



LIKE, FOLLOW, SHARE FOLLOWING JESUS

GOAL

The goal of *Like, Follow, Share* is to explore discipleship, emphasize that following Jesus is a choice, and help each teen take the next step in their walk with Him.

KEY CONCEPTS

- Following Jesus is a choice, and we have to be honest about our current reality in order to choose His will and plan for our lives.
- Much like our relationships with people, our relationship with Jesus follows a similar progression - like, follow, share.
- Being a disciple of Jesus is an invitation to an unmatched friendship, and it enriches every other relationship in our lives and gives purpose and direction that takes us and others into eternal life.

KEY TERMS:

Conversion
Disciple
Evangelization

SCRIPTURE:

Matthew 4:19-20
Matthew 28:16-20

CATECHISM:

142-143
541-542
905

ABOUT THIS SESSION

This Life Night begins with a small group Gather game that invites the teens to choose between different combined Proclaims and Breaks while challenging them to make the choice that is best for them. The first Proclaim/Break has period of Adoration, a talk, and a personal reflection. The second Proclaim/Break has snacks, small groups, and Core Member testimonies. The Send gathers all of the teens back together for a closing prayer activity that challenges them to grow in discipleship and support one another on the walk with Jesus.

ENVIRONMENT

The environment for this Life Night utilizes three different spaces. In the main meeting space, reuse the “hard sayings of Jesus” posters from *Jesus Is a Friend of Mine*, the notecards with Jesus’ miracles listed on them from *Pics or It Didn’t Happen*, and the “Surfer Jesus” image from *Surfer Jesus*. Add posters with the titles of Jesus also found in *Surfer Jesus*. The environment recaps the *The Fake News* series and is used in the Send. The second and third space environment details can be found in their respective Proclaim/Break sections.

MEDIA SUGGESTIONS

“1 New Message,” Life Teen (Edge Support, February 2017)

“You Make Me Brave,” Amanda Cook (You Make Me Brave: Live at the Civic, 2014, Bethel Music)

“Only Jesus,” Brian and Jenn Johnson (After All These Years, 2017, Bethel Music)

Audrey Assad: “Audrey Assad - Be Thou My Vision Official Video” (youtube.com)

SOCIAL MEDIA HASHTAGS: #LT_LikeFollowShare

AS YOU GET STARTED...

For a deeper Break in #SpiritualLifeGoals, consider taking time to pray over each teen in small groups.

For a varied Proclaim in #Discipleship101, consider having three different speakers give the like, follow, share, portions of the talk, and have them give a personal testimony about when they were at that stage in the journey of following Jesus. Have the third speaker be the priest or deacon who exposed the Eucharist and invite him to talk about his vocation to share Jesus through the priesthood or diaconate.

For a deeper Break in #Discipleship101, consider inviting the music minister to conclude Adoration with a short time of praise and worship.

HISPANIC INCULTURATION

By Enrique Luis Perez

Spending time together as a family and doing activities as a family is important in the Hispanic community. Consider inviting the parents to discuss and research the lives of Hispanic saints with their teens. Have them discuss the impact these saints made on their respective communities and how they can be an excellent example of discipleship.

Offer the following saints as starting points: San Juan Diego, San Jose Luis Sanchez del Rio, San Teresa de Avilia, and San Maria Guadalupe Garcia Zavala.

LIFE NIGHT: LIKE, FOLLOW, SHARE

GATHER

Welcome and Opening Prayer (5 min)

Gather the teens into the main meeting space, welcome them to the Life Night, and begin in prayer.

Would You Rather Core Team Edition (10 min)

Prior to the Life Night, ask Core Members to choose their answers and write them down to the following “would you rather” questions:

Would you rather...

- *Live without Internet or live without AC and heating?*
- *Live without coffee or live without music?*
- *Be late to school or work because you had to double back to get your project that is due or leave it at home and be on time?*
- *Never have to work again or never have to sleep again without feeling tired or suffering negative health effects?*
- *Have an unlimited international first class plane ticket or never have to pay for food at a restaurant?*
- *Take amazing selfies but all of your other pictures are horrible or take breathtaking photographs of anything but yourself?*

Split the teens into small groups and assign each group a Core Member. Read each “would you rather” question aloud and give the small group a minute to discuss the answer they think their Core Member would choose. Then, allow each Core Member to share and explain their answer. Award the team who guesses the most correct answers.

Invitation (5 min)

Extend an invitation for the teens to choose between two options using the following:

We are faced with choices everyday. Some choices are smaller than others. Some choices completely change the course of our lives. How do you make your choices? Do you float around in life and just go with the flow? Or do you think about your decisions and make them intentionally?

This Life Night is structured a bit differently. You have a choice, and we want you to make the choice that is best for you. Think about where you are at now. Do you want to give Christ more of your life? Are you willing to let Jesus ask hard things of you? If so, go to #Discipleship101 and explore what it takes to be His disciple.

Are you still wrestling with what it means to be a disciple or give God everything? Do you want to know more about what it means to be a disciple before committing to it? If so, that's okay; let's explore that together. Go to #SpiritualLifeGoals to discuss the difference between simply going through the motions of faith and being intentional about our spiritual lives.

Try to be honest with yourself about where you are and what the best choice is for you. Go where you need to go, not where your friends decide to go and not where you think you are expected to go or want to go to fit in or impress someone.

PROCLAIM AND BREAK 1: #DISCIPLESHIP101

Environment

In a chapel or church, place items around the altar that people left behind to follow Jesus. Try to incorporate a mixture of biblical and modern items. (E.g. fishing nets, money, clothes, sports equipment, cell phone, etc.) Have the altar set up for Adoration and the Eucharist exposed. Have a designated Core Member in the presence of the Blessed Sacrament during the Gather.

Adoration (5 min)

Once teens have entered, give them a few minutes to pray and take in the environment.

“Like, Follow, Share” Teaching (15 min)

Standing to the right or left of the Eucharist, a priest or deacon gives the following talk. If not possible, have a Core Member or youth minister give the talk. The Proclaim Outline and Proclaim Details can be found on pages 66 to 74.

Adoration Reflection (10 min)

Pass out *The Adoration Reflection Handout* and allow the teens to reflect in silence. Handouts can be found on the *September 2017 Life Teen USB* and online at lifeteen.com under Life Support: *September 2017*.

PROCLAIM AND BREAK 2: #SPIRITUALLIFEGOALS

Environment and Socialize (5 min)

The environment for this space is comfortable and inviting. Have Core Members present to serve snacks or dessert and space for small groups to meet. Let the teens socialize and eat snacks.

Small Group Discussion and Core Testimonies (15 min)

Instruct the teens to get into small groups, and let them choose who they would like to be with because the goal is to have an honest small group discussion. Read the *#SpiritualLifeGoals Small Group Discussion Handout* for further instruction on how to lead this small group discussion.

Core Testimonies (10 min)

The Core Member of each small group gives a testimony about following Jesus that includes what obstacles they needed to overcome to take the leap of faith. Use the *Testimony Guidelines Handout* to help form and practice this testimony.

Give the teens an opportunity to ask their Core Members questions about their testimony. Close in prayer and ask for specific graces for each teen based on what they shared during the small group. To be successful, consider taking notes as teens share.



LIKE, FOLLOW, SHARE

KEY TERMS

Conversion: A radical reorientation of the whole life away from sin and evil and toward God. This change of heart or conversion is a central element of Christ's preaching, of the Church's ministry of evangelization, and of the Sacrament of Penance and Reconciliation.

Disciple: Those who accepted Jesus' message to follow Him are called His disciples. Jesus associated His disciples with His own life, revealed the mystery of the Kingdom to the disciples, and gave them a share in His mission, His joy, and His sufferings.

Evangelization: The proclamation of Christ and His Gospel by word and the testimony of life, in fulfillment of Christ's command.

TEACHING POINTS

THE SAME BUT DIFFERENT

- Much like our relationships with people, our relationship with Jesus follows a similar progression: like, follow, share. When we establish a relationship with Him, we become His disciples.
- *Project and read CCC 787.*

LIKE

- When we like someone, we want to spend time with them, learn more about them, and feel close to them.
- The Christian life is not centered around a checklist of things to do but a person to get to know - the

person of Jesus. We have to really know Jesus and spend time with Him to understand what it means to follow Him.

- As we spend time with Jesus in Adoration, in the Scriptures, and in the teachings of the Church, we learn more about Him and, in turn, learn more about ourselves. It's easy to become distracted by the things people say about Jesus or the Church, but it's important to prioritize spending time with Jesus, Himself.

FOLLOW

- As we develop friendships, we follow the behaviors of our friends. We watch the same movies and listen to the same music. We may even pick up on their slang.
- Likewise, as we hang out with Jesus, we follow His behavior. We grow in selflessness and the ability to forgive. We continually conform our heart to His.
- Jesus demands singularity in following Him. We can not serve both God and the things of the world. Take a look at all of the items surrounding the monstrosity. These items are things people leave behind to follow Jesus.
- In the same way that Jesus calls Peter and Andrew to become fishers of men, when He calls us to leave something behind, it's because He has a greater way to fulfill it in our lives.
- What is He calling you to leave behind, change, or deepen? What is the greater thing that He is wanting for your life?
- Although it may be hard to look at changes that need to be made or things that need to be left behind, Jesus promises that anything given for His sake or the sake of the Gospel will be given back a hundredfold.



LIKE, FOLLOW, SHARE

TEACHING

THE SAME BUT DIFFERENT

We all know how it goes. It's Friday night, and you are bored. You start scrolling through the "picked for you" on Instagram and come across a really interesting or funny Insta account that you like. You click "follow," and then you tag your friends in one of the best posts to share it with them.

Or how about this? You meet someone new, and you really enjoy hanging out and talking with them. You like them. I don't mean "like, like." Just like. This new friend is really into the outdoors and is super "chill." You go hiking together. You follow them and do things with them because you like spending time together. You even find yourself repeating their slang. Next thing you know, you are introducing them to your old friends and sharing them.

Much like our relationships with people, our relationship with Jesus follows a similar progression: like, follow, share. When we establish a relationship with Him, we become His disciples.

Project and read CCC 787.

The Catechism of the Catholic Church defines the word disciple as "those who accepted Jesus' message to follow Him. Jesus associated his disciples with His own life, revealed the mystery of the Kingdom to the disciples, and gave them a share in His mission, His joy, and His sufferings." We are going to spend some time now breaking that down and applying it to our lives.

CCC 787

LIKE

When we like someone, we want to spend time with them. We want to learn more about them. That's why we enjoy scrolling through their Instagram, or checking up on their story, or asking them an overwhelming amount of questions every time we are with them. We like learning about them and feeling close to them.

At the center of everything we believe in our Catholic faith is the person of Jesus. It is important to keep our focus here because many Christians are tempted to turn the Christian life into a checklist. If we do A+B it equals holiness. We may scroll through the teachings of the Church like any feed on social media and like somethings and not others, picking and choosing which teachings of Jesus fit into our lifestyle. However, we have to really know Jesus and spend time with Him to understand what He is asking of us and how to completely follow Him. The teachings of the Church clarify and order what Jesus may be revealing to us, but they do not replace our personal relationship with Jesus.

Catechesi Tradendae 5

As we spend time with Jesus in Adoration, in the Scriptures, and in the teachings of the Church, we learn more about Him and, in turn, learn more about ourselves. He speaks truth to us, and we encounter the love of God. We hear His message and accept it more and more. As we grow in faith, it's important to not get caught up in scrolling through what people say about Jesus or the Church but to continue to like spending time with Jesus Himself.

FOLLOW

Jesus' message is an invitation to follow Him. It is super easy to follow people on social media. The biggest challenges are crazy account names, fake profiles, and privacy settings. Once you overcome those things, you just click a button and voila! It is done... you are officially a follower.

What about off-screen? As we develop friendships, we follow each other. Not in a weird, creepy way. We go to the movies and watch what our friends want to watch. We listen to new bands and watch different Netflix series. We pick up fashion tips. In small and big ways, we become like our friends.

Proverbs 13:20

As we hang out with Jesus, we conform to Him. We grow in selflessness and the ability to forgive. Following Him leads to continual conversion of heart. It requires us to continually turn away from sin and evil and turn our life toward God. While we can follow thousands of people on social media, Jesus demands singularity in following Him. We can not serve both God and the things of the world.

Matthew 6:24, CCC 2848

Take a look at all of the items surrounding the monstrosity. These items are things people leave behind to follow Jesus. When He calls us to leave something behind, it's because He has a greater way to fulfill it in our lives. In the Gospels, Jesus calls Simon Peter and his brother Andrew, who both make a living through fishing, to follow Him. Jesus does not tell them to drop the nets, leave the boat, and take up carpentry or cloth dying. He deepens their natural gifts and desires. He tells them He will make them greater fishermen. He will make them fishers of men. They will lead souls to eternal life.

Matthew 4:18-20, Mark 1:16-18

What is He calling you to leave behind, change, or deepen? What is the greater thing that He is wanting for your life? It could be replacing time on your iPhone or gaming system with quality family and friend time. Maybe it is making Mass a priority over sports and extracurriculars. You may need to add time for prayer in your day or form friendships with people who lead you to make better choices. Jesus is asking for our prime, not what is left over. In a just a few minutes, you will have time to reflect more on these things. If any particular item around the monstrosity is standing out to you, make a note to come back to it during your reflection.

Although it may be hard to look at changes that need to be made or things that need to be left behind, Jesus promises that no one can out give Him. He tells us that anyone who gives something for His sake or the sake of the Gospel, will receive it back a hundredfold.

Mark 10:29-30

SHARE

As we follow Jesus, we share in His mission, His joys, and His sufferings.

Is there a person in your life you love to share with others because knowing them just makes life that much better? When we truly follow Jesus, we cannot help but want others to know Him and the joy He brings to our life.

The first part of sharing in Jesus' life is taking on His mission. His mission is to proclaim the Kingdom of God and to draw all of humanity to Him. He gives His apostles the task of going to every nation to baptize and teach others all that they learned from Him. As baptized members of the Church, we also share in this mission and bring it to life through our own particular gifts, talents, and situations in life.

John 12:32, Matthew 28:19-20, CCC 863

We evangelize, first, through the witness of our life. It can be easy to give in to all of the temptations that face us, but when we hold on to our convictions and moral life, we say something that words cannot. If you refuse to cheat or gossip, you are proclaiming your faith. When a boyfriend or girlfriend wants to pursue an impure physical relationship but you insist on staying chaste, you are sharing Christ with them.

CCC 2045

At times, we are also called to give testimony to the work of God in our lives. We share with others the way Jesus is working through and in us. The more time we spend with Jesus, the more we see the way God is working in our lives.

Anytime we share our testimony, we can follow three steps. First, what was our life like before Jesus entered into it? Second, at what point did He enter into it and how? Third, what is it like now that He is walking with you through life?

1 Peter 3:15

The next part of following Jesus is that we share in His joys and sufferings. When we really care about someone, it's a privilege to share in their happiest and most joyful times as well as their most sorrowful times. It's a honor to be the friend a person turns to when they do not know where else to go or to be the first to know something exciting about their life. For example, when a close friend is going through a breakup and they call you or when they finally get asked to prom by their dream date and you are the first to know.

Likewise, Jesus allows us to share in His moments. When a friend harbors hatred instead of forgiveness, we feel Jesus' sorrow. When a student is treated as an outcast, we feel Jesus' compassion.

John 15:12-15

AN INCREDIBLE CALL

Being a disciple of Jesus is an incredible call. It's an invitation to an unmatched friendship, and it enriches every other relationship we have. It is so easy to slip into shallow and limited friendships of Facebook, to like a cute or funny Instagram photo, or screenshot a Snap to share with a friend later. It is fun. It occupies those boring and lonely moments, but when we like, follow, and share Jesus, we have purpose and direction that takes us and others into eternal life.

Notes: _____



CORE TEAM OVERVIEW

LIKE, FOLLOW, SHARE: Following Jesus

GOAL: The goal of *Like, Follow, Share* is to explore discipleship, emphasize that following Jesus is a choice, and help each teen take the next step in their walk with Him.

GATHER (20 MIN):

Welcome and Opening Prayer: _____

Would You Rather Core Team Edition : _____

Invitation: _____

PROCLAIM AND BREAK (30 MIN):

#Discipleship101: _____

#SpiritualLifeGoals: _____

SEND (25 MIN):

Faith Snaps Prayer Activity: _____

Notes: _____

