

What does it mean to be a missionary disciple of Jesus Christ?

INTO THE DARK

Session Four: Sharing Christ's Light

SESSION OVERVIEW

GOAL

The goal of this session is for the youth to be empowered to bring the light of Christ into the darkness.

SUMMARY

The Gather is a high-energy large group game. The Proclaim is a teaching about the importance of bringing the light of Christ into the dark that incorporates practical suggestions on how to live in Christ's light and share it with others. The Break gives the youth an opportunity to discuss the teaching and retreat in a small group, as well as pray for each other's intentions as the go forward from the retreat. The Send closes the session with a retreat wrap up and an opportunity for the youth to share about their retreat experience.

MAIN IDEAS

- Jesus wants everyone to experience new life in Him, so as we find the light of Christ in our darkness, we are called to share His light with others.
- In order for us to share the light of Christ with others, we have to let His light into our lives.
- It is not enough to simply experience the light of Christ, to keep it to ourselves and hide it away. We must go out and share about our God who loves us so much that He came to save us from all darkness.

ENVIRONMENT

Take down any remaining black or dark decorations. Decorate the room in white and gold, using lots of natural and bright light.



MEDIA SUGGESTIONS

"Alive Again," Matt Maher (*Alive Again*, Provident, 2009)



SCRIPTURE

Matthew 5:11-12, 14-16; John 3:19-20, 8:12

Notes: _____

SESSION OUTLINE

GATHER

Session Welcome (10 min)

Have loud and upbeat music playing as you gather the youth in the main meeting space. Begin in prayer and then briefly recap what the youth learned in the previous sessions and introduce the topic for this session using the following as an example:

The light of Christ has set us free from the darkness. His love and light have driven out the darkness of fear, and His great mercy has set us free from the darkness of sin. But it doesn't end here. There are people we know who are living lives in the darkness and need the great love of Jesus Christ and He calls us to share His light with all those we encounter. With His love and light in our lives we never need to be afraid of anything even as we go into the dark.

Line Tag (15 min)

This game is played as a large group.

1. All of the youth line up along the wall on one side of the room.
2. Choose one person to be "it." This person comes to the middle of the room.
3. When the person who is "it" says "go," all of the youth must run from one side of the room to the other.
4. Anyone who is tagged on the way is now "it" as well.
5. All of the youth line up again along the wall and all of the people who are "it" remain in the middle. When they say "go," the youth run to the other side of the room.
6. This continues until there is one youth left or all of the youth have been tagged.
7. Play as many rounds as time allows.

PROCLAIM

"Into the Dark" Teaching (10 min)

This teaching can be found on pages 54 to 56.

BREAK

Small Group Discussion (20 min)

Divide the youth into their retreat small groups. Begin in prayer and then use the following questions for discussion:

- What has been your favorite part of the year?
- Which session or activity stood out to you the most? Why?
- Why does Jesus ask us to share His light rather than hide it?
- What would the world look like if no one lived in the darkness of sin or fear?
- What is one thing you can do after this year to more fully let the light of Christ into your life?
- How can you share the light of Christ with others after this year?

6th Grade:

- The saints serve as examples of the many different ways in which one can be a disciple of Jesus. Who is your favorite saint and why?
- The life of Jesus is a model for discipleship. What can we learn from the way he lived, the things he did, and what he said about our own call to be disciples? (reach out to isolated/unwelcomed)
- We are tasked with evangelizing or telling the story of faith. What is your faith story?

7th Grade:

- Disciples are not passive spectators but rather active participants. How can we participate in discipleship?
- Sometimes discipleship is hard. What are the challenges of being a disciple? How can you overcome these?
- We show how we accept or reject God's love by the way we treat others. What does the way we treat others say about us? What do we want to say?

8th Grade:

- Discipleship is our call all the time not just at Church. What does it look like to be a disciple at school, home, driving in the car, at the mall, etc.?
- A disciple recognizes that all things come from God. What are you thankful for? Since God gives them to you should they be shared or given to others?
- How can I take more personal ownership of my faith? How do I grow in my faith and discipleship?

After the discussion, allow each youth a few minutes to share what they would like prayers for as they go back home. After all of the youth have shared, offer up all of the intentions in a closing prayer.

SEND

Retreat Wrap Up (30 min)

Gather the youth back in the large group. At this time, invite the youth to come forward and share about their experience on the retreat, specifically what they liked the most. If you will be giving the youth a retreat T-shirt

End the retreat with a time of prayer, specifically asking that the youth may have courage to live their lives in the

Give final instructions for cleanup and departure.

INTO THE DARK

Proclaim Details

RETREAT RECAP

- Jesus is the light of the world and calls us out of darkness. (John 8:12)
- At the beginning of this retreat, we learned about the darkness we may be living in and the importance of recognizing sin and fear in our lives.
- We learned about the great power of Jesus who died for us, offers us forgiveness for our sins, and invites us into His light and new life.
- We had a chance to examine where in our lives we experience the darkness of fear and found that in the midst of our fear and suffering, Jesus is there to walk with us and cast out all darkness.
- Jesus does not want us to live lives of darkness, but rather, He wants us to live in the light of His mercy and love.
- He wants us everyone to experience new life in Him, so as we find the light of Christ in our darkness, we are called to share His light with others.

LETTING THE LIGHT IN

- *Read Matthew 5:14-16.*
- Jesus tells us not to hide the light we have received and instead, share it with others so they too may find light in the darkness.
- He also says, "let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven." The key phrase being "see your good works." (Matthew 5:16)

- In order for us to share the light of Christ with others, we have to let His light into our lives. We have experienced this during the retreat, but it cannot end here.
- You must continue to let the light of Christ into the the darkness of your sins — continue to form your conscience and awareness of your sins by using the examination of conscience, reading Scripture, listening to the good direction of trusted adults in your life, and expelling the darkness of sin by regularly going to the Sacrament of Reconciliation.
- It is also important that you continue to let the light of Christ free you from the darkness of fear. Let Jesus into your life; pray to Him regularly and draw near to Him, especially in the Sacrament of the Eucharist at Mass.
- Jesus' light and love for you are real; there is no amount of darkness that will ever overcome you when you live in His light.

SHARE THE LIGHT

- It is not enough to simply experience the light of Christ, to keep it to ourselves and hide it away.
- We must go out and share about our God who loves us so much that He came to save us from all darkness.
- There are people in your life who may be experiencing the darkness of sin, fear, or suffering and need the hope and love of Christ. You can inspire them to turn to Him in their time of need by the way you live your life.
- You can share the light of Christ with others by telling them about Jesus, inviting them to Mass or Edge, or sharing your experience on this retreat with them.
- You should not underestimate the witness of your life. When people see you treating others well, standing up for what is right, and refusing to cheat or gossip, they will know there is something different about you.

- Your good works will point them to something greater — to Christ.
- They may not like you because there are people who prefer to live in darkness and do not like the light. (John 3:19-20)
- It is not always easy to be a follower of Christ, but He promises to always be with us. He also promises that the reward for His followers who endure in goodness and truth will be great in heaven. (Matthew 5:11-12)
- *Share a story about your conversion and what it was like when you started living your life in the light of Christ. Include your struggles, but also the great joy that resulted.*
- Remember that you are not alone. You have your friends and Edge community to help you along the way as you strive to let the light of Christ into the darkness of your life and the world.
