

Reflecting on

Mother Teresa



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FOR

Youth+

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How do I use this resource?

This resource contains reflection questions, prayers and games, and utilises clips taken from “Mother Teresa,” a documentary available to borrow from the AOY Youth Ministry Library. You can watch the documentary as a preparation session or use the clips as indicated. You can also adapt it to run without the video presentation if required. There is a transcript of the video clips that could be read in place of the clips.

You can run this reflection over multiple sessions or adapt it to suit your youth group format. The reflection and discussion sections are also in printable self-reflection sheets at the end of the document and there are a couple of optional games included.

Total video running time: 82 minutes

Video clips running time: 10 minutes (across nine clips)

Using this resource:

- Plan the session and be prepared. Make sure you watch the video and read through the guide 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 for leaders to run the session.
- The leader sets the tone in the group therefore the energy of the leader is vital. If the leader isn't passionate about the topic, why should the participants be?

Some of the content has been derived from <http://www.stpaulsirvine.org/>

Cover image from Getty Images.

For more information about the AOY Youth Ministry Library, head to www.cam.org.au/youth and look under the **RESOURCES** section.



Leader

This resource is about reflecting on the life of Bl. Mother Teresa. By looking at her example, we can hope to become inspired Catholics.

Session One: *reflecting on Prayer*



Multimedia

You can play the whole video or start with a clip: from 2 mins 50 seconds - 3.30.



Leader

The secret of Mother Teresa's life: “My secret is very simple: I pray. If we learn to pray, we will belong to Jesus. I realise that praying to Him is loving Him. Love to pray. Does your mind and your heart go to Jesus as soon as you get up in the morning? This is prayer. We need prayer. Feel the need to pray often during the day. Prayer, to be fruitful, must come from the heart. Prayer enlarges the heart. Let us remember: if we want to be able to love, we must be able to pray. If you want to pray better, you have to pray more. The more you pray, the better you will pray. Prayer is the very life of oneness, of being one with Christ.”



Multimedia

Possible clip: from 1.07.30 - 1.08.23



Discuss

Open these reflection points up for discussion or use the reflection sheets for self-reflection. If you are opening them up for discussion, consider giving everyone some time to think or perhaps start with a small personal testimony.



Reflection

Do you feel the need to pray during the day? A need is something necessary for our well-being. Do you feel that prayer is necessary to your well-being, necessary for you to live most fully and most truly? If, as Mother Teresa says, prayer is loving Jesus and belonging to Him, do you see that loving Jesus is necessary to your well being? Does loving Jesus enlarges your heart, opening you out towards other people? Do you see the connection between prayer and your ability to love deeply and faithfully? Do you pray? How do you pray? Like Mother Teresa, do you pray for others that serve the poor and needy? Do you pray before undertaking works of love and charity?



Mother Teresa wrote in *No Greater Love*: “In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realise your nothingness, your emptiness, that God can fill you with Himself. Souls of Prayer are souls of great silence.” She developed a recipe for life, called ***Path to Peace***, it reads:

The fruit of SILENCE is PRAYER
The fruit of PRAYER is FAITH
The fruit of FAITH is LOVE
The fruit of LOVE is SERVICE
The fruit of SERVICE is PEACE

The ***Path to Peace*** is designed to help in all situations, if you are having difficulty finding PRAYER, you are encouraged to enjoy SILENCE, as it is the pathway to PRAYER. If you are having trouble with SERVICE, then you need to take a step back and find LOVE. Take a moment to reflect on where you are having difficulty in your life and contemplate whether using Mother Teresa’s ***Path to Peace*** can help you find your way.



Reflection

Spend 5 minutes in quiet reflection, possibly play a song to help.



Pray

This prayer was found written on the wall in Mother Teresa’s home for children in Calcutta, it is based on a composition originally by Kent Keith:

- People are often unreasonable, irrational, and self-centered. Forgive them anyway.
- If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.
- If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.
- If you are honest and sincere people may deceive you. Be honest and sincere anyway.
- What you spend years creating, others could destroy overnight. Create anyway.
- If you find serenity and happiness, some may be jealous. Be happy anyway.
- The good you do today, will often be forgotten. Do good anyway.
- Give the best you have, and it will never be enough. Give your best anyway.
- In the final analysis, it is between you and God. It was never between you and them anyway.

Session Two: *Charity* reflecting on



Multimedia

Possible clip: from 13.58 - 15.01



Leader

Bl. Mother Teresa says: “We need to give Christ a chance to make use of us. Don’t allow anything to interfere with your love for Jesus.”



Multimedia

Possible clip: from 1.13.30 - 1.15.12



Leader

In His Sermon on the Mount, the Lord Jesus says, “Blessed are those who are pure in heart, for they shall see God” (Matthew 5:8). Mother Teresa says: “We must have a clean heart to be able to see – no jealousy, anger, contention and especially no uncharitableness.”



Multimedia

Possible clip: from 50.55 - 53.01



Discuss

Open these reflection points up for discussion or use the reflection sheets for self-reflection. If you are opening them up for discussion, consider giving everyone some time to think or perhaps start with a small personal testimony.



Reflection

What does it mean to be pure in heart, to have a clean heart? Does it make sense to you that our anger, jealousy and lack of love block our ability to see things clearly, blocking our relationship with God and as well as with other people? How does one acquire purity of heart? Why do you undertake good works? Does a lack of faith affect your works? Does charity enrich your faith?



Leader

Mother Teresa says: “We must know that we have been created for greater things, not just to be a number in the world, not just to go for diplomas and degrees, this work and that work. We have been created in order to love and to be loved. In order for us to be able to love, we need to have faith because faith is love in action; and love in action is service. In order for us to be able to love, we have to see and touch. Faith in action through prayer, faith in action through service: each is the same thing, the same love, the same compassion.” (From *No Greater Love*)

Take a moment to consider how you put your love and faith into action.



Pray

Finish up with this prayer by Bl. Cardinal John Henry Newman that Mother Teresa said on a daily basis:

Dear Jesus, help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others. AMEN.

Session Three: *You* reflecting on



Multimedia

Possible clip: from 34.18 - 34.50



Leader

Mother Teresa, often called a living saint while she was alive, writes: “Holiness is not a luxury for the few; it is not just for some people. It is meant for you and for me and for all of us. The Church of God needs saints today. The first step to becoming holy is to will it. Holiness consists of carrying out God’s will with joy. The words, I want to be holy, mean: I will divest myself of everything that is not of God. I will divest myself and empty my heart of material things. I will renounce my own will, my inclinations, my whims, my fickleness and I will become a generous slave of God’s will. I will opt for Him, I will run toward Him. In our meditations we should always say: Jesus, make me a saint according to Your own heart, meek and humble.”

St. Paul, writing in his Letter to the Romans, addresses it “to all in Rome who are loved by God and called to be saints.” At every celebration of the Liturgy, the people present are addressed as saints. All Christians are both saints and called to be saints.



Multimedia

Possible clip: from 57.54 - 58.40 & 1.02.15 - 1.03.30



Discuss

Open these reflection points up for discussion or use the reflection sheets for self-reflection. If you are opening them up for discussion, consider giving everyone some time to think or perhaps start with a small personal testimony.



Reflection

Do you feel loved by God? If not, do you think it's possible to fully love him, as well as others? Do you feel that you are called to be a saint? That holiness is not beyond you, that it is something you must want enough to “become a generous slave of God’s will?” In prayer, do you ever ask Jesus to make you a saint?



Multimedia

Possible clip: from 1.16.22 - 1.17.10



Leader

In *No Greater Love*, Mother Teresa writes: “None of us has the right to condemn anyone. Even when we see people doing bad and we don’t know why they do it. Jesus invites us not to pass judgement. Maybe we are the ones who have helped make them what they are. We need to realise that they are our brothers and sisters. That leper, that drunkard, and that sick person are our brothers because they too have been created for a greater love. This is something that we should never forget. Jesus Christ identifies Himself with them and says, “Whatever you did to the least of my brethren, you did to me.” Perhaps it is because we haven’t given them our understanding and love that they find themselves on the streets without love and care.” Consider your actions to others and take a moment to pray...



Pray

“Love is the light - and in the end, the only light - that can always illuminate a world grown dim and give us the courage needed to keep living and working.” Blessed Teresa of Calcutta, help us to believe that “love is possible, and we are able to practice it because we are created in the image of God.” Like you, we want “to experience love and in this way to cause the light of God to enter into the world.

Blessed Teresa of Calcutta, pray for us!

Optional games:



Game

Cut the passage out below and in groups, attempt to put this Mother Teresa quote from “The Joy in Loving” back in its correct order.

Charity begins today
 Today somebody is suffering,
 Today somebody is in the street
 Today somebody is hungry
 Our work is for today, yesterday has gone, tomorrow has not yet come
 We only have today to make
 Jesus known, loved, served, fed, clothed, sheltered
 Do not wait for tomorrow
 Tomorrow we will not have them
 if we do not feed them today

✂

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Game

Cut the passage out below and in groups, attempt to put this Mother Teresa quote from “No Greater Love” back in its correct order.

What we need is to love without getting tired. How does a lamp burn? Through the continuous input of small drops of oil. What are these drops of oil in our lamps? They are the small things of daily life: faithfulness, small words of kindness, a thought for others, our way of being silent, of looking, of speaking, and of acting. Do not look for Jesus away from yourselves. He is not out there; He is in you. Keep your lamp burning and you will recognise Him

✂

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Session Two: reflecting on
Charity

*"We need to give Christ a chance to make use of us.
Don't allow anything to interfere with your love for Jesus."*

Questions to ponder:

What does it mean to be pure in heart, to have a clean heart? Does it make sense to you that our anger, jealousy and lack of love block our ability to see things clearly, blocking our relationship with God and as well as with other people? How does one acquire purity of heart? Why do you undertake good works? Does a lack of faith affect your works? Does charity enrich your faith?

A large rectangular area with horizontal dotted lines for writing.

Transcript from clips:

2.50 - 3.28

Mother Teresa: God speaks in the silence of the heart and we listen. The person whom Christ has chosen for himself, she knows. Maybe she doesn't know how to express it, but she knows.

1.07.30 - 1.08.25

MT: His love in action for us was the crucifixion. That's why we begin the day with Mass, with holy Communion. That gives us the strength, and the courage, and the joy, and the love to touch Him, to love Him, to serve Him, without Him we couldn't do it. With Him we can do all things.

13.58 - 15.02

MT: You will pick up a man hungry for bread, we give him the bread and we have already satisfied his hunger. But if we find a man terribly lonely, this is a much greater poverty. You can find Calcutta all over the world if you have eyes to see. Everywhere, where ever you go, you find people that are unwanted, unloved, uncared - just rejected by the society; completely forgotten; completely left alone. That is the greatest poverty of the rich countries.

1.13.30 - 1.15.12

MT: Jesus said that I have chosen you, I have called you by your name. You are mine. Every day you have to say yes, total surrender. To be where he wants you to be. If He puts you in the street if everything is taken from you and you suddenly you find yourself in the street to accept the street at the moment. Not for you to put yourself in the street but to accept to be put there. This is quite different. To accept if God wants you to be in a palace, alright to accept to be in the palace as long as you are not choosing to be in the palace. This is the difference. This is what makes the difference in total surrender to accept whatever he gives and to give whatever he takes with a big smile. This is the surrender. To God and to accept to be cut to pieces and yet every piece to belong to only him. This is the surrender, to accept all the people that come, the work you happen to do, that today maybe you have a good meal and tomorrow maybe you have nothing, there is no water in the pump alright. To accept. And to give whatever it takes, it takes your good name, it takes your health it takes, yes. That is the surrender. And that is the clue, you are free then.

50.55 - 53.10 (Beirut - heavy bombing, war-time)

Monsignor: The needs will be very great in West Beirut for many people

Mother Teresa: And I feel the church should be there now because we don't mix up in politics. Because we don't mix up, we must there too.

Priest: If we wait a little bit... and as soon as the heavy military activities are over then these feelings we slow down also and then it will be feasible... if we go now over by car maybe you can't get across, if you go to the other side, maybe you can't get back... at the moment it is rather difficult, but the idea is good.

MT: It is not an idea Father I think it is our duty

Priest: Yes it is our duty but imagine if you go over there and you can't come back. Then you get stuck over there.

MT: Can we not get the military people on both sides...

Priest: This side you have rule, you have military and order but the other side is chaos.

MT: I think to go over and pick up the individuals is something, then just one two, one two we bring this side...

Priest: Don't forget that two weeks ago they killed a priest like that for the sake of killing a priest, you see so we should risk our life

MT: All for Jesus

Priest: Yes nobody else!

MT: You see I always feel like this, many year's back when I picked up the first person. If I didn't do that time, I would have never picked up 42,000... in Calcutta, 42,000 from the streets so I think, one, one at a time.

34.18 - 34.50

Mother Teresa: I picked up a man from the streets and he was eaten up alive with worms and no one could stand near him, he was smelling so badly. I went to him to clean him and he said, "Why do you do this?" And I said, because, "I love you".

57.54 - 58.40 & 1.02.15 - 1.03.30

Small things with great love. It is not how much we do, but how much love we put in the doing. And it is not how much we give but how much love we put in the giving. To God there is nothing small. The moment we have given it to God it has become infinite.

Yesterday I brought some children from the other side, from the West (Beirut). And already today those little children's faces are full of smiles, they are thrilled somebody cares. This is what Jesus came to teach us... How to love. How to love one another, not to look at the colour, not look at the nationality, not to look at rich or poor. My brother. My sister. These are maybe sad days in Lebanon, we need lots of love to forgive but we need much more humility to ask for forgiveness. I want you to share the joy of loving.

1.16.25 - 1.17.10

Reporter: Some people feel that you are almost like a living saint.

MT: you have to be holy in your position as you are. And I have to be holy in the position that God has put me. So it is something... nothing extraordinary to be holy. Holiness is not a luxury of the few. Holiness is a simple duty for you and for me. We have been created for that.