

— UNPACKING *Christus Vivit* —

Part 1: Who are young people?		
What are some of their characteristics?	What questions do they have?	What criticisms may they give?

Part 2: What are they hearing?	
What messages do they receive or encounter on a regular basis?	How do they learn, or construct, knowledge?

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Part 3: Crafting a Message

Which of these messages stand out or you believe young people in your ministry setting need to hear?

- ❖ You don't have to stay stuck where you are
- ❖ You are too important to give in to fakers
- ❖ If you want real change in your life, then seek Christ
- ❖ Believing in God doesn't hold you back, it empowers you
- ❖ What you fall in love with will change your life
- ❖ Don't let your anxiety tell you what you are capable of
- ❖ If you want happiness, go after it
- ❖ Let God, not others, be your mirror

What obstacles may you face in communicating this message?

What opportunities can you use to your advantage to share this message?

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Notes:

Part 4: Outreach

1. How do you reach out to young people?
2. What challenges do you face in reaching out to young people?

Part 5: Growth

1. How do you help young people grow in a relationship with God once you are with them?

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2. How do you follow-up with young people after programs or experiences?

3. What challenges do you face in either of these instances?

Discernment Questions

For teens

1. How well do I really know myself?

2. What gives me joy?

3. What upsets me?

4. What are my strengths?

5. What are my weaknesses?

6. How can I better serve other people?

7. What could I do to help my Church community?

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8. What could I do to help my local community?
9. Do I feel like I have a place in the world?
10. What can I offer to those around me?
11. What are the abilities I have that can help serve others?
12. What abilities do I need to serve others?
13. How could I develop these abilities?

Qualities of a Mentor *Self-Assessment*

Please rate yourself on the following qualities by circling the appropriate number, with 1 meaning not well and 5 meaning very well.

- | | | |
|--|---|---|
| 1. I am a faithful Christian who engages | 1 | 2 |
| 3 4 5 | | |
| with the Church and the world | | |
| 2. I constantly seek holiness | 1 | 2 |
| 3 4 5 | | |

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3.I am confident without judging 1 2
3 4 5

4.I actively listen to the needs of young 1
2 3 4 5
people and respond in kind

5.I am deeply loving 1 2 3
4 5

6.I am self-aware 1 2 3 4
5

7.I recognize my limits 1 2 3 4
5

8.I recognize the joys and sorrows of the 1
2 3 4 5
spiritual journey

9.I acknowledge my own humanity, that 1 2
3 4 5
I make mistakes and am not perfect

Part 6: Discernment

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What opportunities or spaces do you have to help young people discern?	Who are individuals you can invite to become mentors to young people?