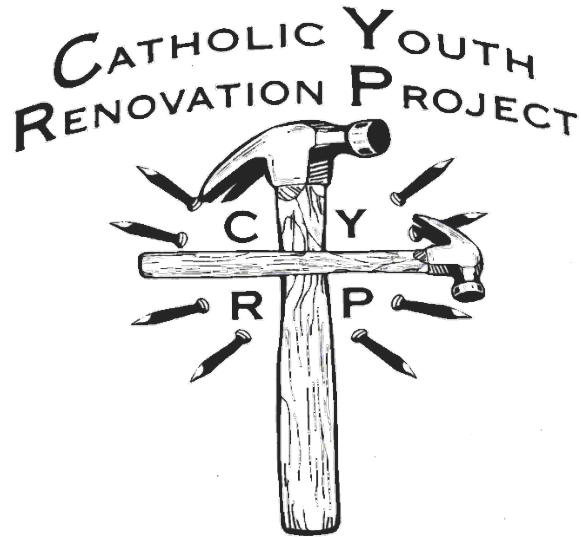


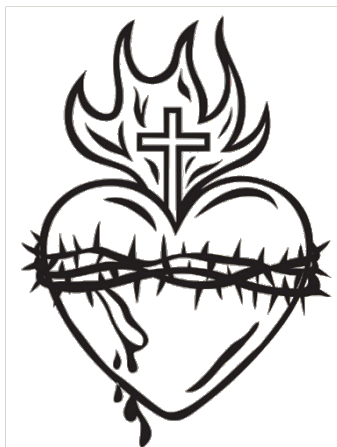


Catholic Youth Renovation Project 2026

One Heart. One Mission.

June 7 to 12, 2026

Program Manual



Contents

Letter to Ministry Leaders	4
Program Manual Overview	5
Theme: One Heart. One Mission.....	5
Vision for the Week	5
What’s Included in the Manual.....	6
Sunday Mass Resources: “One Heart. One Mission.”	7
Prayers of the Faithful (Universal Prayer)	7
End-of-Mass Acknowledgment	7
Commissioning / Sending.....	7
Special Blessing of the Young People and Leaders.....	8
Sunday Kick Off Session: One Heart. One Mission. (90 Minutes)	9
Monday Morning Prayer (30 minutes)	13
Post-Lunch Reflection Questions	15
Monday – <i>A Heart that Sees</i> (Good Samaritan)	15
Monday Evening Youth Session (90 minutes)	16
Tuesday Morning Prayer (30 Minutes)	19
Post-Lunch Reflection Questions	21
Tuesday – <i>A Heart that Offers What It Has</i> (Loaves and Fishes)	21
Tuesday Evening Youth Session (90 minutes).....	22
Wednesday Morning Prayer (30 Minutes).....	25
Post-Lunch Reflection Questions	27
Wednesday – <i>A Heart that Serves and Sacrifices</i> (Washing of the Feet)	27
Wednesday Evening Youth Session (90 minutes).....	28
Optional - Wednesday Social Night (60 Minutes).....	32
Thursday Morning Prayer (30 Minutes).....	33
Post-Lunch Reflection Questions	35
Thursday – <i>A Heart that Builds Communion</i> (Body of Christ).....	35
Thursday Evening Youth Session (90 minutes).....	36
Optional - Thursday Evening: Family Celebration (90 Minutes)	40
Friday Morning Prayer (30 Minutes)	42

Post-Lunch Reflection Questions 44

 Friday – *A Heart that is Sent on Mission* (Sacred Heart / Sending)..... 44

Friday Evening Youth Session (90 minutes) 45

Sunday Mass Resources: After CYRP Week of Service 49

 Prayers of the Faithful (Universal Prayer) 49

 End-of-Mass Acknowledgment 49

 Prayer of Thanksgiving and Sending Forward 50

Facilitator Background..... 51

 Resources on the Sacred Heart of Jesus 51

 Resources on Catholic Social Teaching 51

 Resources on Leading Reflective Service-Learning Experiences with Youth 51

 Vatican Resources 51

Letter to Ministry Leaders

Welcome to CYRP 2026 - One Heart, One Mission

Dear CYRP Leaders,

Welcome to the Catholic Youth Renovation Project 2026, and thank you for saying yes to this important mission. This year's theme, **One Heart, One Mission**, invites us to reflect on our unity as the Body of Christ and our shared call to live from the Sacred Heart of Jesus. Throughout this week of service, young people and adult leaders across our diocese will come together not simply to complete projects, but to encounter Christ through prayer, service, relationship, and reflection.

The timing of this year's experience is especially meaningful, as many groups will conclude their week of service on **Friday, June 12, the Solemnity of the Sacred Heart of Jesus**. As we repair homes, serve families, and gather in prayer, we hope our young people come to recognize that Christian service is more than helping others—it is allowing our hearts to be shaped by the compassion, mercy, and mission of Jesus.

This manual has been prepared as a practical resource to support your planning and leadership. Inside, you will find:

- Morning prayer experiences
- Lunch reflection questions
- Evening formation sessions
- Facilitator background resources
- Catholic social teaching materials
- Service-learning tools and enrichment activities

These resources draw from the richness of our Catholic tradition and trusted ministry partners, including the writings of Pope Francis and Pope Leo XIV on the Sacred Heart, the Apostleship of Prayer, Catholic social teaching resources, and youth ministry service-learning tools.

Please know that this manual is intended to be a guide, not a script.

Every parish, school, and ministry context is unique. We encourage you to adapt these resources in ways that best serve your young people, your setting, and your schedule. Many of you bring valuable experience in ministry, education, retreats, catechesis, and leadership. We invite you to bring your best gifts to this effort.

At the same time, we strongly encourage you to remember that CYRP is about more than the work project itself. Painting a wall, repairing a home, or serving a family matters deeply—but the greater opportunity is the spiritual formation of our young people. Meaningful prayer, thoughtful reflection, honest conversation, and intentional accompaniment are essential to helping them recognize how the Lord is present and at work through these experiences.

As adult leaders, you have the sacred privilege of walking alongside young disciples as they discover their gifts, deepen their faith, and learn what it means to serve like Christ. Thank you for your generosity, leadership, and witness.

Please know that our diocesan team is here to support you along the way. May the Sacred Heart of Jesus unite us, guide us, and send us forth together as one heart in Christ and one mission in the world.

In Christ,

Angel Barrera, Jonathan Garza, Melissa Salazar, & Kristie Lee

Program Manual Overview

Welcome to the Catholic Youth Renovation Project (CYRP) 2026, a diocesan-wide initiative inviting high school youth and adult leaders to live out their faith through service, encounter, and discipleship.

This year, we are rooted in the theme: **One Heart. One Mission. Living from the Sacred Heart of Jesus**

This manual contains the core elements you need to guide your teams and sites throughout the week with clarity, unity, and purpose. Whether you are a parish coordinator, site leader, prayer facilitator, or volunteer, your role is essential in helping young people encounter Christ—through their work, their relationships, and their faith.

This manual is designed to:

- Provide **daily prayer experiences** rooted in Scripture and the Sacred Heart of Jesus
- Offer **structured reflection questions** to deepen conversation during mealtimes
- Equip leaders with **evening formation sessions** that connect service with faith
- Prepare you for key moments throughout the week, including:
 - Sunday kickoff gathering
 - Wednesday social night
 - Thursday family celebration
 - Friday evening sending and closing ritual
- Include liturgical resources such as:
 - Prayers of the Faithful
 - Commissioning and sending
 - Blessings and acknowledgments

Theme: One Heart. One Mission.

CYRP 2026 is centered on the Sacred Heart of Jesus—the source of compassion, mercy, and mission.

Throughout the week, young people are invited to be formed by His Heart:

- **Monday:** A Heart that Sees
- **Tuesday:** A Heart that Offers What It Has
- **Wednesday:** A Heart that Serves and Sacrifices
- **Thursday:** A Heart that Builds Communion
- **Friday:** A Heart that is Sent on Mission

Each day connects Scripture, service, and reflection to help youth:

- Encounter Christ in those they serve
- Grow in compassion and generosity
- Build authentic relationships
- Recognize their call as missionary disciples

Vision for the Week

CYRP is more than a service project; it shapes young people into Christlike disciples. Participants learn to see, love, serve, and go forth on mission as Jesus did.

What's Included in the Manual

Each day of CYRP is intentionally designed to form young people in the love of the Sacred Heart of Jesus and to live out our theme:

One Heart. One Mission.

◆ Morning Prayer (30 minutes)

- Structured in a **Gather – Listen – Respond – Send Forth** format
 - Rooted in the daily Scripture themes of the Sacred Heart
 - Helps youth begin each day with:
 - A heart that sees
 - A heart that offers
 - A heart that serves
 - A heart that builds communion
 - A heart that is sent
-

◆ Lunch Reflection Questions

- Simple, meaningful discussion prompts for small group sharing
 - Helps youth reflect on their experience in real time
 - Connects service with faith and personal growth
 - Encourages movement from experience → reflection → mission
-

◆ Evening Youth Sessions (90 minutes)

- Direct teaching rooted in Scripture and the Sacred Heart of Jesus
 - Small group, interactive activities (engaging and movement-based)
 - Guided debrief of the day's service experience
 - Prayer that deepens the daily theme and invites conversion
-

◆ Special Events Support

• Sunday Kickoff Session

Prayer, icebreaker, teaching, and group activity to set the tone for the week

• Wednesday Social Night

Welcome script and guidance for building joyful, inclusive community

• Thursday Family Celebration

Structured meal, witness-sharing prompts, and facilitator guidance

Emphasis on dignity, encounter, and mutual blessing

• Friday Sending Ritual (Sacred Heart)

Closing prayer, reflection, and sending forth

Distribution of a small token (cross or Sacred Heart bracelet)

Entrustment to the Sacred Heart of Jesus

◆ Liturgical Resources

- Sunday Mass Prayers of the Faithful (before and after CYRP)
- End-of-Mass acknowledgment of youth and leaders
- Commissioning and sending before the week
- Prayer of thanksgiving and continued mission after the week
- Special blessing for missionary discipleship

Sunday Mass Resources: “One Heart. One Mission.”

Theme: *Sent from the Sacred Heart to Serve*

Prayers of the Faithful (Universal Prayer)

Celebrant:

Christ our Lord gives us his body and blood as real food and real drink, so that we may draw life from him. As one eucharistic community, we bring our prayers to our Father:

1. **For the holy Catholic Church**, that in offering this sacrifice of adoration, all members may be strengthened for priestly work in the world, let us pray to the Lord. *R/. Lord, hear our prayer.*
2. **For human society in our world today**, that the social meaning of the eucharist may inspire people to serve Christ in the poor, let us pray to the Lord. *R/. Lord, hear our prayer.*
3. **For the upcoming Catholic Youth Renovation Project**, that it may be an opportunity for our young people to serve families in need and may build relationships, restore hope, and share God’s love through action, let us pray to the Lord. *R/. Lord, hear our prayer.*
4. **For young people, especially those experiencing anxiety and depression**, that they may find comfort and healing in our parish communities, let us pray to the Lord. *R/. Lord, hear our prayer.*
5. **For our dearly departed**, that they may rest in God’s eternal peace, let us pray to the Lord. *R/. Lord, hear our prayer.*

Celebrant:

Almighty God, be favorable to the prayers we offer. Accept them in union with the perfect prayer of your Beloved Son, the one acceptable victim and eternal priest, who lives and reigns for ever and ever.

End-of-Mass Acknowledgment

Celebrant (after Prayer after Communion):

“Before we conclude today’s liturgy, we want to recognize the young people and adult leaders who will be participating in the Catholic Youth Renovation Project this week.”

“This group will serve throughout our community—repairing homes, building relationships, and sharing the love of Christ with families in need.”

“This year’s theme is One Heart. One Mission. Rooted in the Sacred Heart of Jesus, they go forth to serve, to encounter, and to be formed as missionary disciples.”

(Invite all CYRP participants to stand.)

Commissioning / Sending

Celebrant:

“My brothers and sisters, you are being sent from this Eucharist on mission.

*You go not only to complete work,
but to share the love of Christ.*

*You go as one heart in Him,
to live one mission in the world.”*

Special Blessing of the Young People and Leaders

Celebrant (extends hands in blessing):

Let us pray.

*Lord God,
you have called these young people and their leaders
to serve with the Heart of your Son.
As they go forth this week,
form in them a heart that sees,
a heart that offers,
a heart that serves,
and a heart that builds communion.
Bless the work of their hands,
the words they will speak,
and the encounters they will share.
May they recognize Christ in those they serve,
and may others come to know Christ through them.
Protect them, guide them,
and send them forth as missionary disciples.
We ask this through Christ our Lord.
R: Amen.*

Optional Closing Line (if desired)

“Go in peace, glorifying the Lord by your life.”

R: Thanks be to God.

Sunday Kick Off Session: One Heart. One Mission. (90 Minutes)

Theme: One Heart. One Mission – Living from the Sacred Heart of Jesus

5:00 – 5:10 PM | Opening Prayer

Leader Script:

“Welcome to CYRP 2026.

Tonight, we begin something important.

Not just a week of work... but a week of encounter.

We come together from different places,

but we are being formed into one heart in Christ

and sent on one mission of love.”

GATHER

- Quiet instrumental music or soft background music

- Invite stillness

Leader:

“God our Father,

you have given us the Heart of your Son

as a sign of your love for the world.

As we begin this week,

draw us close to that Heart.”

LISTEN

- A reading from the Acts to the Apostles Acts 4:32-35

32 The community of believers was of one heart and mind, and no one claimed that any of his possessions was his own, but they had everything in common. 33 With great power the apostles bore witness to the resurrection of the Lord Jesus, and great favor was accorded them all. 34 There was no needy person among them, for those who owned property or houses would sell them, bring the proceeds of the sale, 35 and put them at the feet of the apostles, and they were distributed to each according to need.

RESPOND

- Invite silence (30 seconds)

Leader:

“What are you bringing into this week—your hopes, your expectations, your concerns?”

All:

“Sacred Heart of Jesus, make our hearts like yours.”

SEND FORTH

Leader:

“Tonight, we begin as one heart.

Tomorrow, we go out on mission.”

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

5:10 – 5:25 PM | Icebreaker – “One Heart Connections”

Instructions:

- Pair with someone you don’t know
- Each pair shares:
 - Name
 - Parish/school
 - One reason you chose to be here

- Rotate every 2–3 minutes (2–3 rounds total)
 - Optional: invite 2–3 participants to share someone they met
-

Facilitator Script:

“You are not here alone.

This week, you will become one team, one community, one heart.”

5:25 – 5:50 PM | Direct Teach – “Formed by the Heart of Christ”

Time: ~20–25 minutes

Format: Large group teaching

Suggested Content:

1. What is CYRP?

- Not just service
 - A week of:
 - Encounter
 - Faith
 - Transformation
-

2. The Sacred Heart of Jesus

- The Heart of Jesus:
 - Sees with compassion
 - Gives without holding back
 - Serves with humility
 - Brings people together
 - Sends us on mission
-

3. The Journey of the Week

Preview the themes:

- Monday: A Heart that Sees
 - Tuesday: A Heart that Offers
 - Wednesday: A Heart that Serves
 - Thursday: A Heart that Builds Communion
 - Friday: A Heart that is Sent
-

4. Why This Matters

- You are not just helping people
 - You are encountering Christ
 - You are being formed as disciples
-

Key Scripture:

- Matthew 25:40
 - John 20:21
-

Challenge for the Week:

“This week will stretch you.

But if you stay open, God will form your heart.”

5:50 – 6:15 PM | Small Group Activity – “One Heart. One Mission.”

Instructions:

- Break into groups of 8–10 youth (with at least one adult leader)

Provide:

- Poster paper
 - Markers
-

Prompt:

Create a poster that shows:

- What does it mean to be one heart?
 - What does it mean to live one mission?
 - What do you hope God will do in you this week?
-

Encourage:

- Symbols (heart, cross, home, hands, path)
 - Words and phrases
-

Facilitator Notes:

- Not about artistic skill
 - Focus on meaning
 - Give time updates (10 min remaining, 5 min remaining)
-

6:15 – 6:25 PM | Group Sharing**Instructions:**

- Invite 2–3 groups to share briefly
 - Display posters around the room for the week
-

Leader Connection:

“What you named tonight is what we will live this week.”

6:25 – 6:30 PM | Closing Prayer**Leader says:**

“As we prepare to begin, we place this week in the Heart of Jesus.”

Prayer (All):

“Sacred Heart of Jesus,
we give you this week.
Form our hearts to be like yours.
Help us to see,
to offer,
to serve,
to build unity,
and to go forth in mission.
Make us one heart in you,
and send us to love the world.
Amen.”

Final Words:

“Tomorrow, we begin.
One Heart.
One Mission.”

Notes for Leaders

- Keep tone prayerful but engaging
- Avoid long lectures—invite participation
- Set expectations clearly:

This is about encounter, not just work

- Reinforce unity and mission

Monday Morning Prayer (30 minutes)

Theme: *A Heart that Sees*

Scripture: Luke 10:25–37 (Good Samaritan – shortened)

Focus: Seeing with Compassion

Format: Gather – Listen – Respond – Send Forth

Roles: Youth Leader (YL), Reader (R), All (A)

GATHER (5 min)

Youth Leader:

“Good morning. Today we begin our first full day of service.

This week, we are living as *one heart and one mission*, rooted in the Sacred Heart of Jesus.

Before we go out, we pause.

We ask the Lord to form our hearts... to see as He sees.”

(Invite everyone into a circle or seated reverently.)

YL:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Music (2 min):

Instrumental or soft refrain (e.g., “Open My Eyes, Lord”)

YL:

“Lord Jesus,

your Heart is full of compassion.

Open our eyes today,

so that we may recognize you in others.”

LISTEN (10 min)

YL:

“Let us listen to the Word of God.”

Reader:

A reading from the Holy Gospel according to Luke (10:33–35, abbreviated)

“But a Samaritan traveler who came upon him was moved with compassion at the sight.

He approached the victim, poured oil and wine over his wounds and bandaged them.

Then he lifted him up on his own animal, took him to an inn, and cared for him.

The next day he took out two silver coins and gave them to the innkeeper with the instruction,

‘Take care of him. If you spend more than what I have given you, I shall repay you on my way back.’”

R: The Gospel of the Lord.

A: Praise to you, Lord Jesus Christ.

(Silence – 1 minute)

RESPOND (10 min)

Youth Leader:

“This Gospel invites us to see differently.

Many people passed by.

One person saw... and was moved with compassion.”

(Pause)

“Today, we ask ourselves:”

- Who might I overlook today?
 - What does it mean to truly see someone with compassion?
 - Where is Jesus already present in the people we will serve?
-

Activity (3–5 min):

- Pair share OR silent reflection
 - Optional: write one intention for the day
-

Litany (Call and Response):

YL: “When we are tempted to pass by...”

A: “Give us eyes to see, Lord.”

YL: “When we see someone in need...”

A: “Move our hearts with compassion.”

YL: “When we are unsure how to respond...”

A: “Guide us in love, Lord.”

SEND FORTH (5 min)

Youth Leader:

“As we go out today, we go not just to work,
but to encounter Christ.
We go with a heart that sees.”

All:

“Jesus,
form my heart to be like yours.
Help me to see others with compassion,
to respond with love,
and to serve with generosity.
Send me today
to be your hands and your presence.
Amen.”

Closing:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Sending Refrain

Post-Lunch Reflection Questions

Instructions: Use these questions to guide a 15-minute small group conversation. Keep the tone simple and conversational. Allow space for everyone to share.

Monday – *A Heart that Sees* (Good Samaritan)

1. Who or what today helped you “see” differently?
2. Where did you notice someone in need?
3. When was it easy to respond? When was it harder?
4. What surprised you about the people or place you are serving?
5. Where did you recognize Christ today?

Leader Notes

- Keep it conversational, not forced
- Encourage honest sharing
- Allow silence when needed
- Focus on experience → meaning → faith connection

Monday Evening Youth Session (90 minutes)

Theme: *A Heart that Sees*

Scripture: Luke 10:25–37

Focus: Seeing with Compassion and Responding with Love

Session Outline

Time: 7:00–8:30 PM

7:00 – 7:10 PM | Welcome and Set-Up

- Regather youth and leaders
- Create a calm and attentive environment

Leader:

“Welcome back.

Today was your first full day of service.

You stepped into something new.

Take a moment to think about your day.”

Quick Recap (2–3 min)

Ask:

- “Where did you see Christ today?”
- “What stayed with you?”

(Allow 2–3 quick responses)

Introduce Theme

“Tonight, we reflect on *a heart that sees*.

In the Gospel, many people passed by.

One person stopped... saw... and responded.

This week, we are learning to see like Jesus.”

Sharing Groups Reminder

“You will be in your Sharing Groups this week—

people from different work sites, walking and reflecting together as one heart and one mission.”

7:10 – 7:30 PM | Sharing Group Introductions (20 min)

- Announce Sharing Groups (pre-assigned)

Instructions:

Each group will:

- Learn names
 - Share parish/school
 - Choose:
 - A group name
 - A simple cheer or gesture
-

After 10 minutes:

Invite each group to present:

- Group name
 - Cheer
-

Leader Connection

“You are no longer just individuals.
You are a community.
This week, you walk together as one heart.”

7:30 – 7:50 PM | Teaching & Witness (20 min)

Facilitator Shares:

1. The Gospel Connection

- Good Samaritan (Luke 10)
 - The difference:
 - Passing by vs. stopping
 - Seeing vs. ignoring
-

2. The Sacred Heart of Jesus

- Jesus sees with compassion
 - He notices what others miss
 - He responds with love
-

3. CYRP Connection

- Today was not just work
- It was encounter

Ask:

- Did you rush?
 - Did you notice people?
-

4. Witness / Story

- Share a brief story from CYRP:
 - A moment where a youth noticed someone
 - A small act that made a big difference
-

Key Message

“Compassion begins with seeing.
If we do not see... we cannot love.”

7:50 – 8:20 PM | Freeze Frame Activity (30 min)

Instructions:

- Each group creates a **Freeze Frame** (tableau)
-

Prompt:

Create a scene that shows:

- Someone being overlooked
 - Someone choosing to stop and respond
-

Preparation (15 min):

Groups will:

- Brainstorm
 - Assign roles
 - Practice a silent pose
 - Prepare 1–2 sentences explaining it
-

Presentations:

- Create a quiet, prayerful environment
 - Each group presents for 20–30 seconds
-

Narration (Leader or Youth):

Before each group:

“A heart that sees...”

Optional Scripture line:

“I was in need, and you cared for me.”

(Pause between groups)

8:20 – 8:30 PM | Large Group Reflection & Prayer**Reflection Questions:**

- “Which moment or image stayed with you?”
- “Where did you see yourself in these scenes?”
- “Where is Jesus inviting you to see differently?”

(Allow a few responses)

Leader Closing Thought:

“This week begins with learning to see.

Not just the work...

but the person.

Not just the need...

but Christ.”

Closing Prayer (Litany Style)

Leader: “When we pass by...”

All: “Open our eyes, Lord.”

Leader: “When we see someone in need...”

All: “Move our hearts with compassion.”

Leader: “When we are called to respond...”

All: “Help us to love as you love.”

Silent Commitment

“Take a moment in silence.

Ask Jesus to help you see tomorrow

with the eyes of His Sacred Heart.”

(Pause)

Closing

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Leader Notes

- Keep energy balanced: reflective + interactive
- Protect the tone during Freeze Frames (not silly, but meaningful)
- Encourage participation from quieter youth
- Keep focus on:

Seeing → Compassion → Action

Tuesday Morning Prayer (30 Minutes)

Theme: *A Heart that Offers What It Has*

Scripture: John 6:1–13 (Multiplication of the Loaves – shortened)

Focus: Offering What We Have

Format: Gather – Listen – Respond – Send Forth

Roles: Youth Leader (YL), Reader (R), All (A)

GATHER (5 min)

Youth Leader:

“Good morning.

Yesterday, we began with a heart that sees.

Today, we continue with a heart that offers.

Sometimes what we have may feel small—our time, our energy, our abilities.

But in the hands of Jesus, even the smallest offering becomes enough.”

(Invite everyone into a circle or quiet posture.)

YL:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Music (2 min):

Soft instrumental or refrain (e.g., “Take, Lord, Receive”)

YL:

“Lord Jesus,

you receive what we bring.

Teach us today to offer ourselves to you,

with trust and generosity.”

LISTEN (10 min)

YL:

“Let us listen to the Word of God.”

Reader:

A reading from the Holy Gospel according to John (6:5–11, abbreviated)

“When Jesus raised his eyes and saw that a large crowd was coming to him,

he said to Philip, ‘Where can we buy enough food for them to eat?’

One of his disciples said to him,

‘There is a boy here who has five barley loaves and two fish;

but what good are these for so many?’

Jesus said, ‘Have the people recline.’

Then Jesus took the loaves, gave thanks, and distributed them

to those who were reclining, and also as much of the fish as they wanted.”

R: The Gospel of the Lord.

A: Praise to you, Lord Jesus Christ.

(Silence – 1 minute)

RESPOND (10 min)

Youth Leader:

“In this Gospel, someone offered what they had.

It did not seem like enough.

But Jesus received it...

and multiplied it.”

(Pause)

“Today, we reflect:”

- What do I feel I don't have enough of today?
 - What can I still offer, even if it feels small?
 - Do I trust that God can use what I give?
-

Activity (3–5 min):

- Pair sharing or silent reflection
 - Optional: invite youth to open their hands in prayer as a sign of offering
-

Litany (Call and Response):

YL: "When we feel we are not enough..."

A: "Receive our offering, Lord."

YL: "When we are tired or limited..."

A: "Use what we give, Lord."

YL: "When we offer our time and effort..."

A: "Multiply it in love, Lord."

SEND FORTH (5 min)

Youth Leader:

"As we go out today, we go with trust.

We do not need to have everything.

We simply offer what we have."

All:

"Jesus,

I offer you my time,

my effort,

and my heart.

Take what I have

and use it for your glory.

Help me to serve with generosity

and trust in your love.

Amen."

Closing:

"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Optional Sending Refrain

Post-Lunch Reflection Questions

Instructions: Use these questions to guide a 15-minute small group conversation. Keep the tone simple and conversational. Allow space for everyone to share.

Tuesday – A Heart that Offers What It Has (Loaves and Fishes)

1. What did you feel you didn't have enough of today (energy, skill, patience)?
2. What did you still choose to offer?
3. Where did you see teamwork make a difference?
4. What small act ended up having a bigger impact than expected?
5. How did God work through what you gave today?

Leader Notes

- Keep it conversational, not forced
- Encourage honest sharing
- Allow silence when needed
- Focus on experience → meaning → faith connection

Tuesday Evening Youth Session (90 minutes)

Theme: *A Heart that Offers What It Has*

Scripture: John 6:1–13 Multiplication of the Loaves

Focus: Trusting God with What We Offer

Session Outline

Time: 7:00–8:30 PM

7:00 – 7:10 PM | Welcome and Set-Up

- Regather youth and leaders
- Set a calm, attentive tone

Leader:

“Welcome back.

You have now completed two days of service.

You’ve begun to see... and today, you were invited to offer.”

Quick Recap (2–3 min)

Ask:

- “Where did you give your time or effort today?”
- “What felt challenging?”

(Allow 2–3 quick responses)

Introduce Theme

“Tonight, we reflect on a *heart that offers what it has*.

In the Gospel, a small offering became more than enough in the hands of Jesus.

This week, we are learning that what we bring matters.”

7:10 – 7:30 PM | Sharing Groups (20 min)

Instructions:

Return to Sharing Groups

Each group shares:

- One moment from today
 - One challenge they experienced
 - One thing they offered (time, effort, patience, etc.)
-

Leader Reminder

Encourage:

- Everyone to speak
 - Honest sharing
-

Transition

“Even when what we offer feels small... God uses it.”

7:30 – 7:50 PM | Teaching & Witness (20 min)

Facilitator Shares:

1. The Gospel Story

- Feeding of the 5,000
- A simple offering:
 - 5 loaves
 - 2 fish

Ask:

“What did the disciples see?” → Not enough

“What did Jesus see?” → An offering

2. The Sacred Heart Connection

- Jesus receives what we bring
 - He does not reject small offerings
 - He multiplies them
-

3. CYRP Connection

- Today:
 - You may have felt tired
 - You may have felt unskilled
 - You may have felt limited

But:

- You still showed up
 - You still gave
-

4. Witness / Story

- Share a story of:
 - A small act making a big impact
 - A youth who felt “not enough” but made a difference
-

Key Message

“God does not ask for everything.

He asks for what you have.”

7:50 – 8:20 PM | Activity – “Multiply the Offering” (30 min)

Instructions:

Each group will complete a **challenge with limited resources**

Setup:

Give each group:

- A small set of materials (e.g., paper, tape, string, etc.)
-

Task:

Create something that represents:

- Service
 - Hope
 - Community
-

Constraints:

- Limited materials
 - Limited time (15 min)
-

After Activity:

Each group shares:

- What they created
 - What the experience was like
-

Debrief Questions:

- How did you feel with limited resources?
 - What made the difference in your group?
 - How is this like the Gospel?
-

Leader Connection

“What felt like ‘not enough’... became something meaningful.”

8:20 – 8:30 PM | Large Group Reflection & Prayer

Reflection Questions:

- “When did you feel like you didn’t have enough today?”
 - “What did you still offer?”
 - “Where did you see God work through that?”
-

Leader Closing Thought:

“You don’t need to be perfect.
You don’t need to have everything.
You just need to offer what you have.”

Closing Prayer (Gesture-Based)

Invite youth to open their hands.

Leader:

“Place in your hands what you want to offer to God:

- Your time
- Your effort
- Your fatigue
- Your gifts”

(Pause)

All:

“Jesus,
I offer you what I have.
Take it,
bless it,
and use it for your love.
Amen.”

Closing

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Leader Notes

- Keep activity simple and engaging
- Focus on experience, not outcome
- Draw clear connection to Gospel
- Affirm all contributions

Wednesday Morning Prayer (30 Minutes)

Theme: *A Heart that Serves and Sacrifices*

Scripture: John 13:1–15 (Washing of the Feet – abbreviated)

Focus: Humble Service and Offering Sacrifice

Format: Gather – Listen – Respond – Send Forth

Roles: Youth Leader (YL), Reader (R), All (A)

GATHER (5 min)

Youth Leader:

“Good morning.

We are now in the middle of our week.

You may be feeling tired. You may be feeling the weight of the work.

Today, we reflect on a heart that serves and sacrifices.

Jesus did not just teach about love.

He showed it through humble service.”

(Invite everyone into a quiet, prayerful posture.)

YL:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Music (2 min):

Soft instrumental or refrain (e.g., “The Servant Song”)

YL:

“Lord Jesus,

you knelt to serve your disciples.

Teach us today to serve with humility

and to give of ourselves with love.”

LISTEN (10 min)

YL:

“Let us listen to the Word of God.”

Reader:

A reading from the Holy Gospel according to John (13:4–5, 12–15, abbreviated)

“So he rose from supper and took off his outer garments.

He took a towel and tied it around his waist.

Then he poured water into a basin and began to wash the disciples’ feet

and dry them with the towel around his waist.

...So when he had washed their feet and put his garments back on and reclined at table again,

he said to them, ‘Do you realize what I have done for you?’

If I, therefore, the master and teacher, have washed your feet,

you ought to wash one another’s feet.

I have given you a model to follow,

so that as I have done for you, you should also do.’”

R: The Gospel of the Lord.

A: Praise to you, Lord Jesus Christ.

(Silence – 1 minute)

RESPOND (10 min)

Youth Leader:

“Jesus lowers himself to serve.

He chooses humility.
He chooses love.
He gives of himself completely.”
(Pause)

“Today, we reflect:”

- What feels difficult or tiring right now?
 - How am I being invited to serve with humility today?
 - What can I offer to God, even when it costs me something?
-

Activity (3–5 min):

- Pair sharing or silent reflection
 - Optional: invite youth to place a hand over their heart as a sign of offering
-

Litany (Call and Response):

YL: “When we feel tired...”

A: “Strengthen us, Lord.”

YL: “When service becomes difficult...”

A: “Help us to love, Lord.”

YL: “When we are called to give more...”

A: “Form our hearts like yours.”

SEND FORTH (5 min)

Youth Leader:

“As we go out today, we go with a heart that serves.

Not for recognition.

Not for reward.

But out of love.”

All:

“Jesus,

teach me to serve as you served.

Give me humility, patience, and strength.

Help me to offer my work,

my effort,

and even my struggles

as a gift of love.

Form my heart to be like yours.

Amen.”

Closing:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Sending Refrain

Post-Lunch Reflection Questions

Instructions: Use these questions to guide a 15-minute small group conversation. Keep the tone simple and conversational. Allow space for everyone to share.

Wednesday – *A Heart that Serves and Sacrifices* (Washing of the Feet)

1. What was most challenging for you today?
2. How did you respond when things became difficult or tiring?
3. Did you notice someone serving quietly or going the extra mile?
4. What did you offer to God today as a sacrifice?
5. How is your heart being shaped through this experience?

Leader Notes

- Keep it conversational, not forced
- Encourage honest sharing
- Allow silence when needed
- Focus on experience → meaning → faith connection

Wednesday Evening Youth Session (90 minutes)

Theme: *A Heart that Serves and Sacrifices*

Scripture: John 13:1–15 The Washing of the Disciples' Feet

Focus: Humble Service, Sacrifice, and Joyful Community

Session Outline

Time: 7:00–8:30 PM

Note to Leader: Please note this session may need significant reworking depending on the social activity selected. Use what works and adds value to the evening session.

7:00 – 7:10 PM | Welcome and Set-Up

- Regather youth and leaders
- Acknowledge energy level (midweek fatigue)

Leader:

“Welcome back.

We are now in the middle of the week.

You have worked hard. You may be tired.

And that matters.

Because today, we reflect on *a heart that serves and sacrifices.*”

Quick Recap (2–3 min)

Ask:

- “What was most challenging today?”
- “Where did you push through something difficult?”

(Allow 2–3 responses)

Introduce Theme

“Jesus didn’t just talk about love—He showed it.

He knelt down.

He served.

He gave of Himself.

That is the kind of heart we are forming.”

7:10 – 7:30 PM | Sharing Groups (20 min)

Instructions:

Return to Sharing Groups

Each person shares:

- One challenge today
 - One way they served
 - One moment that stretched them
-

Leader Guidance:

Encourage:

- Honest sharing
 - Listening without interrupting
 - Affirming one another
-

Transition

“Service is not always easy.

But it is where love becomes real.”

7:30 – 7:50 PM | Teaching & Witness (20 min)

Facilitator Shares:

1. The Gospel Moment

- Jesus washes the disciples' feet
- The Master becomes the servant

Ask:

“What does that tell us about real love?”

2. The Sacred Heart Connection

- The Heart of Jesus gives fully
 - It does not hold back
 - It loves through action
-

3. Midweek Reality

- This is the point where:
 - You feel tired
 - You may feel frustrated
 - Things don't go as planned

That is where:

- Sacrifice becomes meaningful
 - Love becomes real
-

4. Witness / Story

- Share a moment of:
 - Someone serving quietly
 - Someone going the extra mile
 - A hidden act of love
-

Key Message

“Love is not always easy.

But it is always worth it.”

7:50 – 8:05 PM | Interactive Activity – “Hidden Acts of Service” (15 min)

Instructions:

Each group will:

- Identify 3–5 ways someone served today
 - Focus on:
 - Small
 - Quiet
 - Unnoticed acts
-

Then:

Groups share one example with the large group

Leader Connection:

“Not all service is seen.

But all service matters.”

8:05 – 8:25 PM | Social Night (20 min)

Leader Transition:

“After serving and sacrificing together...
we also celebrate together.”

Options (depending on location):

- Bowling
 - Group games
 - Water games
 - Simple social gathering
-

Leader Expectations:

- Ensure inclusion
 - Invite those who are quiet
 - Keep environment safe and positive
-

Light Reflection During Social

At midpoint or end, briefly ask:

- “Where are you seeing joy tonight?”
 - “Who made you feel included?”
-

Connection to Theme

“This is what happens when people serve with love.
Community grows.”

8:25 – 8:30 PM | Closing Prayer

Gather group briefly.

Leader:

“Today, you gave your time, your energy, and your effort.
Tonight, we thank God for that gift.”

Prayer

“Jesus,
you came to serve, not to be served.
Thank you for the strength you gave us today.
Thank you for the people we served
and the people we served with.
Help us to continue tomorrow
with generous and joyful hearts.
Amen.”

Closing

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Leader Notes

- Keep tone balanced:
 - Reflective → then lighter for social
 - Do not skip reflection before social time
 - Watch for:
- Youth who feel left out

- Fatigue turning into disengagement
 - Reinforce:
Service → Sacrifice → Joy → Community
-

This session intentionally:

- Honors midweek fatigue
- Reinforces sacrificial love
- Transitions naturally into social night
- Builds deeper community

Optional - Wednesday Social Night (60 Minutes)

Theme: *A Heart that Serves and Sacrifices*

(John 13:1–15 The Washing of the Disciples' Feet)

Purpose

- Celebrate the community that has been built
 - Allow rest and joy in the middle of the week
 - Reinforce that **service leads to deeper friendship and unity**
-

Leader Framing (Before Activities – 3–5 min)

Briefly remind youth:

- Jesus washed the feet of his disciples
- Then they remained together in friendship

Key message:

We serve together, and we rejoice together.

Community is part of the gift.

Activity Options (Flexible)

Leaders may choose based on context:

Option 1: Bowling / Off-site Social

- Keep teams mixed (not just same friend groups)
- Encourage inclusion

Option 2: Parish-Based Social

- Water games / outdoor activities
 - Group games (relay races, team challenges)
 - Simple movie night with snacks
-

Leader Expectations

- Ensure **everyone is included**
 - Watch for youth who are:
 - Isolated
 - Quiet
 - Invite them into participation
 - Maintain:
 - Safe environment standards
 - Clear supervision
-

Light Faith Connection (During or After – 5–10 min)

Keep it simple and natural:

Ask:

- Where did you see joy tonight?
- Who made you feel included?

Connect:

- “This is what Jesus creates when we serve with love.”
-

Optional Closing Prayer (Short)

- Thank God for:
 - Friendship
 - Joy

Strength to continue

Thursday Morning Prayer (30 Minutes)

Theme: *A Heart that Builds Communion*

Scripture: 1 Corinthians 12:12–27

Focus: Unity, Belonging, and the Body of Christ

Format: Gather – Listen – Respond – Send Forth

Roles: Youth Leader (YL), Reader (R), All (A)

GATHER (5 min)

Youth Leader:

“Good morning.

We have served together for several days now.

We have worked, prayed, and shared life.

Today, we reflect on a heart that builds communion.

We are not alone.

We are one body in Christ.”

(Invite everyone into a circle or a posture that emphasizes unity.)

YL:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Music (2 min):

Soft instrumental or refrain (e.g., “We Are One Body”)

YL:

“Lord Jesus,

you call us into communion.

Help us to recognize one another as members of your body,

and to live in unity and love.”

LISTEN (10 min)

YL:

“Let us listen to the Word of God.”

Reader:

A reading from the first Letter of Saint Paul to the Corinthians (12:12–14, 25–27, abbreviated)

“As a body is one though it has many parts,

and all the parts of the body, though many, are one body, so also Christ.

Now the body is not a single part, but many.

...that there may be no division in the body,

but that the parts may have the same concern for one another.

If one part suffers, all the parts suffer with it;

if one part is honored, all the parts share its joy.

Now you are Christ’s body, and individually parts of it.”

R: The Word of the Lord.

A: Thanks be to God.

(Silence – 1 minute)

RESPOND (10 min)

Youth Leader:

“This week, we have experienced what it means to be part of something bigger.

Each person matters.

Each person contributes.

Each person gives and receives.”

(Pause)

“Today, we reflect:”

- How have I experienced being part of this group?
 - What gifts have I seen in others?
 - How am I being invited to build unity today—especially with the families we will encounter?
-

Activity (3–5 min):

- Pair sharing or small group reflection
 - Optional: invite each person to name one gift they see in someone else
-

Litany (Call and Response):

YL: “When we are tempted to act alone...”

A: “Unite us, Lord.”

YL: “When we see the gifts of others...”

A: “Help us to rejoice, Lord.”

YL: “When we are called to build community...”

A: “Make us one in your love.”

SEND FORTH (5 min)

Youth Leader:

“As we go out today, we go as one body.

We serve together.

We grow together.

We encounter Christ in one another.”

All:

“Jesus,

make us one in your love.

Help us to see the gifts in others

and to serve with unity and joy.

As we meet the families today,

help us to encounter them with dignity,

and to receive as much as we give.

Form our hearts to be one in you.

Amen.”

Closing:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Sending Refrain

Post-Lunch Reflection Questions

Instructions: Use these questions to guide a 15-minute small group conversation. Keep the tone simple and conversational. Allow space for everyone to share.

Thursday – A Heart that Builds Communion (Body of Christ)

1. When did you feel most connected to your team today?
2. What gift or strength did you see in someone else?
3. How did your team support one another?
4. What have you learned from the family you are serving?
5. How is this experience helping you understand what it means to be one body in Christ?

Leader Notes

- Keep it conversational, not forced
- Encourage honest sharing
- Allow silence when needed
- Focus on experience → meaning → faith connection

Thursday Evening Youth Session (90 minutes)

Theme: *A Heart that Builds Communion*

Scripture: 1 Corinthians 12:12–27

Focus: Unity, Belonging, and Mutual Encounter

Session Outline

Time: 7:00–8:30 PM

7:00 – 7:10 PM | Welcome and Set-Up

- Regather youth and leaders
- Set a calm and welcoming tone

Leader:

“Welcome back.

You have now spent several days serving together.

You’ve worked, struggled, laughed, and grown.

Tonight, we reflect on *a heart that builds communion*.”

Quick Recap (2–3 min)

Ask:

- “When did you feel most connected today?”
- “Who helped you today?”

(Allow 2–3 responses)

Introduce Theme

“In Scripture, we hear that we are one body in Christ.

Each person matters.

Each person belongs.

Tonight, we celebrate that not just as a group...

but with the families we have been serving.”

7:10 – 7:25 PM | Sharing Groups (15 min)

Instructions:

Return to Sharing Groups

Each person shares:

- One way they were supported this week
 - One thing they have received (not just given)
 - One thing they appreciate about their team
-

Leader Guidance:

- Encourage gratitude
 - Draw attention to relationships
-

Transition

“This week is not just about service...

it is about belonging.”

7:25 – 7:35 PM | Teaching & Preparation for Family Night (10 min)

Facilitator Shares:

1. The Body of Christ

- We are not separate
 - We belong to one another
-

2. Important Shift

“This is not:

- We helped them

This is:

- We encountered one another
 - We received from one another”
-

3. Tone for the Evening

“With the families tonight:

- Be present
- Be respectful
- Be grateful

You are not performing.

You are sharing life.”

Key Message

“Communion means we give and receive.”

7:35 – 8:15 PM | Family Night (40 min)

Structure:

1. Welcome (5 min)

Leader:

“We are grateful to be together tonight.

This week has been a gift—for all of us.”

2. Shared Meal (15–20 min)

- Encourage mixed seating (youth + families)
 - Leaders help facilitate conversation
-

3. Witness Sharing (15–20 min)

Leader Framing (2–3 min):

“This week has not only been about work.

It has been about encounter.

We would like to share what we have received.”

Youth Witness (2–3 youth)

Guide them to share:

- What they experienced
- What they learned
- How they were impacted

Encourage language like:

- “I was moved by...”
 - “I learned...”
 - “I received...”
-

Family Sharing (optional, invitational)

Prompts:

- “What has this week meant to you?”
 - “What has stood out to you?”
-

Leader Notes:

- Do not force participation
 - Keep tone dignified
 - Avoid “we helped you” language
-

8:15 – 8:25 PM | Large Group Reflection

After families depart or as a closing:

Ask youth:

- “What did you receive tonight?”
- “What surprised you?”
- “How did this change how you see the people you served?”

(Allow a few responses)

Leader Connection:

“This is what the Church looks like.

Not people separated...

but people united in Christ.”

8:25 – 8:30 PM | Closing Prayer

Leader:

“Tonight, we give thanks for the gift of communion.”

Prayer

“Jesus,

you call us into one body.

Thank you for the people we have met,

for the relationships we have formed,

and for the ways we have encountered you in others.

Help us to continue building unity

and to carry this experience with us.

Amen.”

Closing

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Leader Notes

- Protect the dignity of families at all times
- Emphasize mutual encounter
- Keep witness sharing brief and meaningful
- Support youth in expressing gratitude

Optional - Thursday Evening: Family Celebration (90 Minutes)

Theme: *A Heart that Builds Communion*

(1 Corinthians 12:12–27)

Purpose

- Honor the families being served
 - Create a space of **mutual encounter**
 - Witness to the Church as one body
-

Preparation (Before Families Arrive)

1. Prepare the Youth

Leaders gather youth and clearly set the tone:

- This is not a presentation
- This is an encounter
- We are not “helpers” and they are not “recipients”

Key message:

We have received as much as we have given.

2. Prepare the Space

- Simple but welcoming
 - Seating that encourages conversation (not stage-centered)
 - Shared tables if possible
-

Evening Flow (Suggested)

1. Welcome (5–10 min)

- Warm greeting to families
 - Simple introduction
-

2. Shared Meal (20–30 min)

- Encourage:
 - Sitting together (youth + families mixed)
 - Conversation

Leaders should:

- Model engagement
 - Help bridge conversations if needed
-

3. Witness Sharing (25–30 min)

Important Shift in Tone

This is not:

- Youth reporting on what they did

This is:

- **Mutual witness of encounter**
-

Structure for Sharing

Step 1: Frame the Moment (Leader – 2–3 min)

Say something like:

- “This week has been a gift for all of us.”
 - “We have encountered Christ in one another.”
-

Step 2: Youth Witness (10–15 min)

Invite 2–3 youth (pre-selected):

Guide them to speak on:

- What they received
- What surprised them
- How they encountered God

Avoid:

- “We helped...” language

Encourage:

- “I learned...”
 - “I was moved by...”
-

Step 3: Family Voice (10–15 min)

Invite families to share (if comfortable):

Prompts:

- What has this week meant to you?
- What has stood out to you about the young people?

Important:

- Do not pressure
 - Keep it invitational
-

4. Connection to Theme (Leader – 3–5 min)

Tie to Scripture:

- 1 Corinthians 12:12

Message:

- We are one body
 - Each person has given and received
 - This is the Church alive
-

5. Closing Prayer (10 min)

Include:

- Intercessions from youth and families
- Prayer of gratitude

Optional:

- Invite everyone to extend hands in blessing
-

Leader Reminders

- Protect the dignity of the families
 - Avoid language of:
 - “fixing”
 - “saving”
 - Emphasize:
 - Encounter
 - Relationship
 - Shared faith
-

Desired Outcome

By the end of the night:

- Youth recognize they have received a gift
- Families feel honored, not pitied
- Everyone experiences the Church as communion

Friday Morning Prayer (30 Minutes)

Theme: *A Heart that is Sent on Mission*

Scripture: John 20:21 and Matthew 11:28–30

Focus: Sacred Heart of Jesus and Missionary Sending

Format: Gather – Listen – Respond – Send Forth

Roles: Youth Leader (YL), Reader (R), All (A)

GATHER (5 min)

Youth Leader:

“Good morning.

Today is a special day.

We celebrate the Solemnity of the Sacred Heart of Jesus.

Throughout this week, we have walked together:

- A heart that sees
- A heart that offers
- A heart that serves
- A heart that builds communion

And today, we are sent.

We have received from the Heart of Christ...

and now we are called to go forth.”

(Invite everyone into a circle or reverent posture.)

YL:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Music (2 min):

Soft instrumental or refrain (e.g., “Sacred Heart of Jesus, I Place My Trust in You”)

YL:

“Lord Jesus,

your Heart is full of love for us.

Draw us close to you today,

and send us forth to share your love with others.”

LISTEN (10 min)

YL:

“Let us listen to the Word of God.”

Reader:

A reading from the Holy Gospel according to Matthew (11:28–30)

“Come to me, all you who labor and are burdened,

and I will give you rest.

Take my yoke upon you and learn from me,

for I am meek and humble of heart;

and you will find rest for yourselves.

For my yoke is easy, and my burden light.”

(Pause)

Reader (optional second reading):

A reading from the Holy Gospel according to John (20:21)

“Jesus said to them again, ‘Peace be with you.

As the Father has sent me, so I send you.’”

R: The Gospel of the Lord.

A: Praise to you, Lord Jesus Christ.

(Silence – 1 minute)

RESPOND (10 min)**Youth Leader:**

"The Heart of Jesus invites us to come close...
to rest...
to be loved.

And from that place, He sends us.

This week, you have given so much.

You have served, worked, and loved.

Now we ask:"

- How has my heart changed this week?
- Where did I encounter Jesus?
- Where is He sending me after today?

Activity (3–5 min):

- Silent reflection or journaling
- Optional: invite youth to hold their hands open as a sign of receiving and being sent

Litany (Call and Response):

YL: "Sacred Heart of Jesus..."

A: "Make our hearts like yours."

YL: "When we feel tired..."

A: "Give us rest, Lord."

YL: "When we are sent into the world..."

A: "Walk with us, Lord."

SEND FORTH (5 min)**Youth Leader:**

"As we go out today, we go with the Heart of Christ.

We are not alone.

We are sent with His love."

All:

"Sacred Heart of Jesus,
I trust in you.

Thank you for this week,
for the people we have served,
and for the ways you have formed our hearts.

Send me now
to live what I have received,
to love as you love,
and to serve wherever I am.
Amen."

Closing:

"In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Optional Sending Refrain

Post-Lunch Reflection Questions

Instructions: Use these questions to guide a 15-minute small group conversation. Keep the tone simple and conversational. Allow space for everyone to share.

Friday – *A Heart that is Sent on Mission* (Sacred Heart / Sending)

1. What moment this week had the greatest impact on you?
2. Where did you experience the love of the Sacred Heart of Jesus?
3. How has your heart changed this week?
4. What is one thing you want to carry forward into your daily life?
5. Where do you feel Jesus is sending you next?

Leader Notes

- Keep it conversational, not forced
- Encourage honest sharing
- Allow silence when needed
- Focus on experience → meaning → faith connection

Friday Evening Youth Session (90 minutes)

Theme: *A Heart that is Sent on Mission*

Scripture: John 20:21

Focus: Mission, Witness, and Sending Forth

Session Outline

Time: 7:00–8:30 PM

7:00 – 7:10 PM | Welcome and Set-Up

- Regather youth and leaders
- Create a celebratory but reverent tone

Leader:

“Welcome to our final night of CYRP 2026.

This week, you have served, grown, and encountered Christ.

Tonight, we celebrate what God has done...

and we prepare to be sent.”

Quick Recap (2–3 min)

Ask:

- “What is one moment from this week you will never forget?”

(Allow 2–3 responses)

Introduce Theme

“Tonight, we reflect on *a heart that is sent*.

This week does not end here.

It continues in your life.”

7:10 – 7:20 PM | Icebreaker – Celebration Moment

Purpose:

Light, joyful energy

Options:

- Quick group cheer
 - “Best moment of the week” lightning round
 - Simple group game
-

Facilitator Script:

“Let’s celebrate what we’ve experienced together.

Joy is part of the mission too.”

7:20 – 7:40 PM | Presentation – “The Mission Continues”

Facilitator Shares:

1. Looking Back

- You:
 - Showed up
 - Worked hard
 - Encountered others
-

2. What Changed?

- Your perspective
- Your relationships

- Your heart
-

3. The Gospel Connection

- John 20:21

“As the Father has sent me, so I send you.”

4. Key Message

“You are not returning to normal life.

You are being sent into it.”

5. Practical Challenge

- At home
- At school
- At parish

Ask:

- Who needs compassion?
 - Where can you serve?
-

7:40 – 8:05 PM | Activity – Witness Sharing (25 min)

Instructions:

In Sharing Groups:

Each participant shares:

- One powerful moment from the week
 - One way they encountered Christ
 - One way they have changed
-

Leader Guidance:

- Encourage authenticity
 - Keep sharing brief (1–2 minutes each)
 - Affirm each speaker
-

Optional Large Group Share (5 min)

Invite 2–3 volunteers to share with the full group

8:05 – 8:10 PM | Debrief

Questions:

- “What are you being sent to do?”
 - “What will you do differently after this week?”
-

Leader Connection:

“This mission is now yours to live.”

8:10 – 8:30 PM | Closing Ritual

Solemnity of the Sacred Heart of Jesus

Environment Setup

- Dim lights or candles (if appropriate)
 - Quiet, prayerful atmosphere
 - Tokens (cross or Sacred Heart bracelet) displayed reverently
 - Soft instrumental music
-

1. Invitation to Prayer (2–3 min)

Leader:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Tonight, we gather on the Solemnity of the Sacred Heart of Jesus.

Throughout this week, we have reflected on the Heart of Christ:

- A heart that sees
- A heart that offers
- A heart that serves
- A heart that builds communion

And now, we come to this moment...

a heart that is sent.”

(Pause)

“This week, you have given your time, your energy, and your love.

You have encountered Christ in the people you served and in one another.”

2. Proclamation of the Word (1–2 min)

- John 20:21

“Jesus said to them again, ‘Peace be with you. As the Father has sent me, so I send you.’”

(Silence)

3. Reflection (3–4 min)

“The Heart of Jesus is open.

It is given.

It is sent.

This week, you shared your life.

You served with love.

And even when what you had felt small...

God used it.

Now Jesus says to you:

‘As the Father has sent me, so I send you.’

This mission continues.”

4. Blessing of Tokens (2–3 min)

“Lord Jesus,

bless these signs.

May they remind us of your love

and our call to love as you love.

Strengthen these young people

to carry your Heart into the world.

Amen.”

5. Distribution of Tokens (8–10 min)

- Call youth forward

- Place token in hand

Optional words:

- “Receive the Heart of Christ.”
- “Go and love as He loves.”

(Music playing)

6. Communal Prayer (5–7 min)

Leader:

“Let us pray to the Sacred Heart of Jesus.”

Intercessions:

- For families served
- For the Church
- For those in need
- For our mission

Response:

“Sacred Heart of Jesus, we trust in you.”

7. Final Sending (2–3 min)

Leader:

“You are not the same.

Go now:

- With a heart that sees
- With a heart that offers
- With a heart that serves
- With a heart that builds communion
- With a heart that is sent

Go and live the love of the Sacred Heart.”

8. Closing

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

Optional Response:

“Thanks be to God.”

Leader Notes

- Protect the tone of the ritual—slow, intentional
- Avoid rushing the distribution
- Allow silence
- Emphasize:

Mission continues beyond CYRP

This session:

- Celebrates the week
- Allows for personal reflection
- Sends youth intentionally
- Integrates fully with the Sacred Heart theme

Sunday Mass Resources: After CYRP Week of Service

Theme: Compassion that Sends Us on Mission

Prayers of the Faithful (Universal Prayer)

Celebrant:

Trusting in Christ, whose heart is moved with compassion and who sends us on mission, we offer our prayers:

Reader:

1. For the Church, that she may continue to see the world with the compassion of Christ and respond with courage, sending forth laborers into His harvest...
We pray to the Lord.
R: Lord, hear our prayer.
 2. For the young people and adult leaders who participated in the Catholic Youth Renovation Project, that the experience of serving and encountering Christ may continue to shape their lives and deepen their faith...
We pray to the Lord.
R: Lord, hear our prayer.
 3. For the families who were served this past week, that they may continue to experience the support, dignity, and love of the Christian community...
We pray to the Lord.
R: Lord, hear our prayer.
 4. For all those who are in need—especially those who feel overlooked or forgotten—that they may encounter the compassion of Christ through the witness of His people...
We pray to the Lord.
R: Lord, hear our prayer.
 5. For our parish community, that we may recognize that the mission does not end, but continues in our daily lives, as we are sent to love and serve...
We pray to the Lord.
R: Lord, hear our prayer.
 6. For all gathered here, that we may respond to the Lord's call to be laborers in His harvest, living with one heart and one mission...
We pray to the Lord.
R: Lord, hear our prayer.
-

Celebrant concludes:

Loving Father, your Son's heart is filled with compassion for your people. Hear our prayers and send us forth to continue His mission with generosity and faith. We ask this through Christ our Lord.

R: Amen.

End-of-Mass Acknowledgment

Celebrant (after Prayer after Communion):

“Before we conclude today’s liturgy, we take a moment to recognize the young people and adult leaders who participated in the Catholic Youth Renovation Project this past week.”

“Throughout the week, they served families in our community—repairing homes, building relationships, and sharing the love of Christ through their work and presence.”

“In today’s Gospel, we hear that Jesus was moved with compassion for the crowds, because they were like sheep without a shepherd. That same compassion was lived out this week.”

“Through their service, these young people became signs of Christ’s love—serving with one heart and one mission.”

(Invite all CYRP participants to stand.)

Prayer of Thanksgiving and Sending Forward

Celebrant (extends hands in blessing):

Let us pray.

Lord God,
we give you thanks for the gift of this past week of service.
You have worked through these young people and their leaders
to bring hope, healing, and compassion to others.

You have formed their hearts to be more like the Heart of your Son—
a heart that sees,
a heart that offers,
a heart that serves,
and a heart that builds communion.

As they return to their homes, schools, and parishes,
do not let this experience fade.

Keep alive in them the desire to serve,
the courage to love,
and the joy of living as your disciples.

Send them forth again,
as laborers in your harvest,
to continue the mission they have begun.

We ask this through Christ our Lord.

R: Amen.

Optional Closing Line

“Go in peace, glorifying the Lord by your life.”

R: Thanks be to God.

Facilitator Background

Resources on the Sacred Heart of Jesus

- [Consecrating the United States to the Sacred Heart | Archbishop Sample](#) - USCCB video message
- [Consecration of the United States to the Sacred Heart of Jesus | USCCB](#) - USCCB resources
- [Devotion to the Sacred Heart of Jesus](#) - Ascension Press on YouTube
- [Scott Hahn on the Sacred Heart of Jesus - YouTube](#) - St Paul Biblical Center on YouTube
- [Why the Sacred Heart? | Fr. Brice Higginbotham](#) - Diocese of Houma-Thibodaux on YouTube

Resources on Catholic Social Teaching

- <https://youtube.com/playlist?list=PLt5PsPjJAK-0b9BYRHUAxnlKMlv7qyZca&si=UmfEhKL0A1Aqlfup> - Catholic Relief Services (YouTube playlist of 7 videos in EN and ES)
- [Poverty Facts](#) - Helpful information about the impact of poverty

Resources on Leading Reflective Service-Learning Experiences with Youth

- [Serve Like Christ](#) - NFCYM resource for service learning in Catholic high school settings
- [Serve Like Christ - Additional Resources](#) - NFCYM resources to facilitate and teach high school youth
- [Drexel Project Service Design Process](#) - NFCYM resource for service design process
- <https://youtu.be/o1RhLX4bow8?si=hq8xNAY9qFn0bp6f> - USCCB Two Feet of Love in Action on YouTube
- [Two Feet of Love in Action Facilitator's Guide rev March 2012](#) - USCCB Two Feet of Love in Action Facilitator Guide

Vatican Resources

- [Dilexit nos \(24 October 2024\)](#) - Encyclical by Pope Francis (Oct 2024)
- [Apostolic Exhortation Dilexi te of the Holy Father Leo XIV on Love for the Poor \(4 October 2025\)](#) - Apostolic Exhortation by Pope Leo XIV (Oct 2025)
- [Heart of Jesus - Pope's Worldwide Prayer Network](#) - The Apostleship of Prayer

Pope Leo XIV's Prayer to the Sacred Heart of Jesus

Lord, I come to your tender heart today,
to you who have words that set my heart ablaze,
to you who pour out compassion on the little ones and the poor,
on those who suffer, and on all human miseries.

I desire to know you more, to contemplate you in the Gospel,
to be with you and learn from you
and from the charity with which you allowed yourself
to be touched by all forms of poverty.

You showed us the Father's love by loving us without measure
with your divine and human heart.
Grant all your children the grace of encountering you.
Change, shape, and transform our plans,
so that we seek only you in every circumstance:
in prayer, in work, in encounters, and in our daily routine.

From this encounter, send us out on mission,
a mission of compassion for the world
in which you are the source from which all consolation flows.

Amen

