

Faith Sharing With Teens

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1. What is Faith Sharing?

- Connecting our stories with The Story of our faith
- **Rooted** in personal experiences
- **Proclaimed** through storytelling
- **Celebrated** in community

2. Why Faith Sharing with Teenagers?

- Developmentally ready – moving from concrete to abstract thinking
- Teens are and need to be relational
- Fosters identity development and searching faith
- Transforming power of story
- Cathartic
- Educational

3. Strategies for Faith Sharing with Teens

- **Lectio Divina:** Word → word → Word → words → Prayer
- **Life Themes:** Story → Sharing → Scripture → Prayer
- **Cross Moments:** When our daily lives intersect with God's Presence = Recognition
- **High/Low:** Sharing the best/worst or high/low moments from the week (good for JH)
- **Object and Images:** Uses numerous pictures, objects, road signs, song or movie lists and asks each to select 1 best represents where they are right now.
- **Guided Meditations:** with or without an object focus, followed by sharing.

4. Important Rules to Keep in Mind

- Keep group size between 6-10 for maximum effectiveness
- Environment is critical – lower lights, move to floor circle, create sacred space
- Provide time to reflect prior to sharing (notebooking, meditational music, song or art)
- Use mutual invitation process so all are invited.
- Remind all it's a time for SHARING – not debating, discussing or cajoling.
- Leader is the one responsible for making the God Connection through prayer.