



Greater

Adult Guide

Two Day



Adult Guide

Welcome to Greater!

Thank you for bringing your teen or Confirmation candidate to this retreat. Even if it was just bringing them to the computer, their phone, or other device. Thank you for loving this child. Investing in teenagers can sometime be challenging, but it is always rewarding. Your willingness to journey with your teenager shows them that they matter. Thank you for walking with them on their faith journey. And thank you for continuing on your own faith journey. Your example is inspiring.

This is the adult guide for the parents/guardians and sponsors. In it you will find everything you need to know about what your teen is experiencing over the course of the next two days. There are discussion questions for each lesson video so that you can engage in deeper conversation. There are also places for you to do some of your own reflecting and journaling over the course of the retreat. We encourage you to take this experience and grow personally and with your teen, maybe even your entire family.

Our goal for the retreat is to take your teen from a place of complacency to a place of zeal and our hope is that you will be a source of encouragement, positivity, and love throughout this experience. This may be something that is completely out of your comfort zone, and that's ok! Lift up any anxiety you may be feeling and place it at the foot of the cross. Ask for the guidance and wisdom to be the person your teen needs you to be during this retreat.

Enjoy this experience!

Retreat Flow

This 2 day retreat is laid out much like an on-site weekend retreat. Your teen will watch a series of 3 20-minute videos and then engage in a virtual small group. Your parish leader will set and communicate those times with you. Day one of the retreat has 2 sets of videos and day 2 has a second set of videos. Your teen should plan to spend roughly 5 hours each day on retreat.

Best Practices

Use these quick tips to help your teen have the best online retreat experience ever:

- ➡ Pray for your teen.
- ➡ Be enthusiastic!
- ➡ Carve out some dedicated time for your teen to be “on retreat”.
- ➡ Ask questions. This helps them process the information and their thoughts and feelings.
- ➡ Encourage them to set up a dedicated prayer space.
- ➡ Give yourself and your teen the grace to fall and get back up.
- ➡ Attend Mass
- ➡ Go to Confession

Reminders

- ➡ YOU are doing a GREAT job!
- ➡ Your teen loves you and wants you to be part of their faith journey.
- ➡ This is not confirmation class. This is a virtual retreat experience to get to know Jesus better.
- ➡ You are welcome to join your teen for any and all of it, but are not required to be there.
- ➡ Don't forget the conversation starters! It's important for your teen to be able to talk about what he is experiencing, thinking, and feeling.
- ➡ Make this fun! Enjoy it together.

Part One – Greater Love

In this Part, we'll talk about how God is in love with us. He wants to be in a relationship with us and has always been faithful. We're the ones that have fallen, rejected Him, said no. ***But God never leaves us or gives up.***



Jesus Desires a Relationship with Us

God's love for us is unconditional, absolute, and unlimited. God wants us to love Him, not out of fear, but because He is our Father. We don't have to be perfect to have a relationship with Him.

KATIE PREJEAN MCGRADY

Katie Prejean McGrady is an international speaker, educator, and author. Since 2007, Katie has been traveling throughout the U.S. and Canada sharing a unique blend of humor & storytelling, coupled with teaching theological truth, to engage audiences of all ages. Katie has written and published two books – ***Room 24: Adventures of a New Evangelist*** and ***Follow: Your Lifelong Adventure with Jesus***.



God's Promise

We were created to be face to face with God. Sin makes us turn away. All throughout scripture we see instances where the people of God have turned away. But God, in his infinite love, gives us so many opportunities to turn back to him.

JIL MILLER

Jil Miller is the Youth Office Manager for the Diocese of Hamilton, New Zealand. She is a graduate of Franciscan University of Steubenville, Ohio with a degree in Theology and Catechetics. Jil is a friend of Jesus, wife of Rob, bacon enthusiast, and coffee addict. Her hobbies include breakfast, lunch, and dinner.



Jesus is Real

Jesus is real and He reveals his love and truth to us through the sacraments. Jesus calls us BY NAME to be in relationship Him.

ALYSHIA KOERNER

Alyshia Koerner has a Masters in Special Education and has been using her gift of engaging teens in the Catholic faith in a tangible and comical way for over 15 years. She currently resides in Atlanta with her three kids where she enjoys hiking and playing outside when she isn't teaching.

Part Two – Greater Power

This Part answers the questions - who is the Holy Spirit? Where did He come from? What kind of power does He Have? The goal is to show your teen that the Holy Spirit is the same yesterday, today, and tomorrow.



Origin Story

Who is the Holy Spirit?

The Holy Spirit is the third person of the Trinity - always present, always faithful, always loving. He was not created, but always has been and always will be.

JOHNNY PHILP

Johnny Philp is a Catholic speaker and musician based out of Fort Worth, TX. He fell in love with the Church at a young age when both his parents worked for their parish. His devotion to the Catholic faith has allowed him to expand from his local parish and travel all over the country playing and speaking for the Church, intertwining humor, passion, and theological truth to bring people closer to Christ.



On Fire

The Holy Spirit moves through scripture and sets our hearts on fire to go out and spread the Gospel. In this video, we are told we are made for greatness and challenged to ask the Holy Spirit to move in big ways in our lives.

JIL MILLER

Jil Miller is the Youth Office Manager for the Diocese of Hamilton, New Zealand. She is a graduate of Franciscan University of Steubenville, Ohio with a degree in Theology and Catechetics. Jil is a friend of Jesus, wife of Rob, bacon enthusiast, and coffee addict. Her hobbies include breakfast, lunch, and dinner.



Alive and Active

We've met the Holy Spirit, throughout the Old and New Testaments. Now we'll see how He is alive and active in our lives today.

KATIE PREJEAN MCGRADY

Katie Prejean McGrady is an international speaker, educator, and author. Since 2007, Katie has been traveling throughout the U.S. and Canada sharing a unique blend of humor & storytelling, coupled with teaching theological truth, to engage audiences of all ages

Part Three – Greater Living

What does it actually mean to be a disciple of Christ? What is a disciple? These are just a couple of the questions we'll be answering as we diving into greater living. We'll look at Saints who lived discipleship in their every day lives and offer suggestions on how we can emulate their example.



What is a Disciple?

In this video, we learn about what a disciple is and that holiness is hard! Sometimes what God calls us to do is different than what we had planned for ourselves, but when we give our “yes” to God, He blesses us more than we ever could have imagined.

JOHNNY PHILP

Johnny Philp is a Catholic speaker and musician based out of Fort Worth, TX. He fell in love with the Church at a young age when both his parents worked for their parish. His devotion to the Catholic faith has allowed him to expand from his local parish and travel all over the country playing and speaking for the Church, intertwining humor, passion, and theological truth to bring people closer to Christ.



Striving for Holiness

In this video, we learn that holiness takes practice and that holiness is what we should be striving for instead of perfection. God wants our authentic selves, not the one we pretend to be. He loves who He created us to be.

SANTONIO HILL

Santonio Hill is currently working for the Archdiocese of Philadelphia as an Urban Outreach Coordinator for the office of Youth and Young Adult. He's a podcaster, blogger, and a rapper. His background includes a BA in Philosophy (The Catholic University of America), former Focus missionary, and 4 years of pre-theology seminary formation.



Living It!

So what does all this mean for us? In this video, we learn some simple and practical ways to better live like a disciple of Christ and keep moving towards holiness.

ALYSHIA KOERNER

Alyshia Koerner has a Masters in Special Education and has been using her gift of engaging teens in the Catholic faith in a tangible and comical way for over 15 years. She currently resides in Atlanta with her three kids where she enjoys hiking and playing outside when she isn't teaching.

Part Four – Greater Mission

The Holy Spirit empowers us to live out the Great Commission. He puts you, me, and every other disciple on a path for mission. Every one of us. Every day. What does it mean to be on mission? How does it happen? And how do we know if we are doing it “right”?



Experiencing a Personal Pentecost

We need to experience a personal Pentecost to empower us to move out of the upper room and head out to set the world on fire!

SANTONIO HILL

Santonio Hill is currently working for the Archdiocese of Philadelphia as an Urban Outreach Coordinator for the office of Youth and Young Adult. He’s a podcaster, blogger, and a rapper. His background includes a BA in Philosophy (The Catholic University of America), former Focus missionary, and 4 years of pre-theology seminary formation.



Unrepeatable

We are each unrepeatable creations equipped with a unique set of natural gifts and supernatural charisms. These qualities are God’s way of calling each of us into living our greater mission.

TONY VASINDA

Tony is a Texas native living in Philadelphia, with his wife, Tricia, and four kiddos. He is a cradle Catholic who is most at home talking about life, faith, and things that really matter over a cup of coffee, beer, or board game. Tony is the co-founder of ProjectYM and founder of Catholic Balm Co. He has a beard.



Am I Doing it Right?

In this video, we explore the fruit and the blessings of what happens to us when we are living out our greater mission by explaining and reflecting on the Gifts of the Holy Spirit.

DAN HARMS

Dan Harms is a speaker and musician and has been one half of Popple (an acoustic-humor-beard ministry) since 2004. He directs Youth Ministry for a parish in Richmond, VA where he resides with his wife and kids. Dan’s hobbies include photography, traveling, and acoustic guitars.

Conversation Starters

Below are conversation starters for each session. They are designed to encourage deeper conversation with your teen and help them continue to process the information and apply it to their lives. Use these as a springboard. If you come up with your own questions, that's great too!

Part 1 - Greater Love

SESSION ONE

1. What is your relationship with Jesus like right now?
2. If you were sitting with Jesus right now, what would you want to talk to Him about?
3. Have you ever had an encounter with Jesus that makes you *want* to tell people about Him?

SESSION TWO

1. When was a time you deliberately turned your back on God? What made you turn back?
2. What do you need Christ to help you handle in your life?

SESSION THREE

1. Do you feel Jesus is present when you receive the Eucharist?
2. What do you think it would have been like to be Zacchaeus and have Jesus call you by name and ask to come to your house for dinner?
3. What is your favorite story about someone's encounter with Jesus? Why?

Part 2 - Greater Power

SESSION ONE

1. What's the first prayer you remember saying together as a family?
2. Who is the Holy Spirit to you?
3. What questions do you have about the Holy Spirit?
4. How do you want the Holy Spirit to move in your life?

SESSION TWO

1. What do you think it was like to be an apostle at Pentecost?
2. What have you experienced and thought "Whoa, that was the Holy Spirit!"?
3. When have you been so excited and you had to go tell people about it?

SESSION THREE

1. How has the Holy Spirit made an impact on your life?
2. How do you think the Holy Spirit acts in everyday lives?
3. What do you think when you hear the phrase "*go make disciples of all nations*"?

Conversation Starters

Below are conversation starters for each session. They are designed to encourage deeper conversation with your teen and help them continue to process the information and apply it to their lives. Use these as a springboard. If you come up with your own questions, that's great too!

Part 3 - Greater Living

SESSION ONE

1. How are you right now? Are you thriving or struggling?
2. Would you drop all of your plans and follow God?
3. Is it easy or hard for you to accept what God offers you?

SESSION TWO

1. How much do you let what other people think of you influence your actions?
2. Have you ever been made fun of for your faith?

SESSION THREE

1. What topics about the Church, your faith, or Catholicism are you interested in learning more about?
2. What can I pray for you for?
3. If you were to be canonized, what do you think you'd be the Patron Saint of?

Part 4 - Greater Mission

SESSION ONE

1. Have you ever been afraid of your gifts?
2. Has anyone ever asked you to pray with them? How did or would you react?
3. What blessings have you seen come out of prayer?

SESSION TWO

1. When was a time you felt peace and joy in your life?
2. What are some of your strengths?
3. How are you being sent out?

SESSION THREE

1. Can people around you tell that you're a Christian by your actions?
2. What is something you are struggling with you need peace for?
3. Do you love yourself?

Journal Prompts

Below are 24 post-retreat journal prompts. These are designed to help your teen to continue to develop a daily prayer life and continue reflecting on the retreat experience. You are invited to do any and all of them yourself. It would also be a good way to engage in deeper faith conversations with your teen.

Day One

***"Our hearts were made for You,
O Lord, and they are restless
until they rest in you."***
(St. Augustine of Hippo)

What are 3 things keeping your heart "restless"? In other words, what are 3 things turning you away from the Lord?

Day Two

"We love because he first loved us."
(1 John 4:19)

What is a way you can spend time with your family today?

Day Three

***"All the earth will worship You, And
will sing praises to You; They will
sing praises to Your name."***
(Psalm 66:4)

What are 3 things you're grateful for?

Day Four

***"Faithful friends are a sturdy shelter;
whoever finds one finds a treasure."***
(Sirach 6:14)

Who is a friend you are grateful for? Why? Call or meet up with this friend to ask them how they're doing.

Day Five

***"You need to hold fast to two virtues:
kindness toward your neighbor and
humility toward God."***
(St. Padre Pio)

What is an act of kindness you can do for your family today?

Day Six

***"Let the heavens be glad and the
earth rejoice; let the sea and what fills
it resound; let the plains be joyful and
all that is in them. Then let all the
trees of the forest rejoice."***
(Psalm 96: 11-12)

Spend 10 minutes outside today. Use your senses. What are 3 things you've never noticed before?

Journal Prompts

Below are 24 post-retreat journal prompts. These are designed to help your teen to continue to develop a daily prayer life and continue reflecting on the retreat experience. You are invited to do any and all of them yourself. It would also be a good way to engage in deeper faith conversations with your teen.

Day Seven

Litany to the Holy Spirit

Spirit of wisdom and understanding, have mercy on us.

What does it mean to have a spirit of wisdom and understanding? How do you see this in yourself?

Day Eight

Litany to the Holy Spirit

Spirit of counsel and might, have mercy on us.

What does it mean to have a spirit of counsel and might? How do you see this in yourself?

Day Nine

Litany to the Holy Spirit

Spirit of the knowledge and fear of the Lord, have mercy on us.

What does it mean to have a spirit of knowledge and fear of the Lord? How do you see this in yourself?

Day Ten

Litany to the Holy Spirit

Spirit of love, have mercy on us. Spirit of joy, have mercy on us. Spirit of peace, have mercy on us.

What does it mean to have a spirit of love, joy, and peace? How do you see this in yourself?

Day Eleven

Litany to the Holy Spirit

Spirit of patience, kindness, and goodness, have mercy on us.

What does it mean to have a spirit of peace, kindness, and goodness? How do you see this in yourself?

Day Twelve

Litany to the Holy Spirit

Spirit of faith, humility, and chastity, have mercy on us.

What does it mean to have a spirit of faith, humility, and chastity? How do you see this in yourself?

Journal Prompts

Below are 24 post-retreat journal prompts. These are designed to help your teen to continue to develop a daily prayer life and continue reflecting on the retreat experience. You are invited to do any and all of them yourself. It would also be a good way to engage in deeper faith conversations with your teen.

Day Thirteen

"It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you."
(Pope St. John Paul II)

What about this quote connects with you?

Day Fourteen

"Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love."
(St. Therese of Lisieux)

What about this quote connects with you?

Day Fifteen

"Every day, my love for the mountains grows more and more. If my studies permitted, I'd spend whole days in the mountains contemplating the Creator's greatness in that pure air."
(Bl. Pier Giorgio Frassati)

What about this quote connects with you?

Day Sixteen

"The secret of happiness is to live moment by moment and to thank God for all that He, in His goodness, sends to us day after day."
(St. Gianna Beretta Molla)

What about this quote connects with you?

Day Seventeen

"All for the greater glory of God!"
(St. Ignatius of Loyola)

What about this quote connects with you?

Day Eighteen

"May today there be peace within. May you trust God that you are exactly where you are meant to be."
(St. Teresa of Avila)

What about this quote connects with you?

Journal Prompts

Below are 24 post-retreat journal prompts. These are designed to help your teen to continue to develop a daily prayer life and continue reflecting on the retreat experience. You are invited to do any and all of them yourself. It would also be a good way to engage in deeper faith conversations with your teen.

Day Nineteen

“The world offers you comfort, but you were not made for comfort. You were made for greatness.”
(Pope Benedict XVI)

How can you live a life of greatness for the Lord?

Day Twenty

“What really matters in life is that we are loved by Christ and that we love Him in return.”
(Pope Saint John Paul II)

In what ways has your love for Christ grown during this retreat? How have you seen Christ love you?

Day Twenty One

“Pray, Hope, and Don’t Worry”
(St. Padre Pio)

In what ways are you worried about entering back into daily life? Journal about these things and give them to Jesus, who is Peace.

Day Twenty Two

Jesus said to them, “Go into the whole world and proclaim the gospel to every creature.”
(Mark 16:15)

Who in your life will you share the Gospel with?

Day Twenty Three

“Prayer is the oxygen of the soul.”
(St. Padre Pio)

What prayer are you going to commit to after this retreat?

Day Twenty Four

“Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.”
(1 Thessalonians 5:16-18)

What are 3 things you’re grateful for because of this retreat?

Reflect

This section is an opportunity for your personal reflection. Use the questions below to reflect, or write whatever else is on your heart. You do not need to share this with your teen, but you can if you want to.

- ➡ What do you hope your child gets out of this retreat?
- ➡ Where are you in your faith journey right now?
- ➡ What do you hope your family gets out of this retreat?

- ➡ What misconceptions have you had about the Holy Spirit?
- ➡ What was your own Confirmation experience like?
- ➡ How do you see the Holy Spirit active in your life and your teen's life?

- ➡ How are *you* striving to be the person God called you to be?
- ➡ Who is a Saint *you* look up to as a role model?
- ➡ What do you think is challenging about being a disciple?

- ➡ Who do you go to that challenges you to grow in your faith?
- ➡ What gifts do *you* see working in your life?
- ➡ What is your own personal Pentecost?

Reflect

Reflect

Prayer Intentions

Take some time to talk about some prayer intentions for this retreat. In what ways do you hope God moves in your teen during the retreat? In what ways does your teen hope God moves in him or her? What do you want to see God do in your family? Write those and anything else below.