

MONTSERRAT

SESSION 1: WHO AM I?

Thank you for being a facilitator on this retreat! We are very grateful that you can be present while we cannot. There are specific instructions that we will provide for you to assist in the facilitation of this retreat experience.

This whole day is about their identity in Christ and how they relate to the world. The following questions will appear during the video session, and the participants will have time to write down the answers in this fashion:

REFLECTION QUESTIONS FROM THE VIDEO SESSION

1. On the outside of this circle, use words, symbols, or pictures to describe who you are on the outside (likes, dislikes, hobbies, family, how others see you, etc.).

On the inside of the circle, write or draw those things that people wouldn't know about you unless they really knew you, and what you wish people knew about you that is not obvious or that you might not normally share.

Include the role that God takes in your life right now, both on the outside and inside of the circle.



2. On a scale of 1 to 5, (1 being weak, 5 being strong) how strong are the following relationships in your life?

RELATIONSHIP	RATING				
FAMILY	(1)	(2)	(3)	(4)	(5)
High Points	Low Points				
FRIENDS	(1)	(2)	(3)	(4)	(5)
High Points	Low Points				
SCHOOL COMMUNITY	(1)	(2)	(3)	(4)	(5)
High Points	Low Points				

EXTRA-CURRICULARS	(1)	(2)	(3)	(4)	(5)
High Points	Low Points				
GOD	(1)	(2)	(3)	(4)	(5)
High Points	Low Points				
OTHER:	(1)	(2)	(3)	(4)	(5)
High Points	Low Points				

ACTIVITY: WHAT CAN YOU TELL ME ABOUT...

This activity is designed to get students to look at the world around them and their place in it with wonder and find God's presence and influence in it through the eyes of awe. They are provided the following instructions:

The purpose of this activity is to give you a sense of wonder. When instructed, go and find an object which could fit on your desk. It can be something you brought or anything you find around you. Return to your seat when you find your object and await further instructions.

At this point, encourage them to spend a 2-5 minutes searching for an item of their choice. There is no limitation to what they can get, but it must come from the room or surroundings around them and it must fit on their desk or in their space.

When they return, encourage them to spend 5-10 minutes writing down as detailed a description of their item as possible. If it helps, give them guiding hints like asking them to write where the materials came from, or how it was made, or where they imagine it has been shipped, who do you think has touched the object, etc. They will have the following instructions:

ITEM DESCRIPTION

Take a few minutes to describe your item comprehensively. Think of its scientific properties, its origins, its components, its story, its uses, etc.

When the students are finished writing, they should go around in a circle sharing what they have written. For every student, you should ask a question that challenges the student to think further about that object. For instance, if a student describes a rock as "old," you may ask, "can you imagine the days, the weeks, months, years of that rock? Where is has been, where it comes from?"

As the students finish sharing, lead a discussion to some key points:

We are surrounded by limitless love and possibility. Every object, whether as large as a mountain, or as small as a molecule, or as simple as a pencil, invites us to explore a world that is more than ourselves.

We should challenge ourselves, each day, to take a little time and sit in the wonder of creation, that we get to be in this world of inexhaustible complexity, innumerable stories, and measureless potential.

All of these things have this quality, because everything around us comes from God, who is truly infinite. It's only when we fail to see the world around us as God sees it and made it, that we can get confused and see a pen, as just a pen, or worse a person, as just background to our lives.

***** We, too, were created by God, and thus are magnificently complex and wonderful creations. Nothing and no one can limit our worth or our purpose. *****

After the activity, turn their attention to the following questions in their packets:

REFLECTION QUESTIONS AFTER THE ACTIVITY

Consider the following questions and take some time to write your thoughts down:

1. How would you define the word, "wonder?"
2. Think about all the objects that surround you. How do you feel different about them, after this activity?
3. What keeps you from seeing objects in your everyday life in the way you saw them during this activity?
4. If you took 10 minutes each day to do something like this exercise, how do you think it would change you and your perspective?
5. If we remind ourselves that these objects were in some sense made by God, what does that tell us about God?
6. How does the way you feel about that object change, knowing God had a hand in you having it right now?
7. How do you think God wants you to relate to that object? To any object around you?

We have also included some closing questions for the day, if time permits, for them to journal for a time:

CLOSING QUESTIONS

1. What struck you from today's retreat session?
2. How can you be more present to your community and those around you?
3. How can you take what you learned today and apply it to your daily life?

