

PRE-NCYC SESSION

PRAYER (2 MINUTES)

- Begin the session with a quick prayer, either from the leader or a volunteer.

ACTIVITY (15 MINUTES)

- Choose between Activity A or Activity B (see below). Explain to the group the activity that you chose before getting started.

ACTIVITY A: WHO AM I?

Write the names of saints, celebrities, or other people on a notecard or piece of paper and tape them to each player's back. When it's each player's turn, time them to see how long it takes to guess the name of the person on their back. They'll try to figure out by asking the members of the group questions that will give them clues, but the group can only answer "yes" or "no." Each player only has three guesses as to who the person is. Whoever guesses their identity the fastest wins. (Note: You can also have each player sit in a chair at the front of the room facing the rest of the group when it's their turn and write their identity on a whiteboard behind them for the rest of the group to see rather than putting their identity on their back). (YDisciple)

ACTIVITY B: HEAD, SHOULDERS, KNEES, AND CUP!

Have the players pair up and place a cup on the ground between them. If you don't have cups on hand, players can use a shoe or any other item you have on hand. The leader begins the game by calling out body parts: head, toes, earlobe, hips, nose, etc. Don't be afraid to be creative! Both players must touch their own head, toes, etc., immediately after it is called out. At some point, the leader will call out CUP rather than a body part. The first of the pair to grab the cup wins that round and moves on. Remaining players then pair up to play another round. This continues until you are left with one winner. If you have a smaller group, consider making face-offs between each pair, and the best two out of three wins the game. (YDisciple)

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LECTIO DIVINA (30 - 35 MINUTES)

- Divide the group into small groups. If unable, a large group will also work.
- Pass out the handout titled “Pre-NCYC Handout.” Have each teen write their name on top of the paper.
- Ask for four volunteers to read the scripture passage aloud to the group. **(Note: It might be beneficial for the volunteers to read over the passage on the handout before the group gets started.)**
- Explain Lectio Divina.

Lectio Divina means holy or divine reading that can be used as a prayer tool to better understand God’s Word through scripture. It is a practice used by Benedictine monks, but has been widely adopted by many Catholics today. **Lectio Divina has four parts: lectio (reading), meditatio (meditation), oratio (prayer), and contemplatio (contemplation).** There is no right or wrong way to pray using Lectio Divina. The most important parts are reflection and listening to God’s Word through scripture.

BEGIN LECTIO DIVINA:

- **Lectio (Reading):** The first volunteer reads the scripture passage. Ask the group if a particular word or phrase spoke to them. Invite the teens to share with their small group.
- **Meditatio (Meditation):** The second volunteer reads the scripture passage. Tell the group to take some time to read the questions and write their answers on the handout. Do this before having the teens share in their small group.
 - Do you feel disconnected from your parents, friends, or at your school? If so, explain how.
 - Do you feel unworthy? What happened when this unworthiness started?
 - Do you feel unsure or lost? What is the biggest struggle you are facing right now that makes you feel unsure or lost?
 - Do you feel broken? How is this brokenness affecting your life?
 - Do you feel without purpose? Where do you feel God calling you to in your life?

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- **Oratio (Prayer):** The third volunteer reads the scripture passage. Tell the group to take some time to read the question and write their answer on the handout. Do this before having the teens share in their small group.
 - Regarding the things that you shared, what is God saying to you in the scripture passage?

After the group has shared, take some time in prayer by having the teens close their eyes (if comfortable) and begin to think about what they want to say to God. **(Note: Feel free to play a song that will help to make this a prayerful time.)**

- **Contemplatio (Contemplation):** The fourth volunteer reads the scripture passage. After a brief moment of silence, the leader will read and invite the teens to reflect on the following statements:
 - Do you feel disconnected? You are **CHOSEN** through **BAPTISM**.
 - Do you feel unworthy? You are **TRANSFORMED** through the **EUCCHARIST**.
 - Are you unsure or feeling lost? You are **ANOINTED** through **CONFIRMATION**.
 - Are you feeling broken? You are **HEALED** through **RECONCILIATION**.
 - Do you feel without purpose? You are **CALLED** through your **VOCATION**.

After reading the statement, remind the teens that even though they may feel disconnected, lost, or unworthy, Christ will be waiting for them at NCYC and in the sacraments that they will participate in. They might feel overwhelmed or anxious to go to NCYC, but they must never forget that God's hand is reaching out to them and is ready to take on anything they have to offer.

Next, invite the youth to take some time to sit with God's presence and all that was revealed to them through His Word. Feel free to play a song again to provide a prayerful and relaxing space.

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- **CLOSING (5 MINUTES)**

- Ask the teens if they would like to share anything that they learned while praying using Lectio Divina.
- End the session with a prayer, possibly asking for prayer requests that individuals can pray for during NCYC.
- Collect the handouts as they will be used for the post-NCYC session after they have returned from the conference.
- End the session with a prayer.

