



## Young Adult Lesson Plans

### Proclaim Good News

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#### ◀ **Lesson One** *The Road Less Traveled*

**Objective:** To explore the nature and attractiveness of a religious vocation.

**Preparation:** Provide a welcoming prayer space. Make copies of *Activity 1* and the prayer service/prayer card.

**Process:** Begin with simple ice-breaker. Ask participants to spontaneously share words that tell about someone who has responded to a call to be a priest, sister, or brother. Discuss some of the images these words project. Invite those who have an experience and/or relationship with a priest, brother, or sister to share their insights. Provide stories of real people who serve/d God as priests, brothers, and sisters. Include some who are well known as well as others (Thea Bowman, FSPA, Mother Teresa, John Paul II, the pastor, a sister or brother from the area). Consider inviting a priest, brother or sister to come and share their vocation story. Contact your local vocation office for possible speakers. Distribute *Activity 1*. Conclude with prayer service or prayer card from the National Vocation Awareness Week kit.

#### ◀ **Lesson Two** *What on earth are you doing with your GIFT?*

**Objective:** To raise awareness of the gift that a religious vocation is and to prompt openness to such a gift.

**Preparation:** Read through the meditation for pace. Prepare/purchase small gift boxes for each participant. Make copies of *Activity 2*.

**Process:** Students receive small gift box and hold as meditation is led.

#### Guided Meditation

Visualize you are standing in a crowd when a young man, Harold, comes to Jesus and asks: "What must I do to be truly happy?"...You can't hear the end of the conversation but you see him go away sad...You now go up to Jesus and ask him why Harold walked away sad?...Instead of answering your question Jesus gives you a small gift...Imagine yourself holding this gift...What is the best thing you could imagine it to



be?...What are you hoping this gift is NOT?... Open the gift...Inside is a small slip of paper with the words: "Sell your possessions, give to the poor, and come follow me"... What does this

mean to you?...What are some of the pros and cons of the gift?...What are your desires/fears?...Sit down and share your thoughts with Jesus...Listen to his response...Do you walk away encouraged...or discouraged like Harold?...When ready, come back to this time and place. Distribute *Activity 2*. If group is small, discuss together. If group is large, invite participants to form smaller groups. Allow about 15 minutes for discussion. In large group talk about how a vocation is a gift from God and your response is your gift to God. Provide meditation music/song (e.g. *I'll Give* by Smalltown Poets, *The Summons* by John Bell, *Take Lord, Receive* by St. Louis Jesuits). Invite participants to name a gift they offer to God and what it means. Conclude with *Activity 2* prayer.