

# *Circles of Witness for Teens*

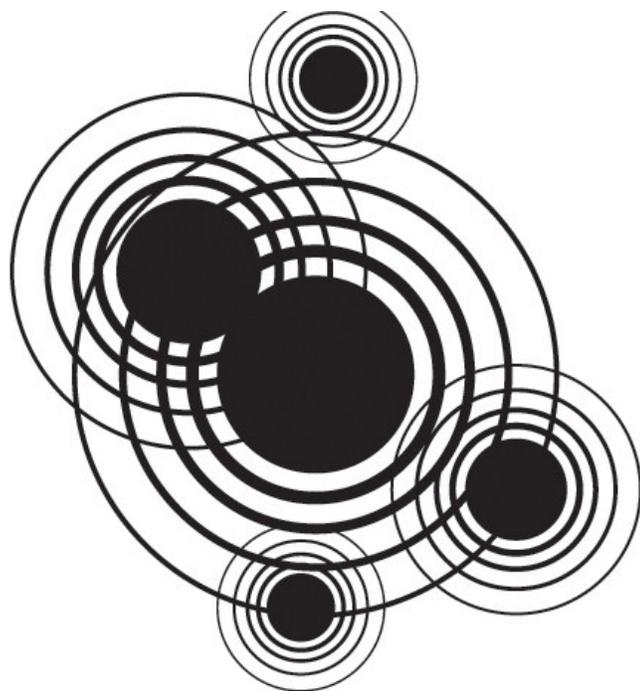
## Sharing the Importance of Sunday Mass

Imagine a movement of concentric circles, beginning with young people in the center. When you know and can name the reasons that Sunday Mass is important to you, this generates a momentum that will reverberate beyond your school and your parish. Your witness has the power to renew faith in other people, young and old. When those who hear your stories of faith become inspired they will, in turn, be able to radiate their witness to other circles of family, friends, and the community at large.

Everything in this concentric vision—*Circles of Witness*—begins at the center with a few passionate, faith-filled people. But how can this movement begin?

Get together with other teens, this can be in a religion class, a Youth Ministry session, at a prayer group or Bible Study session. Together you will go through the reflection process that begins with listening to Scripture, reflecting, sharing and praying. Allow 30-40 minutes, longer if there are a large number of participants.

This may be the first step that inspires teens to create a video for the ***Sunday Mass Video Contest – Be a Digital Disciple***. Remember 2,000 years ago our Church began with a small group of disciples who knew about Jesus and went out to tell others the story of his love.



### **Introduction:**

Jesus reaches out to us in the Mass.  
He gives himself to us. He feeds us  
and enables us to keep going on our life journey.

The Eucharist we celebrate every Sunday is  
at the center of our faith. It gives us strength  
and hope.

We receive God's gift with gratitude. And we  
want to share it with others. We can only do that  
by telling them about it, by giving witness to the  
power of the Mass in our lives.

So...

we gather to hear God's Word,  
and reflect on our lives  
and share our experience of the Mass with each other  
and reflect on how we can share this with other young people  
and we pray.

# Circles of Witness for Teens

## Sharing the Importance of Sunday Mass

### START HERE

Gather with other teens. Read the Gospel of John 6:47-51 and follow the steps in each circle.



### THINK ABOUT IT...

From our earliest years as small children until now, the Mass has marked our lives, sometimes in very powerful ways:

- Maybe it was at your First Communion or the funeral of someone you loved or the family celebration of a wedding or anniversary.
- Maybe it was in a difficult time in your life, when Sunday Mass gave you strength and hope.
- Maybe it was just stretched out over ordinary time, when the Mass inspired you to live every day as Jesus' follower.

[Jesus said,]

“Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The Gospel of the Lord.

### SHARE WITH OTHERS

Can you name two or three times in your life when the Mass meant something very special for you? Did your sharing in the Mass help you as you just tried to live your ordinary day-to-day life? How did it help?

So you know and see how important the Mass is for you and others.

### THINK ABOUT IT...

What do you think would help other teens to experience the power of Sunday Mass?

### SHARE WITH OTHERS

### CLOSING PRAYER

Bring your prayers and needs and the needs of our Church to the Lord.