Post-Retreat Reflection: Reality Check

*This guide is intended for youth ministers and catechists to lead a youth night based on a completed NET retreat

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**SCHEDULE**

00:00 Gather
00:05 Opening Prayer
00:10 Intro to Theme and Catechism Discussion
00:25 Prayer and Reflection
00:55 Closing

**GATHER (5 min)**

**OPENING PRAYER (5 min)**

This can be a simple prayer focused on the truth and happiness in which we want to live, as opposed to a false reality.

**INTRO OF THEME AND DISCUSSION (15 min)**

Last week, at the NET retreat, “Reality Check,” the NET team members talked about how we are influenced by things like social media, television, and music. These things present to us a false sense of reality, and the truth and happiness that we are seeking in the Lord is distorted. If you remember, the team members also talked about how God presents us with a new, life-giving reality. That reality is that God loves us abundantly. Tonight we are going to discuss that a little further and have a time of prayer just to reflect on our lives and how we are living - or not living - for the Lord.

*The Catechism of the Catholic Church*

Paragraph 29

Faith in God “…can be forgotten, overlooked, or even explicitly rejected by man. Such attitudes can have different causes: revolt against evil in the world; religious ignorance or indifference; the cares and riches of this world; the scandal of bad example on the part of believers; currents of thought hostile to religion; finally, that attitude of sinful man which makes him hide from God out of fear and flee his call.”

**Breakdown:** Sometimes we get caught up in our lives and forget about God, or become indifferent to Him, or reject Him. This can happen in different ways. We can become distracted by technology, family, friends, or significant others. We can get caught up in wealth and fancy things. We can see reputable religious people mess up and not remember that they, too, are sinners. We can hide from God because we think our sin is too much for him to bear.

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*NET MINISTRIES*

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Questions to lead discussion:
1. What causes you to forget about your faith in Jesus Christ?
3. Why do you think society views religion as bad? *You can mention this quote from Venerable Fulton Sheen to help with the conversation: “There are not one hundred people in the United States who hate the Catholic Church, but there are millions who hate what they wrongly perceive the Catholic Church to be.” – Venerable Fulton Sheen

Read the summary below and spend some time in prayer answering the questions:
1. People forget about the faith. What is something that would help you think about God during the day?
2. People can overlook or ignore the faith. When was the last time you read the Bible?
3. People can reject with or without giving it much thought. Have you asked God to be in your life? Say a prayer and accept Him as your God, your Lord, and Savior.
4. People show indifference; they don’t care. What is something you can do to show you care for God?
5. The cares and riches of the world distract people. Does love of money and things (video games, phones, technology) distract you from thinking of God?
6. Some don’t believe because of the bad example of believers. Do you set a good example? Or do your actions make people think, “They believe in God and yet they’re not very nice - God is not real”?
7. Society’s and the world can view of religion as being bad. What do you think about this?
8. Sometimes man’s sin causes him to hide from God. Are there areas in your life that make you want to hide from God?

**PRAYER TIME WITH REFLECTION QUESTIONS (30min)**

The New Testament teaches us in 2 Timothy 3:16 that:
“All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness…”

With that in mind, begin by saying the Holy Spirit prayer and reflect on the following passage which can be found in your own bible at John 14:1, 5-6, then answer the questions below.

“Come Holy Spirit, come through this Scripture. Teach us to love God and to know His love for us. Amen.”

Read Scripture Aloud:
“Let not your hearts be troubled; believe in God, believe also in me…” Thomas said to him, “Lord, we do not know where you are going; how can we know the way?” Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father, but by me.” (John 14:1, 5-6)
Teaching: Ask yourself, “What is the Scripture saying?” Use your own words to write a summary in the space provided below.

Reproof: Ask yourself, “How does this Scripture challenge my attitudes and beliefs?” C. S. Lewis, who wrote the Chronicles of Narnia stories, said everyone believes that Jesus was either God, a crazy man, or a liar and a bad man. What do you believe? Write down your reasons. Ask God to show you the truth.

Correction: Ask yourself, “How does this Scripture pertain to my works and deeds?” Have you ever felt like Thomas and “not known where you are going”? What do you think Jesus meant when He said he was “the way”?

Training in Righteousness: Ask yourself, “What do I need to change?” Jesus wants us to be in a friendship with him. Have you given Him a chance in this friendship? Think about what makes a good friend. Choose one of the following, and try it for 30 days:

a) 10 min of prayer every day - spend a minute thanking God; then ask him for what you need: forgiveness, help, grace; and then spend a few minutes in silence asking God to show you His love.
b) Use the NET prayer bookmark for 30 days
c) Try to go to confession once a week
d) Visit your church and pray for 15 mins in silence once a week

Closing (5 min)
Summary, Prayer, Announcements, and Dismissal.