



WYD SESSION: **GO MAKE DISCIPLES OF ALL NATIONS**

MATT 28:19-20

### How do I use this resource?

This resource contains reflection questions, prayers and games that can take anywhere from 1 hour to two different sessions depending on how long discussion time will run or how many participants you have.

### Using this resource:

- Plan the session and be prepared. Make sure you read through the program, practise the games 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 clear for leaders running 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?

### Research websites include:

carm.org/christianity/sermons/matt-2816-20-great-commission  
www.rio2013.com/en/world-youth-day/wyd-theme  
www.news.va/en/news/pope-message-to-youth-ahead-of-rio-2013-full-text  
www.catholic.com/documents/pillar-of-fire-pillar-of-truth  
www.youtube.com  
Games from iPhone Apps: Group Games iPhone App and Group Games



### Information

Kick off the session with a game or two...



### Game/Activity

#### Orange bowls

##### Resources needed:

- oranges (at least 1 per person)
- 1 lime

Do you like playing lawns bowls? Well if you do then you're going to love *Orange Bowls*! For *Orange Bowls* you will need a number of oranges (or other round fruit) and a lime. This game can be done either individually, or in teams depending on numbers.

1. You should mark an approximate designated area (or define an out of bounds) for play.
2. Roll the lime down one end of your playing space. The goal is now to get your orange as close to the lime as possible by rolling it.
3. The winner is the player who rolls their orange closest to the lime. If you knock the lime out of bounds, you are out and the lime is returned back to its previous place. If the lime is just nudged or bumped you play it from where it lands.

#### Group touch

##### Resources needed:

- none!

An energetic game where participants work closely together to achieve a goal.

1. Instruct players to stand in small groups (between 4-6 people is ideal).
2. Leader now says a number of their choice out loud (eg. six).
3. Players must move quickly and communicate with each other so that they have X amount of contacts with the ground (eg. if six is called there may be a group of three people all standing on two feet).
4. Continue to run a series of rounds, ensuring you mix up the number of contacts required (finishing with a very small number is fun, as players will be required to get very close to one another to ensure minimal contacts).

##### Variations:

- You can start as individuals and participants could interact with more people as they will be constantly changing who they are working with.



### Music

If your group has some talented musicians, sing together or you could play: *Go Make a Difference* (Steve Angrisano). Youtube this version: <http://youtu.be/EQJ4TLRy1KI>



Leader

Just before his Ascension, the Lord told his apostles, “Go, therefore, and make disciples of all nations, baptising them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you” (Matt. 28:19–20). So when the theme for this year’s World Youth Day in Rio 2013 was announced as “Go and make disciples of all nations”, Pope Emeritus Benedict XVI implored us all to live and evangelise the gospel. Such a powerful piece of scripture but so many thoughts!



Discuss

So let’s break a few things down, first of all, what are some of the ways that we can evangelise? Break out into pairs/ small groups and see if you can brainstorm some ways to put your faith in action.

(Some suggestions below)

- Believe in Christ
- Through mission/charity work – overseas or local
- Charity at home and with our friends
- Upholding Catholic traditions and values
- Identifying yourself as a Catholic
- ... many more



Leader

Pope Emeritus Benedict XVI in his general address in October 2012, implored all young people to really embrace the theme of World Youth Day. He calls us to be God’s missionaries as he said, “What can we do? First, your closeness and your witness will themselves be a way in which God can touch their hearts. Proclaiming Christ is not only a matter of words, but something which involves one’s whole life and translates into signs of love. It is the love that Christ has poured into our hearts which makes us evangelisers... This means leading the people we are evangelising to encounter the living Christ above all in his word and in the sacraments. In this way they can believe in him, they can come to know God and to live in his grace.”



Discuss

#### **Group discussion question**

How do the sacraments show God’s love for us?



Leader

So Christ himself commissions us to be his disciples to live and teach the Word through our Baptism. In pairs/ small groups, talk about the following points:



Discuss

1. What did your baptism mean to you?
2. Was it your choice or your parents’?
3. Most of us were baptised as infants, now that you are older, have you identified with the Lord and committed yourself to Him?
4. What does your yearly renewal of your baptismal promises mean to you?



Leader

So now that we are called by Christ we must accept this challenge! Father Dondici (Director of the Theology Department at PUC in Rio) points out that this testimony and proclamation of Christ himself, are major challenges for youth who are living in a pluralistic world filled with so much information through schools, recreation, internet and especially with social networks, like Facebook and Twitter: “With these thousand shares, he, the young disciple, is called to plant faith and love in the hearts of those he meets and talks to be a disciple of Jesus.”

Opportunity for a possible brief testimony on how it can be difficult to share being a Catholic in an ever-increasing secular world but remember to highlight the positive outcomes from being Catholic.



## Reflection

### Personal reflection time

- Reflect on a time when you have found it difficult to be Catholic in your family, school or work environment.
- Those who are going to WYD have the advantage of solidarity with millions of other young Catholics, reflect on ways that you can better strengthen your local community.



## Pray

### Official prayer (all pray together)

O Father, You sent Your Eternal Son to save the world and chose men and women, through Him, with Him and in Him, to proclaim the Good News to all nations. Grant us the graces necessary so that joy may shine in the faces of all young people, the joy of being, by the power of the Holy Spirit, the evangelists the Church needs in the Third Millennium.

O Christ, Redeemer of humanity, the image of Your open arms on the top of Corcovado welcomes all people. In Your paschal offering, You brought us by the Holy Spirit to an encounter of sonship with the Father. Young people, who are fed by Eucharist, hear You in Your Word and meet You as their brother, need your infinite mercy to run the paths of the world missionary-disciples of the New Evangelization.

O Holy Spirit, Love of the Father and the Son, with the splendour of Your Truth and the fire of Your Love, send Your Light to all young people so that, driven by their experience of World Youth Day, they may bring to the four corners of the world faith, hope and charity, becoming great builders of a culture of life and peace and catalysts of a new world.

Amen

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