

# DEEP WATER

The Holy Mass

## GOAL

The goal of this session is for youth to understand the importance of their participation in Mass and reception of the Eucharist as they help us to share God's love with the world.

## Scripture

Exodus 12:1-11, 1 Chronicles 16:1-37, Luke 21:14-20, John 6:26-58, 1 Corinthians 11:23-26

## Catechism

CCC 608, 1136-1144, 1324, 1345-1381, 2828-2837

## Resources

### Handouts

"Diving Checklist"

"Deep Water" Parent Letter

### Video

Ascension Presents, "Why Go to Holy Mass? (4 Reasons You Might Not Know)" (youtube.com)

## **GATHER**

Youth play a version of sharks and minnows, playing on the deep-sea theme of the series, to actively engage all participants.

## **PROCLAIM**

The following are the main teaching points of the Proclaim:

- The Holy Mass is the highest form of prayer in the Church, and all people are called to celebrate. In the Mass we receive the Eucharist, and many of the other sacraments can be celebrated within it.
- At the Last Supper, Jesus established the celebration of the Eucharist as the memorial of his sacrifice for our salvation.
- The Eucharist strengthens us to love all people with the same kind of love God gives us.

## **BREAK**

In small groups, youth are guided through a handout on how to prepare for and participate in Mass more fully.

## **SEND**

Youth spend time in Eucharistic Adoration.

## **WEEKLY CHALLENGE**

Bring the “Diving Checklist” to Mass next Sunday and complete it.

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## PREP

Collect all materials needed for the Edge Night. Download, print, and copy the “Diving Checklist” handout found online at [lifeteen.com](http://lifeteen.com).

The Send for this Edge Night is a short time of Eucharistic Adoration with music. Coordinate with a priest or deacon and music minister to offer this time of prayer for your youth.

Next week’s Edge Night includes an invitation to parents and guardians to join for the closing prayer activity. Communicate to them well in advance, inviting them to come in for the final 20 minutes of that session and pray with their child through a Signing of the Senses. Reassure parents and guardians who are unable to attend that their child’s core member will stand in and that their child will not be excluded.

## SETUP

Follow the environment suggestions for the series.

Outline the boundaries for the Gather game. Create a large rectangular outer boundary with tape. Place four cones parallel to the shorter sides of the playing field about eight feet inside the boundary, marking a smaller “safe zone” resembling a football end zone. The playing field between the end zones should allow the youth to move around without running into obstacles.

Test all audio-visual elements of the Edge Night.

Project the environment image and play the “ES - Below the Surface” Spotify playlist as the youth enter.

## SUPPLIES

Prepare the following supplies:

## Gather

- ☐ Tape
- ☐ Cones, eight

Break

- ☐ “Diving Checklist” handout, one per person
- ☐ Pens, one per person
- ☐ Bibles or printouts of the upcoming Sunday Gospel, one per small group

Send

- ☐ Adoration supplies

## NOTES

## CORE ASSIGNMENTS AND NOTES

This youth minister worksheet provides writing space to detail core member assignments and notes specific to running this Edge Night. Write the names of core members assigned to the roles listed.

Announcements: Parents are invited to attend the end of the next session, "Suit Up," to participate in the Signing of the Senses prayer activity. Remind your small group and their parents if you see them.

**Setup:** \_\_\_\_\_

**Opening Prayer:** \_\_\_\_\_

### **Gather** - Shark Attack

- Leader: \_\_\_\_\_

**Proclaim** - Deep Water: \_\_\_\_\_

### **Break** - Diving Checklist, Small Group Discussion

- Adoration Setup (2): \_\_\_\_\_

### **Send** - Eucharistic Adoration

- Priest/Deacon: \_\_\_\_\_

- Music Minister: \_\_\_\_\_

**Weekly Challenge:** \_\_\_\_\_

**Parking Lot:** \_\_\_\_\_

## NOTES

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## GATHER

### Introduction (5 min)

Consider dressing up with goggles and snorkeling gear to make the introduction fun and engaging.

Welcome the youth and introduce those who are there for the first time. Invite the preselected core member to begin in prayer. Give a brief overview of the Edge Night topic, using the following as an example:

*When we find something new that we enjoy, we want to do it all the time, like a new hobby or game, or even a new vacation spot that we want to return to year after year. Eventually, the novelty wears off, but these activities and destinations bring a deeper joy. In this Edge session, we dive deep to explore the graces we can receive frequently, starting with Mass and the Eucharist.*

### Shark Attack (15 min)

This is a large group game, including all youth and core members. Select two players to begin as sharks and place them in the center of the playing field. All other players are fish, beginning in the safe zone marked by cones on one side of the playing area. All fish start in the same safe zone.

To begin the game, the sharks say, “Fishy, fishy – come to the deep.” The fish begin walking into the playing area. Then the sharks, in unison, shout, “Shark attack!” and try to tag the fish. Once the shark attack begins, the fish can run to try and reach the safe zone opposite where they started. If a fish is tagged, they become “seaweed” and must sit cross-legged on the floor where they were tagged. Seaweed can attempt to tag other fish but cannot move from their seat.

The shark’s goal is to turn all the fish into seaweed. The fish’s goal is to stay alive as long as possible. Play as many rounds as time allows. After every round, select new sharks.

#### Suggestion

When crossing the playing field, the fish players must make swimming gestures to act like fish or other underwater creatures. For an extra silly element, encourage youth to make fishy lips as they “swim.”

# PROCLAIM

## “Deep Water” Teaching (10 min)

### Highest and Deepest

- When we go to the pool on a hot summer day, the first thing we want to do is jump straight in. However, there is an area of the pool where it is unsafe to dive – the shallow end. There is not enough water in the shallow end to keep you from hitting the bottom!
- In this series, we are diving deep into the realities of the sacraments. One of the deepest and most profound experiences we can have with God is the Mass. The Church calls the Mass the highest form of prayer. **(CCC 1324)**
- We may have varied feelings about going to Mass, but what lies below the surface is an incredible gift God offers us every week (or even daily).
- The Mass is the highest form of worship. Our personal prayer, acts of charity, and even celebrating other sacraments are great – but the Mass always comes first. It is the way that God wants us to worship him, fulfilling the first commandment to love God above all else. **(CCC 2175-2176)**
- In the context of Mass, we can receive the Eucharist, one of the sacraments. In many ways, the Mass is a summary of our faith and an offering of all the prayers we ask of God.
- This is why the Mass is not only important, but why the Church requires us to go. It is not that our priest wants to fill the pews, but rather that the Church knows the Mass is good for us.
- Saint John Vianney once said, “There is nothing so great as the Eucharist. If God had something more precious, he would have given it to us.”
- On the surface level, Mass may feel routine, but if there was no deep water for us to dive into, God would not ask us to dive in.
- Jesus knew this when he celebrated the Last Supper.

### Remember Me

- Before his death, Jesus was in Jerusalem celebrating the Passover with his disciples. Passover is a feast observed by Jews every year. At Passover, Jews recall how God delivered the Israelites from slavery in Egypt. It is a celebration of God’s faithfulness and power.



Project and read **Exodus 13:3, 7-10**.

And Moses said to the people, "Remember this day, in which you came out from Egypt, out of the house of bondage, for by strength of hand the Lord brought you out from this place; no leavened bread shall be eaten...

Unleavened bread shall be eaten for seven days; no leavened bread shall be seen with you, and no leaven shall be seen with you in all your territory. And you shall tell your son on that day, 'It is because of what the Lord did for me when I came out of Egypt.' And it shall be to you as a sign on your hand and as a memorial between your eyes, that the law of the Lord may be in your mouth; for with a strong hand the Lord has brought you out of Egypt. You shall therefore keep this ordinance at its appointed time from year to year."

**Exodus 13:3, 7-10**

- The Jews of Jesus' day, and even today, faithfully celebrate Passover to remember how God was faithful to his promise to free them.
- Memory is an important component of faith – if we cannot remember how God has been faithful, it is harder to trust in the present that God is faithful and even harder to trust that God will be faithful in the future.
- A memorial calls to mind things of the past and, in a way, makes the past present again.
- This is the feast Jesus and his disciples are celebrating in the Gospels at the Last Supper. During this celebration, Jesus established a new memorial.

Project and read **Luke 21:14-20**.

- When we go to Mass, we hear the same words Jesus said: "Take this, all of you, and eat of it, for this is my body, which will be given up for you."
- The Mass is our memorial of Jesus' sacrifice.
- We need to remember Jesus' sacrifice because we have eternal life because of it.

Project and read **John 6:53-56**.

- The Eucharist, the Bread of Life, is now our memorial. When we celebrate it, we call to mind how God saved us from sin and death by the sacrifice of Jesus.
- The memorial of Jesus' sacrifice in the Mass calls to mind what happened in the past so that we can receive its promise in the present. This promise is not just for ourselves but also for us to share with others.

## Breaking Bread with Others

- Mass and receiving the Eucharist are the most frequent ways we receive God's grace.
- In consuming the Eucharist, we become more like who we were created to be.
- A popular phrase based on the writings of St. Augustine says, "I receive what I am – the Body of Christ – so that I may become what I receive: the Body of Christ." As members of the family of God and members of the Catholic Church, we make up the Body of Christ. When we receive the Eucharist, we become strengthened in this identity. **(1 Corinthians 10:16-17, CCC 1382)**
- Our identity comes with responsibilities – because we are members of the Body, we are called to act like the Body! Our responsibility is to treat our family, friends, and neighbors as Jesus would.
- Saint Teresa of Ávila wrote, "Christ has no body but yours, no hands, no feet on earth but yours. Yours are the eyes with which he looks with compassion on this world."
- The love we receive from God in the Eucharist strengthens us to love others as God loves us.
- Our celebration of it in the Mass draws us to the memory of Jesus's sacrifice in the past, it calls us to love God and our neighbor in the present, and promises us eternal life in the future. That is pretty deep!

## BREAK

### Diving Checklist (10 min)

Gather in small groups and begin in prayer. Pass out copies of the “Diving Checklist” handouts and a pen to each youth. Small group leaders guide youth through filling out the beginning of the handout.

Refer to the “Before Mass” section on the handout. Read aloud the upcoming Sunday’s Gospel and ask youth to fill in the last section of “Before Mass” section with words or phrases that stuck out to them from the Gospel passage. Instruct the youth to keep this handout and bring it to the next Mass they attend.

### Small Group Discussion (10 min)

Use the following questions to foster a discussion within the small group:

- Whip Around: Would you rather have the ability to breathe underwater like a fish or swim as fast as a dolphin?
- Share a favorite memory you have with someone you love, like a vacation with family or hanging out with friends. Why is it your favorite?
- How do you feel when you go to Mass? What makes it difficult to engage in Mass?
- What are ways we can share God’s love with others as though we are Christ’s hands and feet?

## SEND

### Eucharistic Adoration (25 min)

Bring youth to the church and invite them to sit in the pews, spaced apart from one another. Dim the lights in the church and light the altar candles. The music minister plays quiet instrumental music while the youth get settled.

Introduce Adoration for those youth who have not experienced it before. Use the following as an example:

*Eucharistic Adoration is a form of prayer that honors the real presence of Jesus Christ — Body, Blood, Soul, and Divinity — in the consecrated host. During Adoration, we gaze upon Jesus and allow Him to gaze upon us. It is quiet, personal, and healing. The consecrated host is displayed in a vessel called a monstrance, which means “to show.” When we pray during Adoration, we bring Jesus our prayers, petitions, fears, and excitement. We can pray anywhere, yet Adoration gives us a quiet, dedicated place free from distraction where we can be in the presence of God and attentive to the Holy Spirit. During this prayer time, there will be periods of music and silence. If you find your mind wandering, allow the distraction to pass over you and refocus on the word “Jesus.” Please kneel when the Blessed Sacrament is processed in and out by the priest (or deacon). In between, you may change your posture to a comfortable position for prayer.*

*Remain reverent in the presence of Jesus, and do not distract those around you. You may pray silently, sing along to the music, read the Bible, journal, or prayerfully draw.*

Invite the priest or deacon to begin with exposition of the Eucharist.

Allow about 20 minutes of prayer time that includes live music and short periods of silence. Close in prayer and repose the Eucharist.

Bring up the lights in the church and continue with the Weekly Challenge and announcements.

**Suggestion**

Use slides or a printout to share the song lyrics and prayers.

**Weekly Challenge**

Invite the preselected core members to present the Weekly Challenge.

*Bring the “Diving Checklist” to Mass next Sunday and complete it.*

Dismiss the core members preassigned to parking lot safety.

Make announcements related to your program.

Dismiss the youth.