

REFEREE

A LIFE NIGHT ON CONSCIENCE

QUICK GLANCE

ABOUT THIS LIFE NIGHT

In this Life Night, we focus on how to recognize and respond to the inner voice that guides us toward God's will. The goal of this Life Night is to inspire teens to form and listen to their consciences so they can live fulfilling lives pleasing to God by choosing what is good in every situation. Through engaging activities, discussion, and prayer, teens explore how a well-formed conscience leads us to lasting happiness and a closer relationship with God.

MAIN POINTS

1. Conscience is an inner voice in the depths of our soul rooted in God's law. It judges right or wrong in situations and points us toward what is good.
2. We are obligated to follow the judgment of our conscience and form our conscience through prayer, God's Word, and the teachings of the Church.
3. A well-formed conscience helps us choose what is ultimately good for us and avoid what will lead to harm and disappointment.

SCRIPTURE

Psalms 119:105 | Proverbs 6:20-22 | Isaiah 30:21 | Romans 2:14-16 | 1 Timothy 1:5

CATECHISM

1706 | 1776-1802

KEY TERMS

Attentiveness | Conscience

SAINTS

St. Benedict | St. Joan of Arc | St. Thomas More

RESOURCES

Music

Spotify: "LS - Game Day"

Website

"Understanding Conscience" (usccb.org)

GOAL

The goal of this Life Night is to inspire teens to form and listen to their consciences so they can live fulfilling lives pleasing to God by choosing what is good in every situation.

ENVIRONMENT

Create a sporty “referee” vibe by decorating with black-and-white stripes, penalty flags, mini sports equipment, and a simple scoreboard — highlighting the idea that our conscience acts like a trusted official in the game of life. See the Getting Ready section for more detailed setup suggestions.

GATHER

Count On It... With a Twist!

Teens count from 1 to 15 in small groups, adding funny twists each time they reset. With the need to “referee” the rules, this game alludes to the notion of conscience as an indicator that something is right or wrong.

PROCLAIM

Talk: Referee

This teaching introduces conscience as our “inner referee,” placed by God to guide us toward what’s right and away from what’s harmful. It explains that conscience must be intentionally shaped through prayer, Scripture, and the Church’s wisdom. Examples, including the story of St. Thomas More, highlight the courage required to follow conscience in the face of pressure or personal cost. Emphasis is placed on silence and self-awareness, helping teens recognize God’s subtle promptings. By the end, they learn that a well-formed conscience ultimately offers both freedom and peace, guarding them from moral pitfalls.

BREAK

Small Group Discussion

Through discussion of saint stories in small groups, teens explore real-life examples of conscience in action, connecting personal experiences to the importance of forming and following conscience.

SEND

Check Yourself

A guided Daily Examen invites the teens to reflect on their day, recognize God's voice, and set practical resolutions. The prayer reinforces the Life Night's message of building a well-formed conscience.

NOTES

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The background is a clean, solid white color.

GETTING READY

LIFE NIGHT DATE: _____

FOUR WEEKS BEFORE

- Read through the entire Life Night.
 - Pray with the Scripture and Catechism references.
 - Consult the Resources suggestions.
 - Select a presenter for the Proclaim and contact them this week.
 - Send the Proclaim Teaching Guide to the presenter.
 - Consider reaching out to any guest speakers or additional parish staff who might offer insights or testimonies relevant to conscience formation.
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TWO WEEKS BEFORE

- Assign core members to the tasks on the Core Meeting Worksheet.
 - Check in with the Proclaim presenter and ask for an outline and slides, if applicable.
 - Schedule practice time with the presenter if needed.
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ONE WEEK BEFORE

- Distribute the Life Night outline to the core members.
 - Pray with the core members over the Life Night.
 - Review the highlights of the Life Night.
 - Explain the core assignments.
 - Encourage the core members to review the discussion questions and pray for their small group.
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THE WEEK OF THE LIFE NIGHT

- Advertise the Life Night on the parish youth group's social media channels.
 - Schedule the Parent Letter email as a follow-up to the Life Night.
 - Make a plan for the Life Night Environment using the suggestions below.
 - Gather the supplies needed for the Life Night.
 - Inform core members of their roles during the session and provide them with the required materials and instructions.
 - Pray for the teens who will be present and experience the Life Night.
 - Write out or type, print out, and cut slips of paper with the individual rules for the Count On It... With a Twist game. Each small group needs one set of the 15 rules.
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THE DAY OF THE LIFE NIGHT

- Test all audio-video elements of the Life Night.
 - Decorate the youth room using the Environment instructions below.
 - Project an Environment image found online at lifeteen.com.
 - Play the "LS - Game Day" Spotify playlist as teens gather.
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ENVIRONMENT

Decorate the main meeting space with black-and-white paper streamers reminiscent of an actual referee’s striped uniform. Hang up penalty flags or bright-colored penalty cards, and set out small sports equipment, like mini soccer balls or footballs, for a playful touch. Create a “Scoreboard” labeled “Right vs. Wrong” using a bulletin board, and use whistles as wall accents or table centerpieces. Encourage core members to wear referee shirts and carry whistles as they guide teens through the session.

SUPPLIES

	Slips of paper with Count On It... With a Twist! rules
	A container or bowl to hold the rule slips
	Journals/pens (optional for the Send)

LIFE NIGHT PLANNER

SCHEDULE

TO-DO

ROOM LAYOUT

CORE MEETING WORKSHEET

Use this outline for your core team meeting before the Youth Mass. The core meeting follows the Gather-Proclaim-Break-Send structure.

CORE MEETING START TIME: _____

GATHER

- Begin with a brief social time and rapid high points/low points of the week from each core member.
- Pray with your core team and include one of the Scripture passages from the Life Night.

Scripture choice: _____

PROCLAIM

- Review the Life Night outline.
- Assign core members to the tasks for this Life Night and write their names in the Core Assignments chart on the next page.

BREAK

- Review the Life Night small group activity with a core member discussion. Spend about 15 minutes on this section.
- Take questions.

SEND

- Conclude the meeting with a Hail Mary.
- Set up final details for the Life Night.
- Arrive early to the Youth Mass to greet teens as they arrive.

CORE ASSIGNMENTS

Setup	1.	2.	3.
	4.	5.	6.
Check-In	1.	2.	3.
Audio-Video			
Opening Prayer			
Proclaim Presenter			
Closing Prayer			

NOTES

[illegible]

GATHER

WELCOME AND OPENING PRAYER 5 min

Gather in the main meeting space and welcome the teens to the Life Night. Introduce any teens attending for the first time, and begin in prayer.

COUNT ON IT... WITH A TWIST! 15 min

Invite the teens to gather in their small groups and sit in circles. Give each group a bowl containing the rule slips found on the next page.

If this is the first time small groups are meeting together, allow a few extra minutes for introductions.

Groups are challenged to count from 1 to 15, one person and one number at a time, going around the circle. The person who says “15” picks a random rule from the bowl. The rule applies to the whole group and remains in place for the duration of the game. The next person in the circle starts the count again at 1.

Groups continue counting and adding new rules in this way until they have successfully counted to 15 after adding all of the rules.

SUGGESTION

Encourage the teens to laugh off mistakes or mix-ups since part of the fun is seeing how fast (or not!) they can adapt to a new twist.

STEP IT UP

Give each small group fun props (like goofy hats or costume pieces) to act out the assigned rules more creatively. Add musical cues so that each time the group reaches “15,” a short sound effect or jingle plays to signal it’s time to assign a new rule. Award prizes for the most spirited, creative, or cooperative group. If time and space allow, do a large-group version by forming a circle big enough for everyone.

Count On It... With a Twist! Rules

Write out or print and cut these rules so that each one is on its own slip of paper. Make a set for each small group.

Sing the number 1 instead of saying it.

When you say 2, make an animal noise.

Clap once before saying 3, then snap afterward.

Turn to the person on your left and compliment them before you say 4.

Say 5 in Spanish ("*cinco*").

Replace 6 with any celebrity name that starts with "S."

Spell out 7 instead of saying it.
("S-E-V-E-N!")

When you say 8, add the word “billion” after it.

Turn the number 9 into a quick rhyme.
 (“9 is feeling fine!”)

Say 10 twice and use a funny voice.
 (squeaky, deep, echo, etc.)

When you say 11, do a dance move.

You must say 12 in slow motion.

The person who is supposed to say 13 nods their head once in silence on their turn.
 If they speak or accidentally say 13, reset the count.

Say 14 with an accent.

High-five the person to your right after saying 15.

PROCLAIM

GETTING STARTED

This Teaching Guide is not just an outline; it's a tool to help you craft a powerful and personalized talk that will leave a lasting impact. Don't just prepare the main points — unleash your creativity and incorporate media and Going Deeper content to captivate your audience and inspire the teens. Whether you use any suggested media or find your own, make sure it's visually engaging, attention-grabbing, and thought-provoking. Consult the Going Deeper section at the back of this resource and highlight the points that most resonate with your teens. Whenever presenting in front of a group, use a Bible or Catechism to read any passage rather than a digital copy or paper printout.

Beyond these guidelines, the most important thing is to be yourself and let the Holy Spirit guide you. Practice your talk, pour your heart into it, and trust that your authenticity and humility have the power to make a difference in the lives of these teens. If possible, record yourself giving the Proclaim and make notes on what you can improve or avoid. This guide is just the beginning — the rest is up to you!

MAIN POINTS

1. Conscience is an inner voice in the depths of our soul rooted in God's law. It judges right or wrong in situations and points us toward what is good.
2. We are obligated to follow the judgment of our conscience and form our conscience through prayer, God's Word, and the teachings of the Church.
3. A well-formed conscience helps us choose what is ultimately good for us and avoid what will lead to harm and disappointment.

KEY TERMS

Attentiveness - Paying close attention to God's presence and promptings so you can make choices guided by his will. **(CCC 1776)**

Conscience - The voice of God in our souls that urges us to do good and reject evil. **(CCC 1777)**

Main Point 1:

Conscience is an inner voice in the depths of our soul rooted in God's law. It judges right or wrong in situations and points us toward what is good.

- It seems like over the years, people have become more and more concerned about what is in their food, and rightly so. We know some foods are good for us and will benefit our health. We also know that in order to be mass-produced, have a maximum shelf life, and appeal to a wide range of tastes, some foods have ingredients that aren't great for us.
- It's not always easy to know what's good for us and what isn't. That's where apps like Yuka and other food scanners come in handy. A quick scan can tell us whether a product is well-made and contains wholesome ingredients or if it's better left on the shelf.
- That quick guidance telling you, "This is good and will help you" or, "This is bad and will not" is a lot like the built-in scanner we have for moral decisions — our conscience.
- It can feel confusing to figure out what's right or wrong sometimes, especially when your friends or social media say so many different things. However, most of the time, you really do know deep down when something's off.

CATECHISM

Project and read the following from **CCC 1776**:

"Deep within his conscience man discovers a law which he has not laid upon himself but which he must obey. Its voice, ever calling him to love and to do what is good and to avoid evil, sounds in his heart at the right moment... For man has in his heart a law inscribed by God... His conscience is man's most secret core and his sanctuary. There he is alone with God whose voice echoes in his depths."

- That voice in the depths of your soul is your conscience. It isn't just a random feeling that changes with your mood. It's actually imprinted in our soul by God's law, giving us a sense of right and wrong. **(CCC 1777)**

- Our conscience is like the referee of our soul. When we do something wrong, it throws the flag to show us that what we did was wrong and needs to be addressed.

Share a quick, appropriate memory of being convicted by your conscience, even if no one else said a word.

- When we sin, it's a serious matter. God gives us a conscience to help keep us on the right track. Like a referee monitors the integrity of the game or a food-scanning app helps ensure what you are eating is good for you, our conscience guides us to make choices that will lead us to thrive.
- For this reason, our conscience sometimes makes us feel bad. Because sin is an issue, we need to know when we've done something wrong. Feelings of guilt or shame accompany sinful actions as indicators that what we did (or didn't do) wasn't good for us or others, and needs to be forgiven and fixed. **(Going Deeper #1: "Mortal and Venial Sins")**
- At the same time, conscience also affirms our good behaviors. Think of a time when you did something you knew was right, like deciding not to cheat on a test when you had the chance, refusing to respond in anger to someone who insulted you, or helping a friend or stranger in need. In situations like these, conscience rewards us with a deep feeling of satisfaction. **(CCC 1778, 1781)**
- Whether it's for small choices or bigger moral dilemmas, this built-in "referee" helps you stay within bounds when everyone else around you might be lost in the game.

Main Point 2:

We are obligated to follow the judgment of our conscience and form our conscience through prayer, God's Word, and the teachings of the Church.

- Our conscience reveals what we believe to be right in a given situation. For this reason, we are morally obligated to follow our conscience. If we don't follow it, we are choosing against what we believe is the right thing to do. **(CCC 1790)**
- However, there are a few obstacles we face when we try to follow our conscience.
- First, we might not be paying enough attention to our conscience.
- Our world is full of busyness and distractions. In the midst of everything going on in life, the voice of conscience can easily be drowned out. In order to respond to our consciences, we have to take time to listen to them. **(CCC 1779)**
- Take a moment to think about what helps you connect with that inner voice; maybe it's prayer, journaling, or just sitting quietly outside.

Invite the teens to close their eyes for a few seconds of silence, modeling how to pause the busy noise.

- Even if you're not used to being that quiet, notice how your mind settles. That interior calm can reveal clarity about the choices you make. A few minutes of silence each day can help you hear that voice more clearly. It's in this stillness that you notice God's guidance within rather than just your immediate wants.
- If we want to be serious about listening to our conscience, we need to carve out time for interiority and silence. For many of us, this means we need to set aside time to "power off" distractions to "tune into" God's gentle nudge. Without self-awareness and time spent in reflection, we'll have a hard time hearing and following our conscience.
- Another obstacle we face in following our conscience is that our conscience doesn't always make the right judgment. Sometimes, we're just wrong. **(CCC 1786)**
- As humans, we are far from perfect. Sometimes, what we believe to be right in a given situation is influenced by our own emotions or wants, or we're blind to the truth because of our ignorance. In this case, we need help in deciding what's best. This is why it's essential that we form our conscience. **(CCC 1783)**

SCRIPTURE

Project and read **Psalm 119:105** or invite a leadership teen to read it.

- Forming our conscience means that we take time to listen to what God and the Church have to say about situations. Every time you read God's Word or listen to Church teachings, you're calibrating your internal "referee." **(CCC 1785)**
- Similar to a coach correcting a player's posture or technique, our consciences need correction. Immersing ourselves in God's commands and desires found in his Word and the teaching of the Church corrects our conscience so that it can really see what's best in a given situation.
- Forming your conscience isn't automatic; it takes commitment to daily prayer, reading Scripture, and openness to the Church's guidance.
- When you hear the Church say something is harmful, it's good to trust that collective wisdom rather than leaving it up to guesswork.

Share a short story of a personal moment when advice from a friend or mentor helped clear up confusion about a tough decision.

- Even if we hear our conscience and know that it's telling us the right thing to do, we might not follow our conscience because of what it costs. This is the third difficulty we face.

- We often want to follow the inner nudge of conscience, but at times, the cost seems high. It's easy to think, "I don't want to do that," and label it conscience, but that's really just preference. Real conscience points you toward genuine good, even when it might be inconvenient.

Take a moment to encourage the teens to reflect on a recent situation in which they knew the right choice but hesitated. Afterward, read **2 Timothy 1:7**.

- God has given us a spirit of power to be able to face tough situations. However, like training for a sport, you have to put in the effort if you want strong "moral muscles" that can handle any challenge. **(CCC 1784)**
- Following our conscience can be hard and costly, but it's worth it. The peace we experience knowing that we are doing what God wants and holding fast to our convictions far outweighs the momentary ease of caving into worldly pressures or desires.

Main Point 3:

A well-formed conscience helps us choose what is ultimately good for us and avoid what will lead to harm and disappointment.

- Saint Thomas More is a prime example of someone who lived out the obligation to follow conscience, no matter the consequences.
- He spent years serving as a statesman in England and eventually reached the rank of Lord Chancellor to King Henry VIII. He fulfilled the role faithfully for years.
- Sir Thomas eventually found himself caught in the middle of a dispute between the King of England and the pope. Knowing the king's actions were wrong, he resigned from his position. He did not break any laws or speak out publicly against the king. He simply followed his conscience.
- Eventually, he was forced to either sign an act affirming King Henry's actions or be tried as a traitor. He refused to give in. He went to prison and was visited by friends and family imploring him to change his mind. More, however, could not abandon his conscience. He was tried and executed.
- He lost his high-ranking position and eventually his life, yet he never surrendered his moral compass. That might sound extreme, but it reminds us that loyalty to conscience is more valuable than popularity, power, or comfort. **(Going Deeper #2: "The Holy Spirit's Role in Moral Discernment")**
- Following conscience offers more than a momentary buzz; it sets us on a path that leads toward authentic freedom and inner peace. There's a deep sense of relief we experience whenever we choose something that aligns with what we believe as Catholics.

- A well-formed conscience protects us from chasing decisions that look fun now but could disappoint us later. When you think about a time you went against your conscience — maybe you spread a rumor or stayed silent when you saw someone being bullied — you realize that what seemed good or easy at the moment often leaves a bitter taste in the end.
- Those uncomfortable feelings aren't meant to make you feel bad about yourself. They are a warning that you are stepping onto shaky ground. **(CCC 1781)**

Encourage the teens to identify a current situation in which they sense their conscience nudging them, and affirm that God's mercy meets them right there.

- When your moral sense is properly trained, it acts like a trustworthy GPS pointing you away from temporary thrills that usually cause regret.
- We can get tricked into believing popularity or shortcuts will fulfill us, but a solid conscience reminds us that true satisfaction comes from choosing what God desires.
- This doesn't mean we won't ever be tempted or confused. Forming your conscience is an ongoing adventure, and you'll definitely have moments where you'd rather ignore the whistle blowing in your soul. Yet the payoff is a life guided by confidence, integrity, and deeper joy.
- By building quiet time into your routine — maybe five minutes of silent prayer or journaling — you allow the Holy Spirit to speak more clearly. **(CCC 1785)**
- That regular pause can help you steer away from choices that harm your relationships or your self-worth.
- The more you practice following your conscience, the more it becomes second nature, alerting you before you drift off course.
- Over time, your conscience will guide you steadily toward God's vision for your life, sparing you unnecessary hurt and giving you the freedom to love and serve boldly.

BREAK

SMALL GROUP DISCUSSION 25 min

Gather teens into small groups to talk through real-life situations that connect with how saints formed and followed their consciences. Begin by reading the scenario and giving the teens some time to think. Before soliciting answers, read the brief story of a relevant saintly example. Then, invite teens to share their thoughts about the prompt and the saint's story. Engage with as many of the exercises below as time allows.

Exercise 1

Scenario

Your friends ask you to do something that goes against your beliefs. You feel immense pressure to cave in, but your conscience is telling you not to. What do you do?

Saintly Example

Saint Thomas More was a brilliant lawyer and adviser to King Henry VIII who refused to back down when the king and other government officials demanded he deny Catholic teachings. He ended up losing his high status and even his life because he would not betray his conscience. His courage shows us that doing what is right might be costly, but it is more valuable than the world's approval. He inspires us to stand up for our beliefs, no matter how much pressure we face from others.

Discussion Questions

- Why do you think St. Thomas More was willing to sacrifice everything instead of compromising his faith?
- How do you respond when friends ask you to do something that goes against your beliefs?

Exercise 2

Scenario

You sense God asking you to do or say something that could make you stand out from others. This nudge from the Holy Spirit won't go away, but you're afraid to act. How do you respond?

Saintly Example

Saint Joan of Arc was a teenage girl in France who, against all odds, led her country's armies to key victories during the Hundred Years' War. She claimed her direction came from visions and voices from saints, but many people thought she was crazy or making it all up. Despite being mocked and eventually captured by her enemies, she stayed true to her conscience and remained faithful to God's guidance. Her story reminds us that God can work powerfully through young people who aren't afraid to trust him.

Discussion Questions

- What do you think made St. Joan of Arc so steadfast despite the challenges she faced?
- When have you felt called to stand up for something, even though others might have mocked you? What makes it hard to do this?

Exercise 3

Scenario

Some of your friends are acting disrespectfully at Mass, using God's name in vain, or joking about your faith or religious things in a way they shouldn't. You know this is wrong, and you debate saying something. What's your move?

Saintly Example

Saint Tarcisus was a young altar server in ancient Rome who bravely carried the Holy Eucharist to persecuted Christians. When a group of non-believers confronted him and demanded he hand over the Eucharist, he refused and ultimately died protecting it. His short life reveals the depth of respect we should have for sacred things and the courage it takes to live out our faith. Tarcisus challenges us to guard what's holy with the same commitment he showed.

Discussion Questions

- Saint Tarcisus had a deep devotion to the Eucharist and it showed in how he acted. How can he inspire us?
- What are you willing to endure to protect what you hold sacred?

Exercise 4

Scenario

You know you struggle with temptations when you put yourself in certain situations, like being alone in your room with your phone or hanging out with a certain group of people. You feel your conscience prodding you to avoid these circumstances. What's your response?

Saintly Example

Saint Benedict is often called the Father of Western Monasticism because he started communities of monks and wrote guidelines on how they could live faithfully. He was so determined to stay pure and resist sin that, at one point, he threw himself into thorn bushes to fight temptation. Although we may not need to dive into thorns, his example shows that sometimes we have to take drastic steps to protect our souls. His life teaches us the importance of self-control and seeking God above all else.

Discussion Questions

- Saint Benedict took concrete steps to guard his heart and mind. Do you think it is important for us to do the same?
- What are some “thorn bushes” in everyday life that can help us step away from temptation? (Consider accountability partners, tech filters, time limits, etc.)

SUGGESTION

Encourage the core members to share short personal examples of following (or not following) their consciences to break the ice. Keep the saint biographies concise so teens can quickly relate the stories to their own lives and ensure there's plenty of time for discussion.

STEP IT UP

Provide small group leaders with props, such as images or symbols related to each saint (like a gavel for St. Thomas More, a sword for St. Joan of Arc, etc.), to spark conversation and help teens connect. You could also invite a parishioner or guest speaker who has a personal testimony related to one of the saint's virtues to share a quick, live witness before the groups break out.

SEND

CHECK YOURSELF 15 min

Bring all the small groups back together in the main meeting space. Dim the lights and play gentle instrumental or reflective music at a low volume to help teens calm their minds. Invite everyone to spread out a bit so they can focus without distractions. If possible, place chairs or cushions in a circle, but allow space in between so they're not too close together. If you have a crucifix or icon, display it prominently at the front or center of the room to help teens reflect on God's presence.

Lead the teens in a brief Daily Examen, inspired by St. Ignatius of Loyola, guiding them to prayerfully review their day and listen to their conscience. Use the following to transition into the examen:

An Ignatian Daily Examen is a brief prayer practice where we look back over our day to notice God's presence and how well we responded to his guidance in our hearts. It helps us grow more aware of when we follow our conscience and when we let distractions or temptations steer us away from what's best for us.

Right now, we're going to walk through the Examen step by step, asking the Holy Spirit to guide us. I encourage you to really engage in this activity in the moments of prolonged silence.

Find a comfortable position, close your eyes, and take a few deep breaths.

Pause for a few moments.

In the silence of your heart, recall a few moments from today when you felt close to God or felt like you followed his commands. This could be time set aside for prayer, a conversation with a friend, a harsh word left unsaid, a choice to avoid certain tempting situations, or anything else. Thank him for those blessings and the grace to be faithful to him.

Pause for two or three minutes.

Now, ask God to show you where you may have ignored your conscience or slipped into harmful choices. Ask for his mercy and guidance on how you can do better tomorrow.

Pause for two or three minutes.

Take some time to think through and commit to one practical step you'll take to follow your conscience more faithfully.

Pause for a few moments.

Close the Life Night with a group prayer calling on the Holy Spirit. Invite everyone to stand. Then, project and pray together the following:

Come, Holy Spirit.

Enlighten our minds and strengthen our wills.

Help us to listen to your inspirations heard in the depths of our consciences.

Guide us to what is good; keep us from what is evil.

Help us to trust you more and hear you more clearly with each new day,

Following your path, let us come to everlasting joy in the Kingdom of God.

Amen.

Encourage the teens to continue praying for the Holy Spirit's guidance throughout the week, trusting that God will help them hear and follow their consciences in every situation.

SUGGESTION

Hand out notecards and writing utensils so teens can write down their thoughts. Encourage teens who have journals to use them instead. Afterward, invite the teens to do an Examen every day, journaling their reflections regularly so they can notice patterns and grow in self-awareness.

STEP IT UP

Hand out small "Examen Cards" with steps they can use at home to continue the practice on their own.

ANNOUNCEMENTS 5 min

Make announcements for your program, then dismiss the teens.

AFTER THE LIFE NIGHT

Most core members are tired at the end of the session, but be sure to do two things upon the completion of a Life Night.

FIRST, CLEANUP

Try to foster a spirit of teamwork and generosity among your core team. One of the fastest ways to a divided core team is for one or two members to neglect cleanup. No one is done for the night until everyone is done cleaning up. If a core member is not helping clean up, presume goodwill on their part. If it becomes a consistent problem, address it with them rather than letting issues fester.

Be mindful of any relational ministry that may be happening or teens that need to talk. Sometimes, teens can be deeply moved by a Life Night and may need to continue to process with a trusted adult. During cleanup, your team should continue to be available and interruptible for any teens. You never want to shove teens out the door for the sake of cleaning up.

SECOND, EVALUATE

After all the teens have left, appreciate what God has accomplished through the Life Night. Share any praise reports. Identify who or what needs follow-up. Set a timer and invite the group to share in these five categories of the Life Night: Pros, Cons, Questions, Comments, and Concerns. Remind the core team that evaluations are intended to improve the teens' experiences at Life Teen and are not critical judgments of a youth minister's or core member's performance. As you discuss, encourage the core team to consider each of the Life Night movements of Gather, Proclaim, Break, and Send, or pass out/email the evaluation forms. Conclude your time together in prayer and praise to God.

LIFE NIGHT EVALUATION

On a scale of 1-10, how well did this Life Night accomplish the goal we set?

GOAL

The goal of this Life Night is to inspire teens to form and listen to their consciences so they can live fulfilling lives pleasing to God by choosing what is good in every situation.

Did not accomplish

Nailed it

1

2

3

4

5

6

7

8

9

10

What was the strongest aspect of this Life Night?

Gather

Proclaim

Break

Send

Environment

Optional: Please explain further.

What kind of follow-up do we need to do after this Life Night?

What can we improve for future Life Nights? How can we accomplish this?
