



## SAME WAVELENGTH JESUS, THE LIVING SACRAMENT

### GOAL

The goal of *Same Wavelength* is to introduce Jesus as the living sacrament, who we can encounter concretely in the Mass, and provide the teens an opportunity to deepen their relationship with Him.

### KEY CONCEPTS

- God communicates Himself to us through sacraments — material realities we can see, touch, hear, and taste.
- Jesus is the living sacrament, who we encounter concretely in the Mass; a relationship with Jesus is essential in order for the Mass to be central to our lives.
- We should offer our “first fruits” with a sincere heart when we celebrate the sacrifice of the Mass.

#### KEY TERMS:

Disposition  
Incarnation  
Sacrament

#### SCRIPTURE:

Colossians 1:15  
Hebrews 1:3  
John 14:9

#### CATECHISM:

774  
1076  
1088  
1374

### ABOUT THIS LIFE NIGHT

The Gather tests how well the teens and Core Team know each other. The Proclaim illustrates how the Mass is an opportunity to encounter Jesus, the living sacrament, and strengthen our relationship with Him. The Break is a discussion during

which the teens reflect on their relationship with Jesus. The Send invites the teens into a prayer that directly responds to an area of their relationship with Christ that needs to be strengthened.

### ENVIRONMENT

Place six chairs in a line at the front of the main meeting space. Position each chair so they are back to back with another, creating three pairs of two. This setup will be used for the Gather.

Place a crucifix or image of Jesus at the front of the main meeting space. Set up four tables with tablecloths near the crucifix or image and label them with signs that read “listening,” “quality time,” “asking for forgiveness,” and “honest sharing.” Print and cut the *Relationship with Jesus Cards* handout, which can be found on the *January 2019 Life Teen USB* and online at [lifeteen.com](http://lifeteen.com) under Life Support: *January 2019*. Spread out the cards and additional supplies on the corresponding tables. For example, if the card suggests “Scripture reading,” place the cards and Bibles on the “quality time” table; or if the card suggests “journaling,” have notepads and pens available at the “honest sharing” table. These materials will be used for the Send.

Project the *Same Wavelength* environment image, which can be found on the *January 2019 Life Teen USB* and online at [lifeteen.com](http://lifeteen.com) under Life Support: *January 2019*.

### MEDIA SUGGESTIONS

“Touch of Heaven,” Hillsong Worship (*There Is More*, Hillsong (HIL), 2018)

“It is Well,” Bethel Music (*You Make Me Brave: Live at the Civic*, Bethel Music, 2014)

“O Come to the Altar,” Elevation Worship (*Here as in Heaven*, Elevation Worship, 2016)



## LIFE NIGHT: **SAME WAVELENGTH**

### **GATHER**

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#### **Welcome and Opening Prayer (5 min)**

Gather the teens in the main meeting space. Welcome them to the Life Night, introduce any teens or Core Members attending for the first time, and begin in prayer.

#### **The Shoe Game (15 min)**

Invite two teens who have not met, two teens who are friends, and two Core Members who are really good friends to sit in the chairs; they should be sitting back to back with their partner. Have the partners remove their shoes and exchange one, so each person is holding one of their shoes and one of their partner's shoes.

Explain that they will be asked a series of questions, with the answer being either themselves or their partner. To answer, the volunteers hold up the corresponding shoe. For example, for the question, "Who is older?," the partner who is older holds up their shoe, while the younger partner holds up the other person's shoe. If both partners hold up the same shoe and it is the correct answer, the pair receives two points. If both partners hold up the same shoe but it is the incorrect answer, the pair receives one point. If they both hold up the other's shoe or answer incorrectly, no points are received. The pair with the most points at the end of the game wins.

The following are suggestions for questions with objective answers, but feel free to add your own:

- Who has been coming to youth group longer?
- Who has more siblings?
- Who has the most followers on Instagram?

- Who woke up earliest this morning?
- Who has the longest Snap streak?
- Who stayed up the latest last night?
- Who has the most unread text messages on their phone right now?
- Who went to confession most recently?
- Who lives closest to the parish?
- Who was the last person to watch a movie in theaters?

### **PROCLAIM**

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#### **"Same Wavelength" Teaching (15 min)**

The *Proclaim Outline* and *Proclaim Details* can be found on pages 18 to 26.

### **BREAK**

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#### **Small Group Discussion (20 min)**

Divide the teens into small groups of six to eight with one Core Member in each group; these will be their small groups for the remainder of the series. Begin with a prayer and then use the following questions to facilitate a discussion, beginning with a series of get-to-know-you questions before breaking open the Proclaim:

- What was the last thing that made you laugh?
- What has been the highlight of your day? Why?
- Do your friends consider you a shy or outgoing person? What reasons would they give to support their answer?
- What three words would your parents or siblings use to describe you?
- What is one thing people need to know about you before being your friend?
- What words would you use to describe your current

relationship with Jesus? (*Awkward, distant, close, friendly, familiar, bffs forever, complicated, committed, nonexistent, under construction, working on it, etc.*) Do these words explain where you would like your relationship with Jesus to be? If not, what words would you use to describe your desired relationship with Jesus?

- Do you think Jesus wants a close and personal friendship with you? How do you know?
- Was there a period in your life when you felt close to Jesus? What was that experience like?
- Was there a period in your life when you felt far from Jesus? What was that experience like? What caused the distance? How can that be prevented in the future?
- Why is it difficult for you to maintain a relationship with Jesus? What might help make it less challenging?

**SEND** \_\_\_\_\_

**Going Deeper (20 min)**

Gather the teens in the main meeting space. Create a prayerful environment by playing instrumental music in the background. Use the following to transition into the prayer:

*Our relationship with Jesus during the week has a significant impact on how we celebrate the Mass on Sunday. If we show up on Sunday without having spent any time with Jesus throughout the week, we will most likely be distracted and unengaged. However, if we remain close to Jesus during the week and invite Him into the different parts of our day, the Mass can take on a deeper and more powerful meaning, impacting our lives and strengthening our friendship with Jesus.*

*Ask the Lord to show you the areas of your relationship with Him that need improvement. Maybe you need to be a better listener or need to be more willing to spend quality time with Him. Maybe you need to ask for His forgiveness or simply be more honest. When we identify the areas of our*

*relationship that need to be strengthened, we can begin to actually strengthen them; and in that way, we will be better disposed to encounter the living sacrament — that is, Jesus — in the Mass.*

After a few moments of silent reflection, invite the teens to prayerfully approach the table marked with the aspect of their relationship with Jesus that requires the most attention right now. Instruct them to take any card at that table, read the instruction, and gather the necessary materials needed for the prayer activity. Once all of the teens have what they need, they should find a quiet spot in the room to complete the prayer activity.

Close the Life Night by projecting and praying the Glory Be:

*All glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.*

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## SAME WAVELENGTH

### KEY TERMS

**Disposition:** Our general attitude or approach to a given situation or circumstance. It is the posture of our heart.

**Incarnation:** The moment in history when the second person of the Trinity, Jesus Christ, assumed human flesh and lived among humanity.

**Sacrament:** An efficacious sign of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us through the work of the Holy Spirit.

### TEACHING POINTS

#### GROWING OR DRIFTING

- We have many different kinds of relationships in our lives, all of which have varying levels of depth. Generally, the more we know about a person and the more common experiences we share with them, the better our relationship becomes.
- When we stop caring for someone and communicating with them, our friendship becomes stale and may end.
- We are either growing in a relationship with Jesus or are drifting apart from Him. However, even if we aren't choosing Jesus, He is always choosing us.

#### KNOWING JESUS HELPS US KNOW OURSELVES

- Jesus is not just another person; Jesus is the Son of God. When we get to know Jesus, we also get to know God the Father and God the Holy Spirit. And, in turn, we get to know ourselves as well.

- Jesus reveals God's love to us and, as this happens, we begin to understand who we are in light of God's love.
- Jesus came so we might be reconciled with God, know His love and how to live in that love as holy people, and participate in His divine life. Jesus' entire mission in our world centered on our salvation and holiness.
- Jesus is fully God but also fully human. We call this mystery the Incarnation.

#### JESUS IS THE LIVING SACRAMENT

- Jesus is the visible revelation of God. He makes what was previously invisible visible to all of humanity. He is God's definitive revelation. Since Jesus makes the invisible visible, we call Him a living sacrament.
- We say Jesus is a living sacrament because He promised to always be with us.
- Jesus, the living sacrament, instituted the Church as a perpetual sacrament and sign of salvation for all of humanity.
- Even when the Church seems to be struggling because of the sins of its members, Christ is always present — especially in each liturgical celebration and, most importantly, in the Mass.

#### ENCOUNTERING CHRIST

- Jesus is present at Mass in a real and concrete way — in the community, the presider, the Word of God, and most especially, in the Eucharist.
- Every Mass is an opportunity for our hearts to be transformed, even if we don't feel like attending. As Catholics, we are obligated to attend Sunday Mass every week.
- Our disposition — the attitude we bring to something — matters when we come to Mass. Our disposition must be one of worship.





## SAME WAVELENGTH

### TEACHING

#### GROWING OR DRIFTING

We have many different kinds of relationships in our lives, all of which have varying levels of depth. You may have a really deep relationship with one friend and a more surface-level relationship with another. Perhaps you are closer to one of your siblings than another one. This isn't a bad thing — it's normal (and healthy) for us to have different depths to different relationships.

Generally, the more we know about a person and the more common experiences we share with them, the better our relationship becomes. We become more loyal to that person. We are even more forgiving because we have a better understanding of their actions. We appreciate their quirks and mannerisms.

Our level of understanding and knowledge of a person helps us love them more. As we love someone more, we often want to get to know more about them. This is a natural cycle in healthy and thriving relationships. We meet someone and get to know them. As we get to know them, we come to care about them. As our care for them grows, so does our desire to get to know them even better.

The cycle breaks down when one or both people no longer desire to learn about the other. When friends stop setting aside time to get to know each other, the friendship becomes stale and may end.

We can have a relationship with Jesus in the same way that we can have any relationship. We are either growing in a relationship with Jesus or are drifting apart from Him. That

drifting is always on us, though. Jesus continually chooses and calls us. Even when we stop trying to get to know Him, Jesus always knows us.

*John 15:16, Luke 12:7*

#### KNOWING JESUS HELPS US KNOW OURSELVES

When we build a relationship with Jesus, we engage in a friendship that is unlike any other. Jesus is not just another person; Jesus is the Son of God. This means that when we get to know Jesus, we also get to know God the Father and God the Holy Spirit. On top of all of that, when we get to know Jesus, we get to know ourselves as well.

*Gaudium et Spes 22; John 14:16; Matthew 11:27*

Jesus reveals God's love to us and, as this happens, we begin to understand who we are in light of God's love. That's a big deal. Many of us feel lost and directionless as we search for our purpose and identity. But when we know Jesus, our most fundamental identity as a son or daughter of God is revealed.

*2 Corinthians 6:18; Mark 1:11*

Jesus came so we might be reconciled with God, know His love and how to live in that love as holy people, and participate in His divine life. Jesus' entire mission in our world centered on our salvation and holiness.

*CCC 457-460*

Jesus is able to reveal this love to us and save us from our sin because He walked among us, assuming a human body. Jesus is fully God but also fully human. We call this mystery the Incarnation. It is a defining characteristic of Christianity. We believe that our God loves us so much that He wanted to walk among us and reveal Himself to us through both His humanity and divinity. God has loved us with a human heart.

*CCC 463, 478; John 1:18*

## JESUS IS THE LIVING SACRAMENT

When Jesus was born into our world, God made something visible that was invisible. No one had ever seen God, but He was now revealed through Jesus Christ, the Son of God. This means that everything Jesus did, both publicly and privately, revealed God to us.

*Hebrews 1:1-3*

We say Jesus is a living sacrament because He took on our humanity. A sacrament is a perceptible sign, either in word or action, that is accessible to our human nature. Again, Jesus, who is the Son of God and the second person of the Trinity, was revealed to humanity at the moment of the Incarnation. Jesus did not come as a pure spirit, apparition, or disembodied voice. He came as a human person who was able to touch, smell, see, hear, and eat. Similarly, Jesus was able to be seen, spoken to, touched, and interacted with. People ate meals with Jesus, laughed with Jesus, and wept with Jesus.

*CCC 1084; Colossians 1:15*

Jesus promised that He would always be with us, but He didn't mean this in an abstract way. Jesus instituted sacraments so that we can physically encounter Him, even after He ascended into heaven.

*CCC 774; Matthew 28:20*

The first sacrament that Christ instituted was the Church. The Church is a visible sign of God's salvation — offered to all — and the unity of all people. Not only that, but the Church represents the unity of all people that is to come someday in heaven. It is the visible plan of God's love for humanity.

*CCC 775-776*

Even when the Church seems to be struggling because of the sins of its members, Christ is always present — especially in each liturgical celebration. There are many kinds of liturgical celebrations in the Church, but the most

important is the Eucharistic celebration — which we call the Mass. Everything in our Church revolves around this liturgy.

*CCC 1088, 1113*

## ENCOUNTERING CHRIST

If we want a relationship with Jesus, we need to encounter Him, which we can do in a concrete way during the Mass. Every Sunday (and every day if you are able) you can find Jesus at Mass. He is physically present in the Eucharist — in His Body, Blood, Soul, and Divinity. He is present in the Gospel — the Word of God. He is also present, in a mystical way, through the community that gathers and the priest when he celebrates the Mass.

*CCC 1088; Matthew 18:20*

If we understand the power of our encounter with Jesus at Mass, we can be transformed. This doesn't just happen by showing up, though. While we must attend Mass every Sunday — even if we don't feel like it — we need to make an effort to not simply be physically present, but to be present in body, mind, heart, and soul.

If you were talking to a friend, but she was distracted, disengaged, or looked like she didn't care, you would probably think she wasn't interested in the conversation. Similarly, our disposition — the attitude we bring to something — matters when we come to Mass.

When we show up at Mass and are tired, bored, or inattentive, our disposition toward Christ is not one of love, but one of annoyance or indifference. We are simply going to Mass to fulfill an obligation. But if we show up to Mass because we love Christ — because we want to encounter Him and grow in our relationship with Him — the disposition of our heart is worship. Worship is giving God the praise and adoration that is due to Him through prayer. We worship God because He loves us enough to save us and be present to us in the liturgy.





