



# LEADER GUIDE



Faith and Family Life  
Catholic Ministries

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## AN INVITATION

You have been invited to accompany families in an introductory opportunity to hear and experience the Good News. Many people you minister to have not yet experienced faith as Good News and have come to see religion as judgmental, irrelevant, and distant. The Seek experience invites your families to personally encounter God's love, mercy, and direction for their lives.

As we accompany families in this “new start” let us be mindful of the patience and understanding Jesus offered to those he ministered to as they began to open their hearts and minds to his message. May this Seek resource help you draw them into the arms of the Father.

*In the kerygma, the active figure is the Lord Jesus, who manifests himself in the testimony of the one who proclaims him; the life of the witness who has experienced salvation therefore becomes that which touches and moves the hearer. (DC 58)*

*The centrality of the kerygma for the proclamation leads to several guidelines for catechesis as well: “it has to express God’s saving love which precedes any moral and religious obligation on our part; it should not impose the truth but appeal to freedom; it should be marked by joy, encouragement, liveliness and a harmonious balance which will not reduce preaching to a few doctrines which are at times more philosophical than evangelical.” (DC 59)*

## SESSIONS

Seek is a kerygmatic experience with 3 tracks: children, teens, and parents, with age appropriate content for each. Over the course of 4 at-church sessions, families will be invited on a journey to discover anew the Good News of our faith.

Seek for Children is an in-person VBS style experience designed for children in their first year of sacramental preparation in grades 1-5. Through songs, games, activities, and teachings, children will get to know a God who is love and be given a shared vocabulary to begin conversations of faith with their parents.

Seek for Teens is an in-person youth night style experience designed for teens as they journey with their parents in the first steps of formation. Through games, discussions, activities, witness talks, and teachings, teens will get to know a God who is love, be

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grounded in their primary identity as children of God, and be given a shared vocabulary to begin conversations of faith with their parents.

Seek for Parents is an in-person small group experience designed for parents as they journey with their children in the first steps of formation. Through discussions, activities, reflections, witness talks, and teachings, parents will get to know a God who is love and be given a shared vocabulary to begin conversations of faith with their children.

## A FEW TIPS

- Limited facility space may be a challenge. The parent sessions can be done together in a large group in one room or in many small groups in different rooms. You may all be able to gather in the Church for the closing prayer experiences.
- Snacks and hospitality are always appreciated by both parents and children. You may consider serving snacks at the end of the event to encourage families to stay and visit with one another. The snack table can also be a creative part of the session. Set up a simple and fun snack area with the sign “God’s love is a buffet!” with an ice cream sundae bar. Include different ice creams, toppings, and syrups. You may also consider “Dip into God’s Goodness” and offer veggie sticks with ranch dressing or “More and S’more of God’s Blessings” with cups filled with mini marshmallows, chocolate chips, and teddy grahams.
- Seek was designed to be run once a month for 4 months.
- It can also be run multiple times a year or multiple nights to be available to families when it is best for them.
- Seek can be used as a VBS camp over the Summer in the evenings.
- Less is usually more, especially in the beginning. Try your best to make this a quality experience for the families and you will earn their trust, making it easier to guide them in the direction you are leading.
- +Even with plenty of reminders, participants may forget their supplies or guide books. You may choose to purchase a few extra supplies to have on hand.

## SEEK FOR PARENTS

# SESSIONS FOR PARENTS

Seek for Parents includes 4 sessions focusing on the themes of the kerygma. Each session includes an opening prayer, small group check-in, witness, teaching, reflection, sharing, and closing prayer experience with the children or teens. You will need a facilitator to lead the session from the front.

You will also need a leader for each of the small groups of parents to help facilitate the experience. This could be a catechist, parent, etc. We suggest 6-8 parents per table or small group. These groups should remain consistent throughout the Seek experience. If parents will be continuing in small family pods or groups throughout their faith formation journey, this is the perfect time to assign them to their pods or groups with their catechist.

Videos are available for leading the entire session. It will need to be started and stopped as needed. Make yourself familiar with it beforehand, so everything runs smoothly. You also can make this into an entirely live presentation, using the videos ahead of time to help set you up for the session. The Leader Script for the entire session is also available for your use. We recommend reviewing the content in the videos and script early on to decide which pieces you will play from the video and which parts you will do live. Feel free to break the video up. Maybe you want to introduce some pieces yourself and use the video for others. It is most important to have local witnesses that connect with the daily realities of your parents.

Seek for Parents is meant to take place in a separate space from Seek for Children or Teens and conclude together for the closing prayer experience.

## SET-UP AND ENVIRONMENT

### **Set-up:**

- Tables and chairs keeping in mind the small group format.
- Utilize a good sound system. The content will not be able to touch the heart if it is not heard.

## SEEK FOR PARENTS

### Environment:

- The external space informs our internal space. When families walk into a room and it is well put together and inviting, it says they matter, and someone prepared for them! If possible, gather a team of creatives to make simple centerpieces, welcome signs, and a prayer table. You may also consider introducing the session theme with signs or posters.
  - Session 1: Seek
  - Session 2: Made
  - Session 3: Shine
  - Session 4: Dwell
- As families arrive, consider playing some background music to set the tone. Make a playlist with the Seek theme song and other Christian music. Walking into a room with light music playing sets a festive and reflective atmosphere. Be careful not to play the music too loud or it can easily become a distraction and make it hard to converse with others.

## TIME FRAME

Seek sessions are designed to last 90 minutes. You may want to plan for 2-hours, to include time to gather, check-in, and enjoy fellowship. Try to start and stop on time to respect the family's schedules. You know your families best, feel free to adjust and adapt the Seek timelines given.

## GATHER

Begin each session with a leader who introduces and helps facilitate the event. Make sure they are well prepared and very familiar with the schedule. This person will move the session along and add any instructions and anecdotes. Their interaction with the parents should always be positive, authentic, encouraging, and supportive. It is crucial to choose the right person for this important role. Try to use someone the parents can easily relate to. The small group leaders should also be given the Small Group Leader Guide Book to help facilitate the sessions at the group level.

## SEEK FOR PARENTS

# CHECK-IN

This is a tool to get the parents talking. The question asked is one that is simple to answer, and is a chance for each person's voice to be heard. The answers discussed also begin to develop a shared narrative for the group.

# ACTIVITY

Each session has an experiential activity. This activity is another way to teach, and is meant to lead parents into reflection, connecting with their personal experience. Elements of the activities are located in their guidebooks. Make sure these are on hand.

If not, have paper and pens available so parents can still participate.

# SMALL GROUP DISCUSSION TIME

Small group discussion time is an opportunity for parents to learn from one another. There is much wisdom around a table full of parents. Facilitators are key in getting that wisdom shared.

### Facilitators need to be aware of the following:

- Make sure each group member has the chance to participate.
- Do not allow any group member to control the sharing.
- Do not make anyone feel forced to share. Parents can decide to “pass”.
- Make sure all parents feel respected and listened to. Having cell phones put away will help with this.
- Group leaders will set the tone for the sharing. If they want a deeper, more thoughtful response from parents, they will need to model that in their own sharing. The group will usually follow their lead.
- Make sure leaders do not monopolize the sharing. It works well if leaders begin the sharing and then pass it on to the other members.
- Group leaders should be listening to all parent responses, and be ready to ask follow up questions that help expand parent’s answers. It is important that they remember information discussed and check in with parents in future sessions:

## SEEK FOR PARENTS

“How is your sick mother doing?”, “How was your vacation time with your family that you were looking forward to?”.

- Each group sharing time is preempted by a reflection time for processing. This should help the parents be prepared to share. No one likes to be put on the spot.
- If anything is ever discussed in small group time that is inappropriate or alarming it should be brought to the attention of the Faith Formation Director.

## WITNESS

Witness talks are a chance for parents to hear from other parents on a similar journey. The people sharing will make the teaching and theme for the session personal. These small talks are also meant to get parents thinking about their own lives. A person’s testimony can be the key to unlocking someone else’s. As they hear from another, they naturally begin to reflect within themselves. These should be less than 5 minutes in length. You can use the witness videos provided, or find witnesses from your own community to share in a similar way.

**Three general questions that can help guide any witness are:**

- What was life like before you encountered God?
- What was it like when you encountered God?
- How has your life changed since you encountered God?

## TEACHING

A teaching is provided for each session that connects the activity, discussion, and witness to an essential element of the kerygma that is intended to be delivered that day.

## CLOSING PRAYER EXPERIENCE

The closing prayer for each session will be done with parents and children or teens together. Make sure to coordinate the exact time children will return to the space. For many parents this may be the first time praying in this way with their child. These beginnings will help them feel more comfortable in a faith leadership role. Your modeling is so important!

## SEEK FOR PARENTS

# SESSION 1

**Theme:** Seek

### Supply List:

- Parent Guide Books - one per parent
- Small Group Leader Guide Books
- Tastes of Life: Sweet, Sour, and Spicy. Parents will be tasting simple
- Items and tying these tastes to a reflection. Choose something sweet, sour, and spicy to serve. You may choose to present these small bites on individual plates or a larger platter for the entire table.
  - Ideas for Tastes:
    - Cream Cheese (sweet), Lemon Cheese (sour), Pepperjack Cheese (spicy) with crackers. May choose to pair with wine.
    - Chocolate candy (sweet), Lemonheads/Sour Patch Kids (sour), Hot Tamale/Red Hots (spicy)
    - Fruit Punch (sweet), Lemonade (sour), Ginger Beer (spicy)
- Tasting plates and cups if needed
- Pens

### Witness Notes:

- If you choose to have your own witness talk, have a parent (or a few parents) share their own tastes of life. Have them introduce themselves and share a few sweet, sour, and spicy experiences of parenting.

### Closing Prayer Experience with Children or Teens:

- Instructions for this can be found in the script.

# SESSION 2

**Theme:** Made

### Supply List:

- Parent Guide Books - one per parent
- Markers or colored pencils
- Pens

## SEEK FOR PARENTS

### Witness Notes:

- If you choose to have your own witness talks, have a parent prepare a short talk about how we understand God more as we co-create with him. Have them include their answers to the questions: How do you see God in your children? Do you understand the paternal love of God in a different way as you learn to love your child? How has this experience reminded you that you were made for more than this world.

### Closing Prayer Experience with Children or Teens:

- Instructions for this can be found in the script.

# SESSION 3

**Theme:** Shine

### Supply List:

- Parent Guide Books - one per parent
- Small Group Leader Guide Books
- Pens
- Activity
  - Black and gold markers/sharpies or crayons - one of each per parent.
- Prayer Experience
  - Hearts (paper cut-outs or felt) one per family.
  - A crucifix or cross on a prayer table, with room for blindfolds to be out around, or a larger stand up cross- blindfolds can be hung on.

### Witness Notes:

- If you choose to have your own witness talk, have a parent prepare a short talk about how they had to let God love them in their brokenness. Have them share about God's healing in their life and how brokenness lets the light in.

### Closing Prayer Experience with Children or Teens:

- Instructions for this can be found in the script.

## SEEK FOR PARENTS

# SESSION 4

**Theme:** Dwell

### Supply List:

- Parent Guide Books - one per parent
- Small Group Leader Guide Books
- Pens
- Activity
  - Optional: Jar of marbles and pitcher of water for “live” presentation

### Witness Notes:

- If you choose to have your own witness talk, have a parent prepare a short talk about making Church home and home, Church. Have them share about the importance of a parent’s example. Have them answer the question: How does having faith and following God’s will change your life?

### Closing Prayer Experience with Children or Teens:

- Instructions for this can be found in the script. The final part of the prayer experience has to be led by the session leader in the Blessed Sacrament chapel or church.

## SESSIONS FOR CHILDREN

Seek for Children includes 4 different sessions. Each session begins with singing and doing the hand motions to the theme song, playing a game, watching a themed introduction video, doing an activity, watching a teaching video, participating in a closing prayer experience with parents, and extending the experience through an at-home activity. You will need a main leader to welcome children, lead the game, and guide the overall experience. This guide is for that person. You will also need small group leaders that can help lead hand movements, activities, and keep the small groups on task. Their guide is printable and is called the Small Group Leader Adventure Guide Book

- For small groups: We suggest placing them in groups of 6-8 children of a similar age. They can also be grouped to mirror their parents groupings.
- You can utilize older children as group leaders or helpers.
- It is important to lead the hand motions from the front. A video to teach your leaders the hand movements is available on our resource page for download here <https://www.flfcm.org/seek-resources> password: Seek
- Be sure to refresh by watching and practicing the hand motions before each session. The theme song video can also be found stand alone on the resource page to download and share with your leaders.
- The theme song can be found on Spotify and other places music is found. Title: Seek, Artist: Faith and Family Life Catholic Ministries <https://open.spotify.com/track/4XocaNodBJVDqItALGtoDI?si=o9BwljGToKsK2VdbKfNFA>

## SET-UP AND ENVIRONMENT

### Set-up:

- Most of the Seek for Children experience can be accomplished with the children seated on the ground or in chairs.
- You will need a projector and a sound system for the videos. All of the videos can be downloaded in an .mp4 format from our website
  - <https://www.flfcm.org/seek-resources> password: Seek

## SEEK FOR CHILDREN

### Environment:

- The external space informs our internal space. When children walk into a room and it is well put together and inviting, it says they matter, and someone prepared for them! If possible, gather a team of creatives to make a fun environment. With the adventure theme you can add posters or sets with painted mountains and trees with various wild animals. You can also set up tents or adventure gear around the room. Encourage your leaders to dress as adventure guides in their best mountaineering gear. You may also consider introducing the session theme with signs or posters. You can use the adventure badges for inspiration.
  - Session 1: Seeker
  - Session 2: Created
  - Session 3: Found
  - Session 4: Chosen
- As children arrive, consider playing some background music to set the tone. Make a playlist with the Seek theme song and other Christian music. Walking into a room with light music playing sets a festive and reflective atmosphere.

## TIME FRAME

Seek sessions are designed to last 90 minutes. You may want to plan for 2-hours, to include time to gather, check-in, and enjoy fellowship. Try to start and stop on time to respect the family's schedules. You know your families best, feel free to adjust and adapt the Seek timelines given.

## SESSION 1

### Theme: Seeker

### Supplies:

- Seek Bags
- Small Group Leader Guide Books
- Session 1 Video

### Gather:

- After gathering with their parents, begin by moving all the children to one space and have them sit to watch the first part of the session 1 video. They will be

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invited to come along for the journey and be taught the hand motions to the song. Have some of your leaders upfront to help model and some alongside the children to encourage them.

- Pause the video after the music video ends on the screen that says “Game Time”.
- Before the game, break up the children into their groups with their small group adventure guides.

### Game:

- This session you will be playing Blobs and Lines. It is a simple game that has the children group into blobs of similarities or line up in a specific order. Anytime you call out a line category it will done in their small groups, and when you call out a blob category it will be for the whole group. Consider starting with a few line categories to get the group interacting with their small group, then intersperse blob categories to get the children to mix up. When you call a blob category they need to call out their response and group up with people of similar interests. When they are in blobs and a line category is called they have to find their group and line up according to the category. Whatever group is the fastest to blob or line up wins. You can have some prizes for the winning groups if you wish. Explain the game to the children and play a few rounds. Feel free to adapt the categories for your group.
  - Line Categories:
    - Birthday
    - Length of Hair
    - Height
    - Shoe Size
  - Blob Categories:
    - Favorite Color
    - Favorite Sport
    - Favorite Food
    - School

### Theme Introduction Video:

- Have them be seated in their adventure groups and continue to watch the session video. Pause the video on the screen that says “Activity Time”.

### Activity:

- Take a moment to have the small group adventure guides pass out a supply bag to each child. The children can take these home, but need to be reminded to bring them each time. The small group adventure guides will now facilitate the

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small group to discover what is in their bags, to get to know each other, and experience the tastes of life activity. Instructions for these can be found in the Small Group Leader Guide Book.

### Teaching Video:

- Gather the small groups back together and have them turn their attention to the screen as you continue the video.
- Wrap up any points you want to enforce and have the small group adventure guides pass out the badge of the day that says Seeker. Have the leaders help the children attach it to the bag. Then have the children pack up their bags to get ready to meet back up with their parents to conclude in prayer.

# SESSION 2

**Theme:** Created

### Supplies:

- Remind Parents and Children to bring their Seek Bags
- Small Group Leader Guide Books
- Session 2 Video

### Gather:

- After gathering with their parents, begin by moving all the children to one space and have them sit to watch the first part of the session 2 video. They will sing and do the hand motions to the song. Have some of your leaders upfront to help model and some alongside the children to encourage them.
- Pause the video after the music video ends on the screen that says “Game Time”.

### Game:

- This session we are going to play a game called 6 Days. It is similar to 4 corners, but is related to the 6 days of creation and uses a six sided die. You will need to create posters or prints to place around the room or to have leaders hold in various locations throughout the room. The posters or signs should have the following words on them:
  - Day 1 - Light
  - Day 2 - Sky
  - Day 3 - Sea, Earth, and Plants
  - Day 4 - Sun, Moon, and Stars

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- Day 5 - Sea Creatures and Birds
- Day 6 - Animals and Humans
- To play the game you will instruct the children and leaders to choose a day to stand by and they only have a few seconds to move close to the sign or poster with the day. Then roll the die and whatever number it lands on the people next to that number is out and has to sit down. Continue to have them choose a day to stand by and roll the die to eliminate more people until there is one person left. They are the winners. You can play a few rounds and provide a prize if you wish.

### Theme Introduction Video:

- Have them be seated in their adventure groups and continue to watch the session 2 video. Pause the video on the screen that says “Activity Time”.

### Activity:

- Try to go outside into creation for this activity. Each small group can sit under a tree or on a grassy area. This can also be done indoors. The children will need their adventure guide books and color pencils. Once you settle into the right space, the small group leaders will read the story of creation from Genesis as the children color the creation coloring page in their guides. Instructions for these can be found in the Small Group Leader Guide Book.

### Teaching Video:

- Gather the small groups back together and have them turn their attention to the screen as you continue the video.
- Wrap up any points you want to enforce and have the small group adventure guides pass out the badge of the day that says Created. Have the leaders help the children attach it to the bag. Then have the children pack up their bags to get ready to meet back up with their parents to conclude in prayer.

# SESSION 3

### Theme: Found

### Supplies:

- Remind Parents and Children to bring their Seek Bags
- Small Group Leader Guide Books

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- Session 3 Video
- 20 Foot Rope per Group for the Activity

### Gather:

- After gathering with their parents, begin by moving all the children to one space and have them sit to watch the first part of the session 3 video. They will sing and do the hand motions to the song. Have some of your leaders upfront to help model and some alongside the children to encourage them.
- Pause the video after the music video ends on the screen that says “Game Time”.

### Game:

- This session we will play Rock, Paper, Scissor Snakes. Start in pairs of 2 and play rock, paper, scissors. The person who loses will stand behind the winner, putting their hands on their shoulders to form a snake and begin chanting their name over and over while finding another “winner” to play. Whoever loses, must join their “snake” and begin cheering for their new winner. The game continues until there is one winner. You can play a few rounds and provide a prize if you wish.

### Theme Introduction Video:

- Have them be seated in their adventure groups and continue to watch the session 3 video. Pause the video on the screen that says “Activity Time”.

### Activity:

- Our activity today is all about staying on the path. You will need a 20 foot piece of rope per group to mark out a path on the ground. This activity can be done inside or outside. The children will need the bandannas from their bag. Instructions for these can be found in the Small Group Leader Guide Book.

### Teaching Video:

- Gather the small groups back together and have them turn their attention to the screen as you continue the video.
- Wrap up any points you want to enforce and have the small group adventure guides pass out the badge of the day that says Found. Have the leaders help the children attach it to the bag. Then have the children pack up their bags to get ready to meet back up with their parents to conclude in prayer. Be sure each child has their blindfold as it will be used for the closing prayer.

# SESSION 4

**Theme:** Chosen

**Supplies:**

- Remind Parents and Children to bring their Seek Bags
- Small Group Leader Guide Books
- Session 4 Video

**Gather:**

- After gathering with their parents, begin by moving all the children to one space and have them sit to watch the first part of the session 4 video. They will sing and do the hand motions to the song. Have some of your leaders upfront to help model and some alongside the children to encourage them.
- Pause the video after the music video ends on the screen that says “Game Time”.

**Game:**

- This session we will play Tent Earthquake. Have the children get into groups of 3. There should be 1 person left standing alone, so add leaders as needed to make this a reality. In the group of 3, have two people making a tent with their hands and one person standing underneath. The lone person then can call out either “move” or “earthquake”. If they say move, all of the people standing under a tent need to run and find a new tent. If they say earthquake, everyone must break up and find a new group of 3. Each time the lone person tries to get into one of the groups of 3, so that there is a new person that becomes the caller. Play a few rounds.

**Theme Introduction Video:**

- Have them be seated in their adventure groups and continue to watch the session 4 video. Pause the video on the screen that says “Activity Time”.

**Activity:**

- We are going to build some tents and fires of our own. The children will need their Adventure Guide Books. Instructions for these can be found in the Small Group Leader Guide Book. If you have an extra Adventure Guide Books, the leaders can use them to practice to become tent building professionals.

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### Teaching Video:

- Gather the small groups back together and have them turn their attention to the screen as you continue the video.
- Wrap up any points you want to enforce and have the small group adventure guides pass out the badge of the day that says Chosen. Have the leaders help the children attach it to the bag. Then have the children pack up their bags to get ready to meet back up with their parents to conclude in prayer. The children should take their tents and fires to show to their parents.

## SESSIONS FOR TEENS

Seek for Teens includes 4 different sessions. Each session begins with a game, followed by an opening prayer, check-in, activity, discussion, witness talk, teaching, and discussion. Each session then closes with a prayer experience with parents and a prompt for an at-home activity. A printable Teen Guide Book is provided to accompany the experiences. You will need a main leader to guide the overall experience using the leader script provided. This guide will be extremely useful for the main leader as they prepare for the sessions. You will also need small group leaders that can facilitate activities, guide discussions, and keep the small groups on task. You can utilize older teens as group leaders or helpers. Their guide is also printable and is called the Small Group Leader Guide Book. A witness is needed for each session to help bridge the teens' experience with the gift of our faith. We suggest placing teens in groups of 6-8 people of a similar age. They can also be grouped to mirror the groupings their parent's are in.

## SET-UP AND ENVIRONMENT

### Set-up:

- Most of the Seek for Teens experience can be accomplished with the teens seated in chairs.
- You will need a projector and a sound system for the videos. The video links can be found in the Leader Script.

### Environment:

- The external space informs our internal space. When teens walk into a room and it is well put together and inviting, it says they matter, and someone prepared for them! If possible, gather a team of creatives to make a fun environment. You may also consider introducing the session's theme with signs or posters.
  - Session 1: Hopes and Dreams
  - Session 2: Known and Loved
  - Session 3: Broken and Healed
  - Session 4: Family
- As teens arrive, consider playing some background music to set the tone. Walking into a room with light music playing sets a festive and reflective atmosphere.

## TIME FRAME

Seek sessions are designed to last 90 minutes. You may want to plan for 2-hours, to include time to gather, check-in, and enjoy fellowship. Try to start and stop on time to respect the family's schedules. You know your families best, feel free to adjust and adapt the Seek timelines given.

## GAME

Begin each session with the Chair Game. This is a fun way to engage the teens by moving around and inciting a little friendly competition. Instructions for this game can be found in the Leader Script.

## PRAYER

After the game, place the teens in their small groups and begin with the prayer provided in the Leader Script that helps to focus in on the theme of the day.

## CHECK-IN

This is a tool to get the teens talking. The question asked is one that is simple to answer, and is a chance for each person's voice to be heard. The answers discussed also begin to develop a shared narrative for the group.

## ACTIVITY

Each session has an experiential activity. This activity is another way to teach, and is meant to lead teens into reflection, connecting with their personal experience. Elements of the activities are located in their guidebooks. Make sure these are on hand. Some activities will need additional supplies. A list can be found in the session specific notes below.

# SMALL GROUP DISCUSSION TIME

Small group discussion time is an opportunity for teens to learn from one another. There is much wisdom around a table full of teens. Facilitators are key in facilitating these conversations. There are two discussion times, one after the activity and one after the teaching.

## Facilitators need to be aware of the following:

- Make sure each group member has the chance to participate.
- Do not allow any group member to control the sharing.
- Do not make anyone feel forced to share. You can give each teen one pass.
- Make sure all teens feel respected and listened to. Having cell phones put away will help with this.
- Group leaders will set the tone for the sharing. If they want a deeper, more thoughtful response from teens, they will need to model that in their own sharing. The group will usually follow their lead.
- Make sure leaders do not monopolize the sharing. It works well if leaders begin the sharing and then pass it on to the other members.
- Group leaders should be listening to all teen responses, and be ready to ask follow up questions that help expand teens' answers. It is important that they remember information discussed and check in with teens in future sessions: "How is your sick mother doing?", "How did that big game go?", etc.
- Each group sharing time is preempted by a time of quiet reflection for processing. This should help the teens be prepared to share. No one likes to be put on the spot.
- If anything is ever discussed in small group time that is inappropriate or alarming it should be brought to the attention of the Teen Faith Formation Director.

# WITNESS

Witness talks are a chance for teens to hear from other teens or adults on a similar journey. The people sharing will make the teaching and theme for the session personal. These small talks are also meant to get teens thinking about their own lives. A person's testimony can be the key to unlocking someone else's. As they hear from another, they naturally begin to reflect within themselves. You will need to find and coach a witness for each session. These should be no longer than 5 minutes. You can find the notes to

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direct the focus of the witness below in the session specific notes.

**Three general questions that can help guide any witness are:**

- What was life like before you encountered God?
- What was it like when you encountered God?
- How has your life changed since you encountered God?

## TEACHING

A teaching is provided for each session that connects the activity, discussion, and witness to an essential element of the kerygma that is intended to be delivered that day. We recommend using the text found in the Leader Script as a guide. Make it your own by adding stories and language relevant to the teens in your group.

## CLOSING PRAYER EXPERIENCE

The closing prayer for each session will be done with parents and teens together. Make sure to coordinate the exact time teens will unite with their parents. For many teens, this may be the first time praying with their parents in this way. Instructions for this can be found in the Seek for Parents Leader Script.

## SESSION 1

**Theme:** Hopes and Dreams

**Supplies:**

- Teen Guide Books
- Small Group Leader Guide Books
- A playlist of songs for the chair game.
- Tastes of Life Activity - Teens will be tasting simple items and tying these tastes to a reflection. Choose something sweet, sour, and spicy to serve. You may choose to present these small bites on individual plates or a larger platter for the entire table.

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- Ideas for Tastes:
  - Cream Cheese (sweet), Lemon Cheese (sour), Pepperjack Cheese (spicy) with crackers.
  - Chocolate candy (sweet), Lemonheads/Sour Patch Kids (sour), Hot Tamale/Red Hots (spicy)
  - Fruit Punch (sweet), Lemonade (sour), Ginger Beer (spicy)
- Tasting plates and cups if needed
- Pens

### Witness Notes:

- Find someone to share about the hopes and dreams they have for themselves and the world and how they have been able to find that and more in following Christ. We can taste all the world has to offer, but we still long for more. We are made for deeper experiences, deeper happiness. What was I looking for?

# SESSION 2

**Theme:** Known and Loved

### Supplies:

- Teen Guide Books
- Small Group Leader Guide Books
- A playlist of songs for the chair game.
- Innovation of Loneliness video
  - <https://vimeo.com/70534716>
- Pens

### Witness Notes:

- Have them share about a time when they truly felt known and loved by God and their community. What have been some things other than God that you have looked to for your identity? How does it feel to be a beloved son or daughter of God?

## SESSION 3

**Theme:** Broken and Healed

**Supplies:**

- Teen Guide Books
- Small Group Leader Guide Books
- A playlist of songs for the chair game
- Lights video
  - <https://vimeo.com/437695571> Password: Mend
- Pens

**Witness Notes:**

- Have them share about an experience of brokenness in their lives that has been redeemed by an encounter with the mercy of Jesus. What happened? How did you feel before? What was it like to come home? How can you better love others after experiencing the redeeming love of God?

## SESSION 4

**Theme:** Family

**Supplies:**

- Teen Guide Books
- Small Group Leader Guide Books
- A playlist of songs for the chair game.
- Blindfold for activity.
- Pens

**Witness Notes:**

- Have them share about a time in their life when they followed their own will or the voice of the world, and how it changed when they allowed God to lead them. How does the Church help them to hear the voice of God and follow him? What are some practical steps to take to stay in a good relationship with God?