



# believe



Pope John Paul II Award  
CATECHISES SESSION REFLECTIVE JOURNAL

# Journeying with Saint John Paul II

## Overview - Faith Award Leader Sessions

### Session 1: "BE NOT AFRAID"

Young people today may only be vaguely aware of who the great St. John Paul II was. This session aims to give young people today an idea of some of the things he achieved in his lifetime and why he was so influential. The participants will reflect on a famous contemporary person that they know and their achievements. They will then be shown a video that gives an overview of his life and then consider how St. John Paul II can influence their lives today.

### Session 2: "SHINE YOUR LIGHT"

St. John Paul II's deep love for young people was evident throughout his papacy and this was made very clear through his visit to Ireland in 1979. In this session, this fact will be highlighted to the young people. They will be asked to reflect on some of the challenges they may face in their own lives, in particular when it comes to their own faith life and how they can then use St. John Paul II's inspiring message to help overcome these issues. They will then discuss ideas for their activities for the Award.

### Session 3: LOOKING BACK...AND FORWARD

On completion of their activities; the participants will use this final session to reflect on what they have done, how they have personally developed and what has changed with regards to their own faith life. They will then discuss these topics as a group and learn from each other's different experiences. As a group they will also discuss how they can use their experience of participating in this award and continue to use their gifts and talents for the good of their community and Church in the future.



# Session 1

## BE NOT AFRAID

### An Introduction to St. John Paul II

#### 1. Activity

Ask the young people to write down the name of the first famous person they can think of and a few of the things they have done that has made them famous. After a few minutes, get some of the group to give their replies.

#### 2. Watch

Show the following video about the life of St John Paul II (6 minutes) John Paul II, thank you for standing out like a light in the darkness of this generation, reminding us of who we are.

[www.youtube.com/watch?v=4\\_n6dC1fkFg](http://www.youtube.com/watch?v=4_n6dC1fkFg)

#### 3. Discuss

1. What did we learn about St. John Paul?
2. How can St. John Paul relate to you as a young person?
3. "Be not afraid" was a phrase spoken by St. John Paul II everywhere he travelled. What strength can we take from this quote by taking part in the Pope John Paul II Award?

#### 4. Journal Reflection - Part 1 (400-600 words)

**Question:** "Be not afraid" was a phrase spoken by St. John Paul II everywhere he travelled. What strength can we take from this quote by taking part in the Pope John Paul II Award?



#### PRAYER

Begin with small prayer... As he who called you is holy, be holy yourselves in all your conduct; since it is written, "You shall be holy, for I am holy."  
1 Pet 1:15-16



#### "QUOTE"

"I plead with you--never, ever give up on hope, never doubt, never tire, and never become discouraged. Be not afraid."



#### YOUCAT 342 (p. 189)

Are we all supposed to become "saints"?

**Yes. The purpose of our life is to be united with God in love and to correspond entirely to God's wishes. We should allow God "to live his life in us" (Mother Teresa). That is what it means to be holy: "a saint".**





# Session 2

## SHINE YOUR LIGHT

### 1. Activity

All participants are given a few minutes to reflect and to note down their own gifts and talents.

### 2. Watch

Show the following video of St. John Paul II in Galway, Ireland at a Youth Mass in 1979.  
“When I look at you, I see the Ireland of the future. Tomorrow, you will be the living force of your country ; you will decide what Ireland will be. Tomorrow, as technicians or teachers, nurses or secretaries, farmers or tradesmen, doctors or engineers, priests or religious—tomorrow you will have the power to make dreams come true. Tomorrow, Ireland will depend on you.”

[www.youtube.com/watch?v=NRIObLZZ4OE](http://www.youtube.com/watch?v=NRIObLZZ4OE)

An Idea!! Perhaps ask a teacher or member of the community to recall their experience of the Papal Visit to Ireland in 1979.

### 3. Discuss

1. What message did Pope John Paul II bring to young people of Ireland in 1979?
2. Do you think what he said is relevant to us in Ireland today? Why?
3. What challenges do you face in your life today (school, friends etc.)? Is it possible to be a young person and live out a faith life?

### 4. Journal Reflection – Part 2 (400-600 words)

**Question:** Thinking about the gifts and talents you have, discuss practical faith related initiatives that you are involved in or would like to become involved within your parish. Why would these initiatives help you as a young person?



#### PRAYER

Begin with a small prayer...

Truly, truly, I say to you, he who believes in me will also do the works that I do; and greater works than these will he do, because I go to the Father. Jn 14:12



#### “QUOTE”

“Dear young people let yourselves be taken over by the light of Christ, and spread that light wherever you are”.



#### YOUCAT 308 (p.176)

What is hope?

**Hope is the power by which we firmly and constantly long for what we were placed on earth to do: to praise God and to serve him; and for our true happiness, which is finding our fulfilment in God; and for our final home: In God.**



## Session 3

# THE GOOD, THE BAD & THE BEAUTIFUL

## Reflection in Award Experiences and Activities

### 1. Activity

Have three pieces of flipchart paper prepared with “the good”, “the bad” and “the beautiful” (Faith Moments) written on each. Young People will reflect on their experiences of completing the Award according to these three titles, writing their thoughts and feelings on a post-it and placing it accordingly. These findings will then be discussed as a group.

### 2. Activity

The participants will be given a page on which they will write down some of their thoughts and feelings about how they have grown and developed as an individual and in their faith lives. They will also be asked to pledge to continue to do a small activity either in their own life or in the community to carry on the spirit of the Award. Provide an envelope on which the participants will address to themselves. The Faith Award Leader will then collect these reflections and pledges and post it out to the participants in a few months time where they can evaluate themselves according to their pledge!

### 3. Journal Reflection – Part 3 (400 – 600 words)

**Question:** Please reflect and highlight what “the good”, “the bad” and “the beautiful” (Faith Moments) have been whilst Journeying with Saint John Paul II during this Award.

### 4. Journal Reflection – Part 4 (400 -600 words)

**Question:** How do you feel the Church needs to engage more with young people and the development of your faith?



#### PRAYER

Begin with small prayer... They (men) should seek God, in the hope that they might feel after him and find him. Yet he is not far from each one of us, for “In him we live and move and have our being.” Acts 17:27-28a



#### “QUOTE”

“Dear young people do not bury your talents, the gifts that God has given you! Do not be afraid to dream of great things!”



#### YOUCAT 1 (p. 14)

For what purpose are we here on earth?

**We are here on earth in order to know and to love God, to do good according to his will, and to go someday to Heaven.**

