

SUMMIT

Fresh Breath
Pentecost Sunday

(Mass during the day)

FIRST READING

Acts 2:1-11

RESPONSORIAL PSALM

Psalm 104:1, 24, 29-31, 34

SECOND READING

1 Corinthians 12:3b-7, 12-13

GOSPEL

John 20:19-23

KEY WORDS

Empowerment, Identity, Grace, Fortitude, Mercy, Mission

KEY THEMES

1. When God gives us a mission, He gives us what we need to accomplish it in His name.
2. The Holy Spirit is how we come to know Christ; Christ is how we come to know the Father.
3. We must never grow slack in our zeal — this gift of Christ is designed for ALL to share, not for a select few. The Church always has room for more souls!

The Ascent

Welcome and Introduction (5 min)

Welcome all of the teens to the discipleship group and invite them to share one “high point” and one “low point” from their week. If there are new teens, invite them to introduce themselves.

Guess That Icon (10 min)

This activity is similar to the game Catch Phrase. Before the session, write different internationally known nouns, such as people, landmarks, food, words, and symbols, on notecards. Have the teens sit in a circle and count off “1, 2, 1, 2” so they are divided into two, equal teams and team members are separated by a person from the opposing team. Give one person the deck of notecards. When told to do so, the teen has 30 seconds to get his or her teammates to guess as many nouns as possible without saying the noun itself. Only the teen’s teammates guess; the opposing players do not participate in the round. Each correct guess is one point. Record the points, remove the used cards, and have the teen pass the deck of index cards to the person to his or her left. Start the timer again and repeat the activity for team 2. Play until you run out of cards or time. The team with the most points at the end of the game wins.

Lectio

Opening Prayer

Come Holy Spirit! Teach us to pray. Fill us with yourself. It is through you that we come to know the Father and His Son, Jesus. Help us grow ever deeper in love with the Most Holy Trinity. Fill us with your gifts so that we may be empowered to go out in the world, proclaiming the Gospel. Give us a zeal for souls — to win them for heaven. Come Holy Spirit, come. Amen.

Our Voice (10 min)

Use the following questions to prepare the group for the topic of the session:

- What is your relationship like with the Holy Spirit?
- Is it easy or difficult to pray to the Holy Spirit? Why?

Reflection: Fresh Breath (5 min)

Play the *Summit* reflection video, “Fresh Breath,” found online at lifeteen.com. Use this video to provide a thematic overview to the session before entering into God’s Word.

God’s Voice (5 min)

Read Acts 2:1-11 aloud and then invite a teen to read the passage aloud. Encourage the teens to actively listen. After the second read through, invite the teens to open their Bibles and silently read the passage a third time. Allow time to pause and reflect between read-throughs.

Meditatio

Reflecting on God’s Voice (10 min)

Invite the teens to take a few minutes to silently reflect and journal on the following question:

- When is a time you felt the Holy Spirit stirring in you or prompting you to do something? Did you listen to the “voice of the Spirit”? What happened as a result?

Oratio

Discussing God’s Voice (30 min)

Following the silent reflection, guide the teens in a time of discussion. The following questions are a great starting point for the discussion, but be open to where the Holy Spirit may guide it:

- What does today’s first reading teach us about the Church? What does it teach us about unity and how we are to treat one another?
- In what ways do you feel empowered by the Holy Spirit? Do you feel empowered to go out like the disciples did? Why or why not?

- What gifts has the Holy Spirit bestowed upon you? How do you use these gifts to build the Kingdom of God on Earth?
- What keeps you from using the gifts the Holy Spirit has given you?
- Is there a gift of the Holy Spirit you would like more of? How would this gift help you become a better disciple?

Contemplatio

Veni Sancte Spiritus (10 minutes)

Invite a teen to read Isaiah 11:1-2 aloud. Then, have the teens spend a few minutes silently reflecting on how they received, or will receive, these gifts at confirmation and how they use these gifts to build the Kingdom of God. Close the session with a prayer, asking the Holy Spirit for a greater outpouring in the life of each group member.

Closing Challenge

When the Holy Spirit descended on the disciples, they were able to speak in different languages. This week, challenge the teens to follow that example and learn a prayer in another language.

ASCEND

Now What?

Ascension of the Lord (in lieu of 7th Sunday of Easter)

“Why are you standing there?”

Opening Prayer

God, you contain everything I need. You are my strength when I am weak. Help me to be bold. Help me follow your call to make disciples. Give me the courage to go out in the world and spread your love. You are above all things and I am grateful to serve you. Amen.

FIRST READING Acts 1:1-11

RESPONSORIAL PSALM Psalm 47:2-3, 6-9

SECOND READING Ephesians 1:17-23

GOSPEL Matthew 28:16-20

Beyond Words

If you're reading this then it means you woke up this morning. If you woke up this morning, it means God has a mission for you today. It may be huge; it may be small. It may be frightening; it may be fun. It may challenge you to persevere or it may push you to trust more deeply than ever before, but make no mistake, God has a mission for you that only you can fulfill. Do you want in?

Plenty of daily missions go unfulfilled. Many followers of Jesus are standing around, heads in the clouds (much like the apostles at the end of the first reading), wondering what to do next. The apostles had an excuse as they had not yet received the Holy Spirit at Pentecost (that happens next week). You've been baptized, though. You've most likely been confirmed. You're not lacking in the Holy Spirit. So, what's your excuse? Are you out proclaiming Christ to the nations? Do others see your bold witness and seek the sacraments that bring you such confidence and joy? Have “the eyes of your hearts (been) enlightened” as St. Paul put it to the Ephesians in the second reading?

Either Christ rose or He didn't. Either Jesus ascended or He didn't. These are amazing truths that call us to an amazing response. All God needs is your permission to make you a saint. A great adventure awaits you today and your “yes” is all God needs. So will you accept the mission and get to work or stand around staring at the sky?

Random Fact

Most scholars believe that “the mountain to which Jesus had directed them” (Matthew 28:16) in this conclusion to St. Matthew's Gospel is Mount Tabor, where the Transfiguration also occurred. The mountain which Jesus ascended from, however, is the Mount of Olives back down in Jerusalem.

Behind the Scenes

In this final scene of St. Matthew's Gospel, we see Jesus' story come full circle, at least geographically. By ordering them back to Galilee, to the mountain location Christ had in mind, we notice a few important things. First, this is where Jesus' earthly mission “began” years earlier and will “end” (so to speak). It was in Galilee that Jesus grew up, where He first called the apostles, worked His first miracles, and announced that the forthcoming Kingdom of God was now at hand. Next, just as so many important Old Testament and Gospel events prior had taken place high atop a mountain, so this one, too, would offer a “heightened” perspective to His followers. It's important to note here, however, that while Jesus gave them the great commissioning here in Galilee atop Mount Tabor, our Lord ascended from the Mount of Olives.

In the same way Jesus' earthly mission launched from Galilee, the apostles new earthly mission will launch from the same location. We hear that the apostles worshipped, but some doubted (Matthew 28:17). This may seem odd given that they've just spent 40 days with the risen Lord working miracles and instructing them in the faith. But the Greek in Matthew doesn't say that *all* the apostles doubted, inferring instead that some doubted and some believed. This is understandable given their different experiences and points on their individual faith walks combined with the fact that the Holy Spirit had yet to descend at Pentecost, illuminating their minds and hearts.

Word Play

The word *auctor* is Latin for author and means "originator or promoter." The word "authority" comes from the Latin *auctoritas*, meaning "author's right."

Journal

1. Do the people in your life easily realize you as Catholic? Why or why not?
2. In what ways are you following your baptismal call to "make disciples of all nations"?
3. What holds you back from spreading God's word?
4. Are you well equipped to spread God's message? Do you pray? Do you read the Bible? Do you know lives of the saints?
5. How can you better equip yourself for this mission you are on?

Challenge for the Week

Talk to someone about God this week. It can be your mom, a friend, or some random person that you meet at a coffee shop. Be bold. You do not have to get in a large debate about Him, but casually talk about Him with someone. See their point of view, ask them questions, and share your belief. This does not have to be a long conversation, but it is practice for your mission!