

POST-NCYC HANDOUT

READING

EXODUS 3:1-16

“Meanwhile Moses was tending the flock of his father-in-law Jethro, the priest of Midian. Leading the flock beyond the wilderness, he came to the mountain of God, Horeb. There the angel of the LORD appeared to him as fire flaming out of a bush. When he looked, although the bush was on fire, it was not being consumed. So Moses decided, “I must turn aside to look at this remarkable sight. Why does the bush not burn up?”

When the LORD saw that he had turned aside to look, God called out to him from the bush: Moses! Moses! He answered, “Here I am.” God said: Do not come near! Remove your sandals from your feet, for the place where you stand is holy ground. I am the God of your father, he continued, the God of Abraham, the God of Isaac, and the God of Jacob.

Moses hid his face, for he was afraid to look at God. But the LORD said: I have witnessed the affliction of my people in Egypt and have heard their cry against their taskmasters, so I know well what they are suffering. Therefore I have come down to rescue them from the power of the Egyptians and lead them up from that land into a good and spacious land, a land flowing with milk and honey, the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Gergashites, the Hivites and the Jebusites. Now indeed the outcry of the Israelites has reached me, and I have seen how the Egyptians are oppressing them. Now, go! I am sending you to Pharaoh to bring my people, the Israelites, out of Egypt.

But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?” God answered: I will be with you; and this will be your sign that I have sent you. When you have brought the people out of Egypt, you will serve God at this mountain.

“But,” said Moses to God, “if I go to the Israelites and say to them, ‘The God of your ancestors has sent me to you,’ and they ask me, ‘What is his name?’ what do I tell them?” God replied to Moses: I am who I am. Then he added: This is what you will tell the Israelites: I AM has sent me to you.

God spoke further to Moses: This is what you will say to the Israelites: The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you. This is my name forever; this is my title for all generations. Go and gather the elders of the Israelites, and tell them, The LORD, the God of your ancestors, the God of Abraham, Isaac, and Jacob, has appeared to me and said: I have observed you and what is being done to you in Egypt.”



POST-NCYC HANDOUT

LECTIO DIVINA

Lectio (Reading):

- After reading the scripture passage, does a word or phrase speak to you?

Meditatio (Meditation):

- After reading the scripture passage for a second time, what is God saying to you?

Oratio (Prayer):

- After reading the scripture passage for a third time, what do you want to say to God?

Contemplatio (Contemplation):

- After reading the scripture passage for the last time, take some time to sit with God's presence and all that was revealed to you through His Word.

Reflection

- I was disconnected; Baptism chose me for Christ by...
- I was feeling unworthy. Eucharist transformed my understanding of...
- I felt unsure or lost. I am anointed with the gift of _____ through Confirmation.
- I was broken. Through Reconciliation, I am now healed from...
- I felt without purpose. I now feel called to...

POST-NCYC SESSION

PRAYER (2 MINUTES)

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

ACTIVITY (10 MINUTES)

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

ACTIVITY A: FACT OR FICTION?

Ask everyone to write on a piece of paper THREE things about themselves which may not be known to the others in the group. Two are true and one is not. Taking turns, they will read out the three 'facts' about themselves, and the rest of the group votes on which are true and which are false. This simple activity is always fun and helps the group and leaders get to know more about each other. (Knox, 3)

ACTIVITY B: TALL STORIES

The leader starts a story with a sentence that ends in SUDDENLY. The next person then has to add to the story with his or her own sentence that ends in SUDDENLY. Continue the story until everyone has contributed. The story becomes crazier as each young person adds their sentence. Tape it and play it back if you want! For example, 'Yesterday I went to the zoo and was passing the elephant enclosure when SUDDENLY.....' (Knox, 10)

SMALL GROUP SHARING (5 MINUTES)

- Divide the group into small groups. If unable, a large group will also work.
- While in their small group, have each individual share one thing they learned about themselves during NCYC.

POST-NCYC SESSION

LECTIO DIVINA (15 MINUTES)

- Pass out the handout titled “Post-NCYC Handout.”
- Explain to the teens that they will be praying using Lectio Divina again on the same scripture passage, but this time they will be reading it by themselves.
- The steps are as follows:
 - a. **Lectio (Reading):** After reading the scripture passage, does a word or phrase speak to you?
 - b. **Meditatio (Meditation):** After reading the scripture passage for a second time, what is God saying to you?
 - c. **Oratio (Prayer):** After reading the scripture passage for a third time, what do you want to say to God?
 - d. **Contemplatio (Contemplation):** After reading the scripture passage for the last time, take some time to sit with God’s presence and all that was revealed to you through his Word.

REFLECTION (20 MINUTES)

- Pass out each teen’s handout from the Pre-NCYC Session for each person to review their previous answers.
- After taking some time to review, have the teens answer the following questions on the Post-NCYC Handout:
 - a. I was disconnected; Baptism chose me for Christ by...
 - b. I was feeling unworthy. Eucharist transformed my understanding of...
 - c. I felt unsure or lost. I am anointed with the gift of _____ through Confirmation.
 - d. I was broken. Through Reconciliation, I am now healed from...
 - e. I felt without purpose. I now feel called to...

(Note: It might be beneficial to have some non-distracting music playing in the background.)

- After everyone is finished, have the teens share their answers in their small group.

CLOSING (5 MINUTES)

- Ask the teens if they would like to share one thing that they learned about themselves from the reflection.
- End the session with a prayer asking for prayer requests that individuals can pray for moving forward.