

It is easy to be shocked by stories of conflict, poverty and violence. They can make us feel hopeless, disillusioned and indifferent. Where do we turn? Where are the leaders to show us the way? Where is humanity heading?

The Gospels gives us a guide for how to live, but also provide a message of promise and hope. It is the best news in all of history! We can gain so much from getting back to basics, rediscovering the teachings and life of Jesus. By doing so, we come to realise that the Gospel message is relevant for our time, too. The living, active, Word of God!





Jesus, brimming with life, wants to help you make your youth worthwhile. In this way, you will not deprive the world of the contribution that you alone can make, in all your uniqueness and originality -Pope Francis Letter to young people, "Christ is Alive"

Do you feel inspired by Jesus? What is it about Him that inspires you? Do you know Him? How well do you know Him? If we were to follow His example, what would our life look like? What would the world look like?

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The Christian way of life is an alternative approach to the way we live our lives, and changes our worldview. It is one where we dare to be different, and rather than defining ourselves by what we wear, what phone we have and constantly buying 'stuff', we discover that 'less is more'. Having less frees us to focus on the more important things in life. It makes us more present to life around us, and encourages us to value it. True happiness is being content with what you already have. If we live more simply, and are grateful for what we have, and the opportunities that life presents us, we have the power to live our lives free from pressures, material desire and greed. This is what being a Catholic is about. Being in touch with our own Spirit and living a life in God.

Reflection

Take a moment to watch the following video clip: Take God at his Word - Christ is Alive (2:05 minutes): https://www.youtube.com/watch?v=3 1l2rmlrH0

Discovering the Bible

To you, what significance has the Bible had:

- At the time it was written? Over the centuries until today? Now?
 - What is the point of reading the Bible today?
- Have you discovered it for yourself, or do you make judgements from what

others have said?

Prayer:

Dear Lord,

Thank you for blessing us with the gift of faith. Thank you for showing us, through your Son, how to live on this Earth in harmony with one another and creation. When we find it difficult to invite you in, give us the courage and energy to try again.

We thank you for the friendships we have.

Amen.

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IT'S TIME FOR YOUNG PEOPLE