

### Suggested Songs



"I Say 'Yes' Lord/Digo 'Si,' Señor," Donna Peña, © 1989 GIA Publications, Inc., *Call to Faith Grade 7 & 8 Music CD1*, track 17

"Word of God," © 2000–2001, Bernadette Farrell. Published by OCP Publications