



**How do I use this resource?**

This resource contains activities, materials and discussion points that can take anywhere from 30 minutes to an hour or more depending on how long discussion time will run or how many participants you have. There are little icons throughout to help you navigate through the resource.

**Using this resource:**

- Plan the session and be prepared. Make sure you read through the program and appropriate resources before you run it!
- Continue with your usual group activities - praise and worship, catch up time or pizza!
- There are icons to make it clearer and use the multimedia if you have access to facilities, it will help make the session more enjoyable.
- The leader sets the tone in the group therefore the energy of the leader is vital to setting a good mood within the group. If the leader isn't passionate about this stuff why should the participants be?



Leader

If you've been under a rock, you may have not noticed that we have been called by the Bishop's of Australia to join them in entering a Year of Grace. What is it?



Multimedia

If you have the facilities: <http://youtu.be/piWl1lc972o>



Information

If not or also, you can read out the following brief message from Archbishop Mark Coleridge – the Chair of the Bishop's working Party for the Year of Grace.



Leader

*A Year of Grace is the Australian bishops' gift to the Church to celebrate and renew our faith and life as Catholics. It will begin at Pentecost 2012 and is an exhortation from the bishops of Australia to "Start afresh from Christ."*

*The Year of Grace has been like a seed, being watered gently and growing with tender care. It comes from the bishops' reflection over a number of years on the Apostolic letter Novo Millennio Ineunte (at the start of the new millennium). This letter recalls the events in Rome during the Jubilee year of 2000 and the Pope's challenge to the whole Church to "contemplate the face of Christ."*

*We warmly welcome you to this site and hope that it will be a space of prayer; a place to seek resources and a place of information for you as we go on this journey together in the Catholic Church in Australia.*

*A holy time, given by God,  
to start afresh from Christ,  
contemplating his face,  
and listening to his word,  
that he may heal our wounds,  
overcome all our divisions  
and make us rich in hope,  
so that we may show forth his face  
and speak his word  
to the world in new ways.*



Discuss

Ok – So now is a great time for talking! Break up into small groups come up with your own definition for "God's Grace". Afterwards come back together and present definitions.



Information

What is God's Grace? (As you have an awesome youth group – all their answers were correct!) Otherwise, we could use a brief definition like: when we speak of God's grace, we mean all the good gifts we enjoy freely in life. The Catholic Catechism defines grace as: a favour, the free and undeserved help that God gives us to respond to his call to become children of God, adoptive sons, partakers of the divine nature and of eternal life.



Multimedia

If facilities are available, play powerpoint slides (click to advance) here or show print outs *Moments of Grace*



Open it up to the floor for everyone to share a “Moment of Grace”. If you need to stimulate the conversation – suggestions: Can you recall a time when you experienced a moment of grace – perhaps when someone helped you out of the blue? Or you experienced an amazing sunrise that inspired you?



**(Requires: one packet of jelly beans, for this example, I’ve used Allen’s brand, you need at least 5 or 6 different colours of jelly beans) and a container that is not transparent so you can’t see the colours of the jelly beans.**

Ok – this will take a little remembering... allocate colours for the following groups eg...

**RED** – prayer

**GREEN** - Share

**YELLOW** – Learn

**BLUE** – Do

White, Black, pink, orange and purple – pass

So go around (or split into groups if you have a large group) and get someone to take a jelly bean – if they get Red, Orange, Green, Yellow or Blue – they must come up with an example of how to implement the year of grace into everyday life. The other colours are just for eating – and they skip a turn. Others in the group can help if you like and you can be fairly generous with the categories.

If they need help – there are a few suggestions here. There are plenty more – these are just examples:

**PRAYER:** Recite the Year of Grace prayer daily

**PRAYER:** Take 5 mins a day to read a Gospel story of Jesus

**PRAYER/LEARN:** Spend time gazing on a favourite image(s) of Jesus

**PRAYER:** Name your daily graces during family prayer

**PRAYER:** Set aside a morning or a day for a quiet retreat to reflect on your relationship with Jesus

**PRAYER:** Ask the Holy Spirit daily for wisdom to live justly

**PRAYER:** Read the Sunday readings before going to Mass

**PRAYER:** Utilise an online prayer site for praying at the computer

**SHARE/DO:** Ask family and friends for forgiveness of past hurts

**SHARE/DO:** Share with others signs of Christ’s presence in our world (eg random acts of kindness, courage, love in the news), try to do something good for a stranger.

**SHARE/DO:** Journal about your experiences of people who are the face of Jesus in your life

**SHARE:** Share with a friend a graced moment in your life

**LEARN:** Try to become more aware of Jesus in the Eucharist

**LEARN/PRAYER:** Join a Scripture course focused on Jesus in the Gospels

**DO:** Listen to Christian songs/ music about ‘grace’ on your ipod

**DO:** Get up early to sit and watch the sun rise over the beach and take time to thank God for the beauty of creation

**LEARN/PRAYER:** Learn a new style of prayer this year (eg Ignatian examen or lectio divina)

**DO/PRAYER:** Create a list of the ‘graces’ in your life and place it on your fridge, computer screen, desk or toilet wall to remind you to ‘give thanks with a grateful heart for God’s abundant graces in your life.



Close the session with the National Prayer:

Gracious God,

You have blessed this ancient land  
with many gifts, especially its people.  
We thank you for the Year of Grace,  
a time to start afresh from Christ.  
You invite us to contemplate the face of Jesus your Son,  
that we may experience a new wave of grace,  
and that the light of Christ may burn more brightly in our lives.  
Attune our hearts and minds  
to the presence of your Holy Spirit,  
that our Church may be transformed,  
our relationships be healed,  
and our nation grow in compassion and justice.  
With the intercession of St Mary MacKillop,  
who showed us new ways of living the Gospel,  
we make our prayer  
through Christ our Lord.

Amen.

Mary, Help of Christians, pray for us.

ARCHDIOCESAN  
OFFICE  
FOR

Youth+

An agency of the  
Catholic Archdiocese  
of Melbourne

Thomas Carr Centre  
278 Victoria Parade  
East Melbourne

t. +61 3 9412 3300

f. +61 3 9415 9867

e. aoy@cam.org.au

w. www.cam.org.au/youth