

THIS BOOK BELONGS TO:

Use your team leader guidebook as a workbook where you plan and prepare your team activities. You will find other helpful things for the activities on the online team leader resource center. Make sure to ask the club leader for your login and password.

www.conquestclubs.com – click on the TEAM LEADER link on the left.
www.youtube.com/conquestclubs - Use the YEAR II Team Leader Playlist.

YOU WILL SEE THESE ICONS IN THE GUIDEBOOK, TO HELP YOU.



Indicates a moment to ask the boys a question and get them talking



Indicates there are more materials on the Online Team Leader Resource Center



Indicates some website links you can visit for more information about the theme or videos to watch



Indicates materials you need for the activity



Indicates a team leader tip to help you lead the activity



Indicates a moment to tell an inspiration story or story of a saint

**FOLLOW THE TABS ON THE BOTTOM OF THE
PAGES TO KNOW WHAT PART OF THE MEETING
YOU ARE ON.**



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WHAT KIND OF RELATIONSHIP SHOULD I HAVE
WITH GOD?***

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Each weekly meeting is an opportunity to help your team members discover something new about God, themselves and the world around them. We all have questions and Conquest gives you a time to work together to discover the answers to those questions. We have a special way to help the boys discover the answers to their questions:

EXPERIENCE - CONNECT - DECIDE

YOUCAT STUDY GUIDE

EXPLAIN TO YOUR TEAM THAT THIS YEAR'S SERIES OF CONQUEST HIGH SCHOOL ACTIVITIES IS A BASIC STUDY OF THE YOUCAT.

WHAT IS THE YOUCAT?

The YOUCAT (Youth Catechism of the Catholic Church) is the official Catholic catechism for young people. It takes all of the content of the Catechism and makes the teachings of the Church easily understood through a questions and answer format. If we want to be strong Christians, we need to know and love our faith.

3 INTRO VIDEOS

Can be found on the Conquest YouTube

Channel At www.YouTube.com/ConquestClubs

Look on the Team Leader Resource Playlist – Year II



YOUCAT Intro

Video name: HS-YOUCAT INTRO

The YOUCAT

Video name: HS-THE YOUCAT

YOUCAT - Book Trailer

Video name: HS-YOUTHCAT BOOK TRAILER



WHAT DOES YOUCAT STAND FOR?

Youth Catechism. As the video explains it is about YOU discovering the answers to your questions, doubts, about your faith.

HOW WILL WE USE IT IN THE WEEKLY MEETING FORMAT?

Every week in Conquest we set out to answer a question that we have deep down in our hearts. This year, each week we will cover a question that corresponds to a few numbers from the YOUCAT. By the end of the year we will have studied 99% of the YOUCAT and learn the basic principles and aspects of our Catholic faith.

YOUCAT STUDY GUIDE

WEEKLY MEETING GUIDE SHEETS

There are weekly meeting guide sheets on the Team Leader Resource Center online that you can print out each week for your team. Each one is about the YOUCAT numbers that you will be covering. If possible, all the members of your team should have YOUCATs but if they do not, these handouts should be enough to help them go deep.

It is suggested to give the meeting guides out for the upcoming week ahead of time so the team members can study in advance. You can also print them for the week at hand if this works better for your club weekly activities.



At the end of the year or even at the end of each book, you should organize a colossal Catechism Contest with your team about the YOUCAT. You can split the team into 2 groups from the beginning of the year and make sure there is a cool prize for the winning team.

EXAMPLE: Weekly meeting guide sheets



“Study it in the quiet of your room; read it with a friend; form study groups and networks; share with each other on the Internet. By all means continue to talk with each other about your faith.”

— Pope Benedict XVI

HOW TO USE THIS GUIDEBOOK

HOW TO USE THIS GUIDEBOOK

This guidebook is intended for your personal use, the Conquest club team leader, (ideally 2-3 years older than the boys you are leading). It is essential that you make it your own, personally writing and using it in preparing the weekly activities, as well as taking notes during the actual activities and events. The team leader is the most important role in the club, and the success of the team is directly proportionate to your generosity in giving your time and talent for your team of boys.

In order to help foster this dedication and leadership, the adult club mentor is present to actively encourage and motivate you. Ideally he will be reviewing your planning and preparation each week, offering his support, suggestions, and critique, all to form you into the true leader God calls you to be, with an apostolic heart on fire for Christ and His Church! Don't forget to ask him how to access your Team Leader Resource Page online at www.ConquestClubs.com

This guidebook is broken down into the following areas:

1. PROJECT OVERVIEW SECTION:

This is a complete overview of the entire proposed apostolic service project the team should complete in the weeks allocated. Of course you are free to choose any optional project from the resources or even create your own!

INTRODUCTION PAGE

PROJECT NAME AND LOGO: This states the suggested name and logo for the apostolic project.

SERVES: This indicates who or what is aided. (Poor, Family, Church, Friends, Sick & Elderly, or Community)

TIMEFRAME: This indicates the time of year best to apply this apostolic project.

PRESENT THE NEED TO MY TEAM: This area contains some questions for the you to pose to the team to incite discussions on the particular topic that will lead them to the apostolate. It also may contain some references that you can use (Catechism, YouCat, Gospel verses, stories, etc.) to help you motivate the team.

CALLED TO SERVE: This is a summary of the apostolic project, and what the team is called to do to directly address the need.

WEEKLY PLANNING

MASTER PLAN BY WEEKS: This section lists the activities and planning steps to be taken week by week along with the appropriate weekly theme that links to the apostolic project.

TACTICS BY AREAS

LOCATION: The suggested place(s) where the project should be executed, along with some practical advice for the location planning.

PROVISIONS: A list of items and materials needed to carry out the project.

RESPONSIBILITIES: Since each boy needs a responsibility, this suggests some specific ones that will be needed for the project.

CONTACTS: We cannot complete our mission alone, so this provides a list of people with whom the message needs to be spread and how to do it.

DEBRIEFING

This area helps you to plan out the final details of the project including any last minute instructions for the team.

SPECIAL OPS: Provides key elements and best practices for the team's success.

CONTINGENCY PLANS: This provides variations of the project. Depending on circumstances, projects can be varied to meet needs of the team or local area.

ROLL CALL - ORGANIZING THE TEAM: This is where you can put the pertinent contact information for all those helping with this project including team members, adult volunteers and other contacts.

APPENDICES: Some projects may have an appendix which gives you an example or references that may be helpful for how certain aspects of the project can be done.

PROJECT NOTES: This area is left blank for you to write down any pertinent information for you to refer back to for this project.

HOW TO USE THIS GUIDEBOOK

2. WEEKLY ACTIVITIES:

PLAN & PREP

Each week you should review the weekly activity plan with the adult club mentor who can share some tips to help you better prepare for that next weeks activities. Each weekly activity has a “Prep and Plan” section to help you understand the theme.

QUESTION OF THE WEEK: This is the actual theme to discuss and you need to gear all the activities to help answer this question.

WHY DO WE NEED THIS: This presents the deeper need or reason why we ask this question.

MAIN IDEAS: Usually 2 or 3 ideas that help answer the question. Ideally, it is best to use this as a personal resource only for you to gain an understanding and come up with ideas to transmit this theme to the team. It is not meant to be read word for word, but rather summarized in your own words and stories.

CONVICTIONS & DECISIONS: These are ideas and decisions you are trying to help your team understand. Hopefully by the end of the meeting they are ready to live differently.


ACTIVITY OVERVIEW: Brief description of the activity for that week and what resources you can find on the Online Team Leader Resource Center.


EXECUTE: TEAM ACTIVITY TIMELINE

After you prepare, there are 6 steps to execute each week during your Conquest weekly activity.

STEP 1 - ATTENDANCE/OPENING PRAYER: Always take attendance and choose someone to lead the opening prayer. Does the team have any special prayer intentions this week?

STEP 2 - EXPERIENCE ->DYNAMIC ACTIVITY: This is the formative activity that will help you answer the question and get across the key ideas of the weekly theme. You want the boys to have an experience that helps them to better understand the question and the answer. You may see the following symbols.

 = Approximate time required (15min~1 hour)

 = Indoor or Outdoor activity symbols

STEP 3- CONNECT

TO CHRIST -> GOSPEL READING & REFLECTION: One member should be chosen to read the Gospel passage. At the end, instruct the members that there will be 1-2 minutes of silence. You then ask if anyone would like to share any lights or inspirations. Record notes in the space provided. Insights are also provided to assist you in leading the boys.

TO OTHERS-> SAINTS & INSPIRATIONAL STORIES:

This is the time when you can tell them the story of a saint or modern day hero who also had this question of the week and found an answer.

STEP 4- DECIDE -> TEAM COMMITMENTS: The final connection should be to the boys own lives and they should want to live differently and make a decision – individually and as a team to do something that week. Suggestions are offered here for a commitment that the team can do. Review last weeks commitments, and how many team members fulfilled it.

STEP 5 -APOSTOLIC PROJECT PLANNING: Review the previous weeks action items and record this weeks new actions to be completed.

STEP 6 - SPORTS OR FUN ACTIVITY: Some suggestions are offered for an active activity that also ties in with the theme. Look for the symbols for required time and if it is for indoors or outdoors, or both!

WRAP UP / CLOSING PRAYER: Are there any last minute thoughts or actions to be completed? If so, record them here. A closing prayer is also provided.

3. CREATE YOUR OWN PROJECT

Perhaps the apostolic project provided is not right for your team. Do you have another one in mind? Use this blank template to create your own.

4. PROJECT EVALUATION

This area is great to evaluate how well the team did overall for this project. There are questions for you to answer and review with the club adult mentor and your team. There is also a space titled the “Hall of Fame” to record the struggles, fun, and fruit achieved from this project.



ENDS OF THE EARTH

**SERVES:
COMMUNITY /
POOR**

**TIME:
JAN-FEB**

PRESENTING THE NEED TO MY TEAM

- As Jesus was finishing his work on earth he told us all, “you shall be my witnesses in Judea and Samaria and to the end of the earth.” (Acts 1:8)
- How often have we gone out to be his witnesses or do we need to be reminded like the apostles at the end of this scene: “Men of Galilee why do you stand looking into heaven?” (v. 11)
- We have received a lot from Christ in our life and we look forward to our union in heaven but the question we need to ask ourselves is whether we have been witnesses of Christ’s love to the world in our life.
- Mission Network offers a program to help young men be witnesses to this world waning and dying for lack of Christ; it is called Mission Youth.
- Do you think you have what it takes to be a Missionary? All that is really required is your “yes.”
- Young men like you need to be witnesses of Christ’s love and hope to a world suffering from sin and despair. Who’s life can you touch?

**EVERY MISSION HAS A STORY.
WHAT’S YOUR STORY?**

OUR CALL TO SERVE

**LET’S ORGANIZE A MISSION! WE CAN BRING
THE LOVE OF CHRIST TO SO MANY!**

PROJECT OVERVIEW

PROJECT OVERVIEW

WEEK	STEPS	QUESTION OF THE WEEK
1	<p>Brainstorm: What kind of mission can you do? Visit www.missionyouthmissions.org to see some high impact international missions. Perhaps you could plan one for the summer or fall? What about a Holy Week Mission? This type of Mission Youth Mission is about going door to door inviting people back to the Church and Holy Week activities and Easter Sunday Mass. What about serving the poor in your community?</p> <p>Plan: Decide on a type of mission you would like to do, and begin planning the location and date(s).</p>	How should I pray and why is it hard?
2	<p>Contact: Contact your pastor to do a mission in your parish or contact Mission Youth about higher impact International mission they are organizing.</p> <p>Logistics: If you are organizing your own mission, organize so that the parish can provide food, maps, etc.</p> <p>Recruit: Invite friends and acquaintances to accompany you on your mission.</p> <p>Fundraise: Missions are not free but once you give your generosity, people will generally help you with money if you ask. If you can't get donations by asking, then you need to do little projects to fundraise.</p> <p>Aid: If you are organizing a mission that has a humanitarian aspect, you need to approach people or organizations to give you food, paint, or other materials.</p>	Why do we sin?

ENDS OF THE
EARTH





ENDS OF THE EARTH

WEEK	STEPS	QUESTION OF THE WEEK
3	<p>Train: Train for the mission as much as is needed.</p> <p>Continue: Keep fundraising, recruiting, and making sure logistics are taken care of.</p> <p>Plane tickets: Buy plane tickets if they are needed for your mission. If it is local or nearby, organize the carpool or road trip.</p>	What should I know about Jesus?
4	<p>Gather materials: This week the materials needed should all be gathered or purchased.</p> <p>Continue: Keep fundraising, recruiting, and making sure logistics are taken care of.</p>	What should I know about Mary?
5	<p>Final Prep: Make sure to tie up any loose ends this week. Ensure that all the young men have a specific responsibility for the actual mission. It should depend on each person, not just a few.</p>	What did Jesus do when he was on earth?
6	<p>Mission: ENDS OF THE EARTH</p> <p>Make sure to follow up a week or so after the mission to share your stories. Ideally take lots of pictures and take video of the actual mission to make a slideshow to present to families and friends.</p>	<p>Service Project: There is a short Gospel Reflection to help motivate the young men for this apostolic project.</p>

PROJECT OVERVIEW

TACTICS BY AREAS

**SERVES:
COMMUNITY /
POOR**

**TIME:
JAN-FEB**

LOCATION

- The location depends on the mission type. The less intense types are local while the more intense types are usually better when done outside your local community.
- International missions through Mission Youth take lots of planning, but are the most impactful for young men.

PROVISIONS

- **Mission Youth Materials:** You can obtain training materials, a mission field guide for each missionary, T-shirts, missionary crosses and basic pamphlets to hand out from www.missionyouthstore.com
- **Food:** Make sure that food is provided for every meal during the mission, a starving missionary will have trouble being generous.
- **Maps and lists:** if you are going door-to-door in a neighborhood, you need maps for each team to ensure you don't cover the same street twice. You will also need materials to hand out such as rosaries, guides to confession, parish bulletins, etc. Make sure to obtain prayer requests, write them down on a list, and take to the parish for a Mass offering. Lists of parishioners are essential if the pastor wants to conduct a parish survey.

**ENDS OF THE
EARTH**



TACTICS BY AREAS



RESPONSIBILITIES

- **Team captains:** each team of 3 or 4 needs someone to lead that team. If you recruited others to help out, they should be under one of the members of the team.
- **Logistics:** one member of the team needs to organize the logistics with the parish you are doing the mission at if you are organizing it.
- **Contact person:** one person needs to be the contact person for the pastor or Mission Youth National Office.
- **Fundraisers:** At least two people need to look for materials, and funds for the mission. If you are doing an International Mission then everyone needs to fundraise.
- **Recruitment:** Everyone needs to work on recruiting others to participate in the mission.

CONTACTS

- **Pastor:** If you are organizing the mission yourself, organize it in collaboration with the parish priest. Be very docile to his needs and remember you are there to help him bring Christ to his parish, you aren't there for your own benefit.
- **Benefactors:** You will often need people to donate cash or materials for the mission. Try to get them to buy into the need to evangelize, and show how you will fulfill this need through your mission.
- **Recruits:** Make sure those that you are inviting are willing to give completely of themselves and be generous. This isn't a fun teen hang out day or evening. Do not hide the difficulty but explain how this will be a way to bring Christ to others.

PROJECT OVERVIEW

DEBRIEFING

SERVES:
COMMUNITY /
POOR

TIME:
JAN-FEB

SPECIAL OPS

- Holy Week Missions are often the best to begin with because of the intensity of going door to door, the fact that they are pre-organized, and because they offer a moderate challenge.
- Be honest about your abilities and don't sell yourself short by just doing an small Mission in your own parish when you are really capable of more.
- Young men will not be excited unless it is a true challenge.
- Make sure everyone is trained, they will not enjoy the mission if they are caught off guard.
- Follow the general plan of successful missions, you don't need to re-invent the wheel for each mission.

CONTINGENCY PLAN



- A simple mission can be organized to help at a soup kitchen, homeless shelter or even visiting a nursing home. Just remember the main idea is to bring Christ to others through evangelization.
- International missions can be planned far in advance. You can start by engaging a local mission this year, and plan for an international mission next year. Never let cost and money make you think it is not possible. A simple fundraiser or two can really help make it a reality!

ENDS OF THE
EARTH



ROLL CALL

ORGANIZING THE TEAM

NAME	PHONE	EMAIL
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ENDS OF THE EARTH

TIME:
JAN-FEB

1. The first step in the process of creating a new product is to identify a market need. This involves conducting market research to understand what customers want and what problems they are facing.

2. Once a market need is identified, the next step is to develop a concept. This involves brainstorming ideas and creating a prototype of the product.

3. The third step is to create a business plan. This involves outlining the costs of production, the pricing strategy, and the marketing plan.

4. The fourth step is to secure funding. This can be done through a variety of methods, including crowdfunding, venture capital, or bank loans.

5. The final step is to launch the product. This involves creating a marketing campaign to promote the product and distributing it to customers.



HOW SHOULD I PRAY AND WHY IS IT HARD?

PREP & PLAN THE ACTIVITY

This section is meant to be a guide to help you prepare the activity for your team

QUESTION : HOW SHOULD I PRAY AND WHY IS IT HARD?

NEED WE ARE RESPONDING TO:

I need to have a new relationship with God.

CONVICTIONS & DECISIONS TO REACH IN THE ACTIVITY:

God loves me and I can get to know him. I want to respond to God by loving him.

WHAT IS THE ANSWER TO THE QUESTION?

Prayer is as important to our lives as breathing because it allows us to be in relationship with God. For that same reason it is hard.



Highlight the main ideas you want to get across.

MAIN IDEAS FROM THE YOUCAT:

THE ANSWER TO THIS WEEKS QUESTION CAN BE FOUND IN THE YOUCAT: #493-494, #497, AND #499-527 WHICH ARE FOUND ON THE MEETING GUIDE SHEET AND ARE SUMMARIZED BELOW.



#493: What are the characteristics of Christian prayer?
Christian prayer is prayer in the attitude of faith, hope, and charity.

#494: How can my everyday routine be a school of prayer?
The more deeply we live in union with God, the deeper we understand the world.

#497: Why does it help to turn to the saints when we pray?
The saints prayed ardently, in a way that was contagious. When we are close to them, it is easy to pray.

#499: When should a person pray? Christians have prayed at least in the morning, at meals, and in the evening. Someone who does not pray regularly will soon not pray at all.

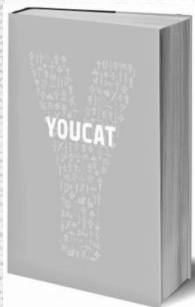
#500: Are there various ways to pray? Yes, there is vocal prayer, meditation, and contemplative prayer. All three ways of prayer presuppose recollecting one's mind and heart.

#501: What is vocal prayer? Jesus himself taught his disciples to pray with words.

#502: What is the essence of meditation? The essence of meditation is a prayerful seeking that starts with a sacred text and explores the will, the signs, and the presence of God.

PREP & PLAN THE ACTIVITY

This section is meant to be a guide to help you prepare the activity for your team



If you have a YOUCAT make sure you use it.

These numbers in this book are shortened to highlight the main ideas.

The Meeting Guide Sheet for the team members have the entire number of the YOUCAT as well.

#503: What is interior or “contemplative” prayer? Contemplative prayer is love, silence, listening, and being in the presence of God.

#504: What can a Christian accomplish through meditation? In meditation a Christian seeks silence so as to experience intimacy with God and to find peace in his presence.

#505: Why is prayer sometimes a struggle? The battlefield is man’s interior life. The Christian’s weapon is prayer.

#506: Is prayer not just a sort of conversation with yourself? Someone who is really praying can experience the fact that God speaks.

#507: What happens if you find that prayer does not help? Anyone who prays must allow God the complete freedom to speak whenever he wants.

#508: What happens if you do not feel anything when you pray or even experience reluctance to pray? Distractions during prayer are experienced by everyone who prays.

#509: Isn’t praying a flight from reality? Someone who prays opens his eyes for reality as a whole. From God he receives the strength to cope with reality.

#510: Is it possible to pray always? Prayer is always possible. Prayer & life cannot be separated.

#511: What are the words of the Our Father?

#512: How did the Our Father come about? The Our Father came about at the request of one the disciples, who wanted to learn from Jesus how to pray.

#513: What structure does the Our Father have? The Our Father consists of seven petitions to our merciful Father in heaven.

#514: What position does the Our Father hold among prayers? The Our Father is “the most perfect prayer” and the “summary of the whole Gospel”.

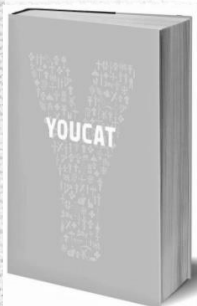
#515: Where do we get the confidence to call God “Father”? Because Jesus has called us to a close relationship with himself.

#516: How can people say “Father” to God if they have been tormented or abandoned by their earthly father / their earthly parents? We must purify our image of God from all our own ideas so as to encounter God.

HOW SHOULD I PRAY AND WHY IS IT HARD?

PREP & PLAN THE ACTIVITY

This section is meant to be a guide to help you prepare the activity for your team



#517: How are we changed by the Our Father? The Our Father allows us to discover joyfully that we are children of one Father.

#518: If the Father is “in heaven”, where is that heaven? Heaven is wherever God is. The word “heaven” does not designate a place but, rather, indicates God’s presence.

#519: What does it mean to say, “Hallowed be thy name”? To “hallow” or to treat God’s name as something holy means to place him above everything else.

#520: What does it mean to say, “Thy kingdom come”? We call for Christ to come again.

#521: What does it mean to say, “Thy will be done on earth as it is in heaven”? We pray that on earth and in our own heart it may become as it already is in heaven.

#522: What does it mean to say, “Give us this day our daily bread”? The petition about our bread makes us people who await everything from the goodness of our heavenly Father.

#523: Why does man not live on bread alone? Men have a spiritual hunger that cannot be satisfied by material means.

#524: What does it mean to say, “Forgive us our trespasses, as we forgive those who trespass against us”? The mercy that we show to others and the mercy that we ourselves seek is indivisible.

#525: What does it mean to say, “Lead us not into temptation”? Because every hour we are in danger of falling into sin, we beg God not to leave us defenseless in the power of temptation.

#526: What does it mean to say, “Deliver us from evil”? “Evil” in the Our Father does not mean a negative spiritual force or energy, but rather Evil in person, or the devil.

#527: Why do we end the Our Father with “Amen”? Christians and Jews alike from ancient times have concluded all their prayers with “Amen”, thereby saying, “Yes, so be it!”

PREP & PLAN THE ACTIVITY

This section is meant to be a guide to help you prepare the activity for your team

DON'T FORGET!

Make sure to print out the Meeting Guide handouts from the Team leader Resource Center online prior to the meeting.

File Name: HS-Bk3-Yr2-Week1-Meeting-Guide.pdf

BOOK THREE
YOU CAT WEEK 1 MEETING GUIDE

HOW SHOULD I PRAY & WHY IS IT HARD?

#500 ARE THERE VARIOUS WAYS TO PRAY? Yes, there is vocal prayer, meditation, and contemplative prayer. All three ways of prayer presuppose recollecting one's mind and heart.

#493 WHAT ARE THE CHARACTERISTICS OF CHRISTIAN PRAYER? Christian prayer is prayer in the attitude of faith, hope, and charity. It is persevering and resigns itself to the will of God. Someone who prays as a Christian steps at that moment out of himself and enters into an attitude of trusting faith in the one God and Lord; at the same time he places all his hope in God—that HE will hear, understand, accept, and perfect him. St. John Bosco once said, "To know the will of God, three things are required: prayer, waiting, taking counsel." Finally, Christian prayer is always an expression of love, which comes from Christ's love and seeks the divine love.

#497 WHY DOES IT HELP TO TURN TO THE SAINTS WHEN WE PRAY? Saints are people who are aflame with the Holy Spirit; they keep God's fire burning in the Church. Even during their earthly life, the saints prayed ardently, in a way that was contagious. When we are close to them, it is easy to pray. Of course, we never worship saints; we are allowed, though, to call on them in heaven, so that they may present petitions for us at the throne of God. Around the great saints developed particular schools of spirituality, which like the colors of the spectrum all point to the pure light of God. They all start with a fundamental element of the faith, so as to lead—in each case by a different gate—to the center of the faith and devotion to God. Thus Franciscan spirituality starts with poverty of spirit, Benedictine spirituality with the praise of God, and Ignatian spirituality with discernment and vocation. A spirituality to which someone feels attracted, depending on his personal character, is always a school of prayer.

#499 WHEN SHOULD A PERSON PRAY? From the earliest times Christians have prayed at least in the morning, at meals, and in the evening. Someone who does not pray regularly will soon not pray at all. Anyone who loves another person and all day long never gives that person a sign of his love does not really love him. So it is with God, too. Anyone who truly seeks him will keep sending him signals of his longing for his company and friendship. Get up in the morning and give the day to God, asking for his blessing and to "be there" in all your meetings and needs. Thank him, especially at mealtimes. At the end of the day, place everything into his hands, ask him for forgiveness, and pray for peace for yourself and others. A great day—full of signs of life that reach God.

HOW SHOULD I PRAY AND WHY IS IT HARD?

PREP & PLAN THE ACTIVITY

ACTIVITY QUICK OVERVIEW:

DYNAMIC ACTIVITY

VIDEO



VIDEO ANSWERS – This week includes 3 YouTube videos.



ANSWERS

DISCUSSION ABOUT YOUCAT NUMBERS

FUN ACTIVITY SUGGESTION (OR SPORTS)



MALLOW MUG MAGIC! – Team members will compete to see who can catapult a marshmallow in the air and catch it with a mug. Each member will have 60 seconds to catch as many as they can.

MATERIAL YOU NEED:

VIDEO ANSWERS



1. A computer, tablet or smart phone or projector to watch YouTube videos

2. Video clips from the YouTube Team Leader Playlist Year II at www.YouTube.com/Conquestclubs

DISCUSSION ABOUT YOUCAT NUMBERS

1. YouCat Meeting Guide Sheet – Book 3 – Week 1 printed out for each member.

MALLOW MUG MAJIC!

1. A bag of regular size marshmallows
2. 10 paper plates
3. A broom (preferably with a short stick)
4. A large mug or cup.
5. A table

WHAT RESOURCES ARE AVAILABLE ONLINE?



FILE NAME: HS-Bk3-Yr2-Week1-Meeting-Guide.pdf

ATTENDANCE & OPENING PRAYER

TEAM ACTIVITY TIMELINE

1	ATTENDANCE & OPENING PRAYER	-5 MIN
2	EXPERIENCE: ACTIVITY	-15-20 MIN
3	CONNECT: TO CHRIST- GOSPEL REFLECTION TO THE SAINTS- INSPIRATIONAL STORY	-15-20 MIN
4	DECIDE: COMMITMENTS	-5 MIN
5	APOSTOLIC PROJECT WORK	-20 MIN
6	SPORTS / FUN ACTIVITY	-30 MIN

ATTENDEES

DATE:

NAME	MEMBER BOOK	T-SHIRT
1.		
2.		
3.		
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10.		

OPENING PRAYER

Ask a team member to lead the opening prayer (Invocation of the Holy Spirit) in the Conquest Member book. Ask the boys if they have any special intentions.



Remind your team members to use their Conquest member books to record notes!

WEEK # 1

1. 2 3 4 5 6

HOW SHOULD I PRAY AND WHY IS IT HARD?

EXPERIENCE: DYNAMIC ACTIVITY



Remember – the activity is supposed to help the boys have an experience that leads them to answer the question of the week.

DYNAMIC ACTIVITY: VIDEO ANSWERS



Watch the videos on the Conquest YouTube Channel – Team Leader Resource Playlist Year II which touch on the topic of the week. You can choose the ones that you think would best reach your team. After watching the videos, get their feedback and how they think the videos relate to the question of the week.

VIDEO



ANSWERS

1. CHOOSING PRAYER - YOUCAT

Video - HS-BK3-YR2-Week1 – Choosing Prayer YouCat

2. PRAY FOR ME

Video - HS-BK3-YR2-Week1 – Pray For Me

3. OUR TEENS ON PRAYER

Video - HS-BK3-YR2-Week1 – Our Teens on Prayer

NOTES

EXPERIENCE: DYNAMIC ACTIVITY



Remember – the activity is supposed to help the boys have an experience that leads them to answer the question of the week.

DYNAMIC ACTIVITY:



DISCUSSION ABOUT YOUCAT NUMBERS

EXPLANATION: Since this is year we are focusing on doing a YOUCAT study , we will take a moment each week to actually talk to your team about the question of the week and the numbers from the YOUCAT found on this weeks **Meeting Guide Sheet**.



1. The first thing to do is to read the numbers from the YOUCAT with everyone. You can assign each guy to read one of the numbers.
2. After each number ask if anyone has any questions about what it means. Give examples of things you maybe did not understand at first and take advantage of the definitions and explanations found throughout the YOUCAT in the margins to help you to better explain.
3. Ask how each number of the YOUCAT helps answer the question of the week. Go through and help them see that the Church does help us find answers to our deepest questions.

NOTES

HOW SHOULD I PRAY AND WHY IS IT HARD?

CONNECT: TO CHRIST - GOSPEL REFLECTION



Remember – the gospel reflection is a moment to help the boys understand how Jesus responded to the question of the week with his life or his words in the gospel.

Choose one of the boys to read the passage.

GOSPEL READING:

MATTHEW 6: 5-15



When you pray, do not be like the hypocrites, who love to stand and pray in the synagogues and on street corners so that others may see them. Amen, I say to you, they have received their reward. But when you pray, go to your inner room, close the door, and pray to your Father in secret. And your Father who sees in secret will repay you. In praying, do not babble like the pagans, who think that they will be heard because of their many words. Do not be like them. Your Father knows what you need before you ask him. This is how you are to pray: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread; and forgive us our debts, as we forgive our debtors; and do not subject us to the final test, but deliver us from the evil one. If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions.

GOSPEL INSIGHTS:

EXPLAIN THE GOSPEL PASSAGE TO YOUR TEAM SO THAT THEY CAN BETTER UNDERSTAND THE LIFE OF JESUS

In this passage, Jesus speaks very openly with his apostles about how to pray. They would see Jesus praying to his Father at different moments in the day and sometimes all night. They realized that if Jesus was the Son of God and he prayed that often, they also need to pray. Personal prayer to God was a new concept for the apostles. They had grown up in their Jewish religion praying the psalms and hymns from the Old Testament, but probably did not do much personal heartfelt prayer to God, the Father. Jesus gives them some basic tips about how to really communicate with God. First, he says that they should not pray because they want other people to see them pray or because they think everyone expects it of them. They should pray because they want to talk to God. He tells them to go somewhere private and quiet. That place may be a physical inner room or maybe Jesus was speaking about going to the inner room of your heart where you can hear God's voice. Jesus gives them an example of how to pray in the Our Father, honestly presenting their needs.

CONNECT: TO CHRIST - GOSPEL REFLECTION



Remember – the gospel reflection is a moment to help the boys understand how Jesus responded to the question of the week with his life or his words in the gospel.

Choose one of the boys to read the passage.

REFLECTION QUESTIONS TO TALK ABOUT:



1. Why do you think Jesus' apostles asked him how to pray?
2. What do you think it was like to see Jesus pray to his Father?
3. As Catholics we believe in praying together in Church. Jesus speaks of this in another passage, where 2 or 3 are gathered in his name, he is in their midst. So how is it possible for us to pray in a group but still be praying personally to God?
4. How many petitions to God are included in the Our Father prayer?
5. Do you have a place where you can go to pray in private to God?
A place free of noise and distractions?

HOW DID CHRIST HELP US ANSWER THIS WEEK'S QUESTION IN THIS PASSAGE?

Christ answers the question directly in the passage by his words and advice on how to pray to his Father. If prayer was necessary and such a part of Jesus' life, we should also learn to pray and speak with God. We have to remember not to just say words, but to truly speak from the depths of our hearts.

HOW SHOULD I PRAY AND WHY IS IT HARD?

CONNECT TO OTHERS: IT'S NOT ONLY YOU



Remember – the goal of this moment is to help the boys realize that they are not the only ones who have dealt with this question. Share the story of the saint or other inspirational story.

INSPIRATIONAL STORY:

CARLOS ACUTIS



In October of 2006, Carlo Acutis was 15 years old and was fading fast from leukemia. He was from Milan, Italy and touched family members and friends with his witness of offering the sufferings of his illness for the Church and the Pope. His testimony of faith, which could lead to his beatification in the coming years, has moved Italy. There is a book written on his life called “The Eucharist: My Road to Heaven: A Biography of Carlo Acutis”.

According to the publishers, Carlo “was a teen of our times, like many others. He tried hard in school, with his friends, and he loved computers. At the same time he was a great friend of Jesus Christ, he was a daily communicant and he trusted in the Virgin Mary. Succumbing to leukemia at the age of 15, he offered his life for the Pope and for the Church.

Those who have read about his life are moved to profound admiration. The book was born of a desire to tell everyone his simple and incredible human and profoundly Christian story.” “As a little boy, especially after his First Communion, he never missed his daily appointment with the Holy Mass and the Rosary, followed by a moment of Eucharistic adoration,” recalls his mother, Antonia Acutis. “With this intense spiritual life, Carlo has fully and generously lived his fifteen years of life, leaving a profound impact on those who knew him. He was an expert with computers, he read books on computer engineering and left everyone in awe, but he put his gift at the service of others and used it to help his friends,” she added. “His immense generosity made him interested in everyone: the foreigners, the handicapped, children, beggars. To be close to Carlo was to be close to a fountain of fresh water,” his mother said.

CONNECT TO OTHERS: IT'S NOT ONLY YOU



Remember – the goal of this moment is to help the boys realize that they are not the only ones who have dealt with this question. Share the story of the saint or other inspirational story.



When the doctor that was treating him asked him if he was suffering a lot, Carlo answered: ‘There are people who suffer much more than me!’ ‘His faith, which was unique in such a young person, was pure and certain. It made him always be sincere with himself and with others.

He showed extraordinary care for others; he was sensitive to the problems and situations of his friends and those who lived close to him and were with him day to day,” Carlo Acutis “understood the true value of life as a gift from God, as an effort, an answer to give to the Lord Jesus day by day in simplicity,” His process for canonization will begin shortly.

VIDEOS OR WEBSITES WITH MORE INFO



http://www.catholic.org/international/international_story.php?id=25764

HOW SHOULD I PRAY AND WHY IS IT HARD?

DECIDE: TEAM COMMITMENT



LEAD YOUR TEAM TO COME TO A DECISION TO LIVE THEIR LIVES DIFFERENTLY AFTER THIS WEEK'S ACTIVITY...

WHAT WAS THE QUESTION WE STARTED OUT WITH?

How should I pray and why is it hard?

WHAT DID WE FIND OUT? WHAT WAS OUR ANSWER?

We need to pray even though it is sometimes hard because we need God and we will only be happy if we respond to his love. The YOUCAT numbers explain the importance of prayer and how the Our Father is the perfect prayer. The gospel shows us that Jesus prayed often and taught his apostles to pray as well.

SUGGESTIONS FOR PERSONAL COMMITMENTS

Every day I have the opportunity to give God time in prayer.

WHAT IS SOMETHING WE CAN WORK ON TOGETHER AS A TEAM AND PUT THIS INTO PRACTICE?

We can all commit as a team to all pray at least 5 minutes in the morning, and 5 minutes in the evening. Personal prayer time talking with God free from noise and distractions.

OUR TEAM COMMITMENT FOR THIS WEEK:

PROJECT PLANNING



THIS WEEK'S ACTION ITEMS

WHO	ACTION ITEM	NOTES
	<p>Brainstorm: What kind of mission can you do? Visit www.missionyouthmissions.org to see some high impact international missions. Perhaps you could plan one for the summer or fall? What about a Holy Week Mission? This type of Mission Youth Mission is about going door to door inviting people back to the Church and Holy Week activities and Easter Sunday Mass. What about serving the poor in your community?</p>	
	<p>Plan: Decide on a type of mission you would like to do, and begin planning the location and date(s).</p>	

HOW SHOULD I PRAY AND WHY IS IT HARD?

SPORTS / FUN ACTIVITY



You have the option of playing anything your team wants, such as regular or traditional sports. The important thing is to ensure the boys have physical activity.

FUN ACTIVITY: MALLOW MUG MAGIC

CHECK IT OUT:



Can you catapult a marshmallow in the air and catch it in a mug? This game is about learning how to concentrate and how practice makes perfect.

MAKE IT HAPPEN:

1. Set up a paper plate so that it hangs halfway off the table with a marshmallow centered on the portion of the plate covering the table. Setup multiple plates and marshmallows along the edge of the table. (about 10)
2. Use tape or other item to create a start line about 5 feet from the plates.
3. Divide the team into two for a competition.
4. Each member on the team should have a chance trying to use a broom to hit a paper plate (on a table with a marshmallow on it), catapulting a marshmallow into the air, then catching the marshmallow in a cup or mug. Sound impossible? It is not. Give each person 60 seconds to try to get one as many as they can in the mug. When the clock starts, the player places broom bristle side down, and uses the handle so it makes contact with the plate. The marshmallow should catapult into the air and the player must attempt to catch it in the mug. They must catch it behind the line. If a player's hand makes contact with a marshmallow, the attempt does not count. Let some of them try to hold onto the broom and do it. A simple tip is that they can let go of the broom once it hits the plate so they can concentrate on catching the marshmallow with the cup. (It is easier to focus on catching without the broom in the other hand.) It may also help if the table is bar height or the broom is short.
5. Once everyone has had a chance to try on the team, the other team takes their turn.

WRAP IT UP:

Take a moment after the game to talk to the team about what this game has to do with prayer. At first glance, the idea of getting a marshmallow into a cup by catapulting it off a plate with a broom, sounds like an impossible thing to do. But someone was able to do it! Why? With concentration and repeating it over and over again, it happened. Other things that helped us be successful at this game was to focus

WRAP UP AND CLOSING PRAYER

on one thing at a time and not try to hold onto the broom and the cup. Prayer is a lot like the Marshmallow Mug Magic game. We may think that we just can't learn to pray because of one reason or another. If we concentrate and try over and over again, we will get the hang of it and be able to connect with God. Sometimes we give up after just one try and not realizing that it takes practice. We also need to focus on just one thing in prayer : God. We don't need to be holding onto other things that distract us. We need to let go of them and just talk to him. Nothing can be more important than learning to speak to God and have a friendship with him so taking time to learn how to do that needs to be a top priority in our lives. The more time you put into prayer, the closer you will be to God.

NOTES

CLOSING PRAYER

V: We give you thanks Almighty God for all your gifts, living and reigning now and forever.

R: Amen.

V: Christ our King!

R: Thy Kingdom come!

V: Mary Most Pure, Queen of the Family!

R: Pray for us!