



# Greater

**Adult Guide**

---

**Week Three**

# Best Practices

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

- ➡ Pray for your teen every day.
- ➡ Be enthusiastic!
- ➡ Carve out some dedicated time for your teen to be “on retreat”
- ➡ Check in with them daily.
- ➡ 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.

# Week 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 examples of Saints who lived discipleship in their every day lives and offer actionable tips to help your teen strive for holiness every day.



## 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.

# Prayer Intentions

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

## 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!

### 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?

# Daily Prompts

Below are the daily prompts that your teen will reflect on during the week. 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 Two

***"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 Three

***"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 Four

***"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 Five

***"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 Six

***"All for the greater glory of God!"***

(St. Ignatius of Loyola)

What about this quote connects with you?

## Day Seven

***"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?

# 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.

- ➡ 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?