



## Living the Faith – Step 1

### Resurrection – new life, new hope

#### Aim

For individuals to reflect on and share their initiation experience and explore the Post Resurrection Gospel stories.

#### Resources needed

##### Leaders

- *Come and See notes*
- *PPT laptop and projector or TV*
- *Reflective music*
- *Cut outs: eye, ear, nose, heart, hand*
- *Bible or scripture passages*
- *Prayer focus items*
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##### For Young People

- *Journals*

#### Prayer Focus

**White Cloth** – *Easter Season*

**Yellow Flowers** – *Life and hope*

**Bolder & Folded Cloth** – *The empty tomb and Jesus garment*

**Chalice and Plate** – *Meetings around the table and Jesus who nourishes the disciples*

**Candle** – *Jesus the Light of the World*

#### Liturgical Link

In prayer the sign of the cross is a constant reminder of God's love for us and the presence of the Father, Son and Holy Spirit around us.

#### Overview

- Stories and lives entwined through the Sacraments
- New life brings new hope
- Meeting the Risen Lord.
- Our life mirrors that of the disciples
- Prayerful reflection

#### Preparation by Catechists

- *Familiarity with content and resources*
- *Rehearse the reading of the 3 women script and be prepared to share on the role of women in society*
- *Pray for the young people and leaders*

#### Scripture Passages

- Lk 24:1-12 The Resurrection
- John 20:19-31 Jesus & Thomas
- John 21:1-19 The Fishermen
- Luke 24:13-35 On the road

#### Tenets of Faith (Faith Formation)

- Baptism is birth into a new life
- The women in the story
- The challenges for us
- The first day of the Week

## Gathering:

- **Welcome and Overview:**  
Thank the young people for coming back. Provide an overview and the aim for this first step towards exploring our role as disciples of Jesus.
- **Initial reflection activity:** Sharing memories of and feelings experienced of being received into the Church.

**Introduction** - Remember back to the start of this journey.

- We reflected on God's story, and how it linked to our own story.
- We have looked for the connections on the journey towards the special day when the Sacraments of initiation were received.
- On that day your story and God's became entwined in a very special way.
- Today we begin by thinking about that day, and what it meant for us.

**Reflection** – Play some gentle church music to set the atmosphere, ask the young people to close their eyes and then to:

- Cast their minds back to the day, think about how they felt on the way to Church, and using all their senses to recall what happened when they entered the Church and at other points during the service.

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- using the cut out shapes record, sights,(eye) sounds, (ear) smells, (nose) feelings, (heart) relationships, (hands)
- after a few minutes reflection invite each person to share what on the day was most memorable and how their life has changed since being welcomed into the Sacramental life of the Church.

- FF**
- Baptism, and full communion, is about birth into a new life, a new relationship with God, the Church, and the whole of creation.
  - Each of you has now begun a new way of life that is called Christian discipleship.
  - Time will be spent during these final steps helping you understanding more about Jesus' death and resurrection and what it means to be a disciple of Jesus today.
  - Before we hear what the disciples experienced after Jesus' death we will offer thanks, in prayer, for all the experiences we have enjoyed so far.

## Opening Prayer

- Place the candle on the floor or table and as the group gather around it, invite the young people to place their cut outs around the candle.

**Prayer focus:** *refer to items and their significance here and as appropriate later*

- **Prayer of the Church Intercessions** – *Easter Sunday adapted*

Let us pray to Jesus Christ, whom God brought from death to life, and in whose power we too will find true life. **R** Christ our life, stay with us.

Jesus, you are the light of the world, draw us closer to you each day, so our lives become light for the world. **R** Christ our life, stay with us.

Our teacher and brother, you call us to share your mission of service to God our Father.

**R** Christ our life, stay with us.

King of glory, when you come again may we see you face to face in God's house.

**R** Christ our life, stay with us.

## Scripture and Reflection:

- **Resurrection brings new life and hope** - based on Luke 24 1-12

**Ponder:** how the disciples were feeling after the crucifixion: where might they have gone, what might they be thinking and doing? – Take initial responses and gather them together.

**Listen:** The Three Women - (see *L the F 9-12 Step 1 Easter Meditation*) *Wild Goose Pub*

- Invite individuals to consider what was heard and sensed as the story unfolded?

*Take responses then invite young people to consider:*

- What happens next?

- What is important about women being the ones to discover the truth, that Jesus is alive?

**FF**

- At the time of Jesus women were not persons in their own right.

- Since they only had relevance in relation to their relationship with men, as wives or daughters, their witness was not considered reliable.

So, women being the first witnesses to the resurrection this is really something, truly amazing. It highlights the faith of the women and their close relationship with Jesus.

- God invites all people to be his disciples and has a plan each of us.

**Ponder:** *In pairs ask the young people to spend a few minutes jotting down notes to then share their responses with the group regarding:*

- **How do you think women are treated in Australia?** - Can you give examples of women are and are not treated as equal to men.

- **Is this the same throughout the world?** Do you know of situations where women still have very few rights? How do you feel about this?

- **From your experience, how do you see women being treated in the Church?**

What is good, are there things that need working on?

**FF**

- Women have always played an important role in the Church, in particular in nurturing faith in the home, and providing support to others in the community.

- Since the early 1970's the role of women in the Catholic church has changed dramatically, especially in schools, liturgy and parish catechesis.

- Most other Christian Churches allow women to be priests / pastors, but still not the Catholic Church. Despite this the Catholic Church has been hugely instrumental in the political arena fighting for the rights of women; to vote, to education to their rightful place in society.

## Meeting the Risen Jesus (see L the F 9-12 Step 1 Scripture Passages)

- **John 20:19-31**, *Abridged version of Jesus & Thomas* <https://youtu.be/HaS-9AP96gE> 5min
  - as they watch the video clip invite the young people to consider:
    - where the disciples are gathered, who is present, what are they doing and why?
    - how do they respond to the presence of Jesus?
    - what does Jesus say or do, and how do the disciples respond?

*After watching the video clip allow pairs to share their responses, then invite general feedback amongst the group.*

- FF** - In the clip we see Peter initially disbelieving, but then realising that that Jesus is alive, Peter gathers the disciples around the table to do what Jesus commanded them.
- This action became part of their weekly ritual. One that has continued for the past two centuries, with Christians gathering to celebrate the resurrection of Jesus on Sunday, the first day of the week.
  - We, God's Church today, still come together on Sunday, the Lord's Day, for Mass, the Eucharist, or Lord's Supper.
- FF** - The meeting of Jesus and Thomas is one of real change, transformation. In this story the fear the disciples had following the crucifixion, is completely altered by the gift of peace that Jesus brings.
- The doubt initially expressed by Thomas is overcome when he sees for himself the risen Lord.
  - With this transformation, however, comes responsibility. Just as Jesus was sent by the Father, now, too, the disciples are sent into the world to act as Jesus did. A scary prospect.
  - Yet like many of the other disciples, Thomas became a great preacher, he is believed to have taken the Gospel to Southern India, today Kerala remains the most Christian area of the country.

## Going Deeper

- **The Challenge for us:** The story leaves us with questions to ponder regarding our own faith journey and its connection with the experience of the disciples.
  - Invite the young people to reflect alone on the questions below, making notes in their journals then sharing one or two points with the group:
    - Thomas found it difficult to believe, even though he saw Jesus. What aspects of the Jesus story do I find most difficult to believe?
    - Doubt is often a response to fear. What might I fear about being a follower of Jesus?
    - Having come this far on the journey, and received the Sacraments of initiation, what about the Christian life am I able to say a whole-hearted yes to?
- **Linking the experience of the disciples to that of our own lives:**

**Gathering to be nourished by the Lord:** The importance of Catholics gathering round the Lord's table, to gain strength from one other and from the grace received in Holy Communion, is also highlighted in two other post resurrection stories, where Jesus meets the disciples and shares food with them.

*Check if any of the group knows what these stories might be.*

*Offer an abridged version of each (9-12 L the F Step 1 Scripture Passages)*

**John 21:1-19, *The Fishermen:***

- Enquire if any of the group members have experience of fishing?  
It is hard work, requires dedication, skill, patience and resilience.

The disciples have returned to Galilee in the north and their work as fishermen:

- They have been out all night, but caught nothing and return feeling dejected
- They see Jesus on the shore he tells them to put out the nets again, reluctantly, they do
- They are rewarded with a huge catch of fish
- Jesus has made a fire on the beach and is cooking fish
- He invites the disciples to join him

Ask group members if they can recall any other Gospel story that has links with this one? (Jesus calling the fishermen to be his disciples, and gathering with them for the last supper)

- FF**
- Having called the first disciples Jesus told them they would become 'fishers of men'
  - the great haul of fish of varying kinds is a sign that they will be successful in spreading the Gospel amongst many nations. This they can only do with the help of the Lord.
  - Inviting them to eat with him Jesus reminds his friends of the meals they have shared in the past, and lets them know he is still there to nourish them, now and in the future.

**Luke 24:13-35, *the Road to Emmaus:* share abridged version (9-12 L the F Step 1 Scripture Passages)**

Following the crucifixion the two disciples are leaving Jerusalem:

- They feel dejected, let down and afraid for their safety and are talking of their disappointment
- Jesus comes alongside, listens, explains the scriptures, his life, and all they have failed to understand
- They enjoy listening to him and so ask him to stay and eat with them
- In the breaking of bread they recognise Jesus, but he is gone – yet now it all makes sense!
- They return to Jerusalem full of hope and new expectation

Invite the group to consider why is this story so important, not just for the disciples, but for all who are journeying in faith? Affirm responses and elaborate as necessary.

- FF**
- The last time Jesus broke bread with them was at the last supper.
  - This memory took them back to that moment and helped them recognise Jesus and the impact his words had made on them.
  - Full of hope and excitement they rushed back to Jerusalem to tell their friends – who by this time had also met the risen Lord.

We mentioned earlier that reception into the Church is entry to a new life.

The stories we've heard today have helped us see how the post resurrection encounters with Jesus enabled the disciples to be strong in faith.

Today, these stories also invite all Christians, especially those newly received into the Church, to:

- Be strengthened in faith by meeting Jesus in the Sacrament of the Eucharist
- Look at life anew, see the world anew, and work to make it as God planned it to be
- Share with others the Good News, that Jesus conquered death so that all may have eternal life

## Closing Prayer - adapted from *Stages on the Way*, Wild Goose Worship Group

### ***Growing in holiness:***

- Gather the group around the prayer focus refer to the items and their link to the Gospel stories heard.
- In this post initiation stage of this journey our aim is to grow closer to God. Daily prayer and reflection are the key to helping us develop our relationship with Jesus and become worthy disciples. By living as Jesus taught us, we will continue to grow in holiness, so becoming the saints God created us to be.

In response to the stories heard today, let us pray:

**Leader** Jesus Christ, you meet us; your hands still holed,  
but your breath warm and your conversation engaging.

**All** Lord, help us to know you are near.

**Leader** Death has not changed your accent or diminished your love.

**All** Lord, help us to know you are near.

**Leader** And though the world still shows many signs of imperfection, the good news is that you have destined it and all its people to be made whole.

**All** Lord, help us to know you are near.

**Leader** Gathered in your name we thank you for the blessings we have received  
and the hope your Gospel brings.

**All** Lord, help us to know you are near.

## Closing Remarks and Next Step

- Invite response to the Step 1 gathering
- Living the Faith Step 2 – The Ascension

Encourage personal and prayer support of one another and attendance at Mass