

PRE-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.”



PRE-NCYC HANDOUT

LECTIO DIVINA

Lectio (Reading): The first volunteer reads the scripture passage.

- Does a particular word or phrase speak to you?

Meditatio (Meditation): The second volunteer reads the scripture passage.

- Do you feel disconnected with 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 to make 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?

PRE-NCYC HANDOUT

Oratio (Prayer): The third volunteer reads the scripture passage.

- Regarding the things that you shared, what is God saying to you in the scripture passage?

- After sharing, take some time in prayer and begin to think about what you want to say to God.

Contemplatio (Contemplation): The fourth volunteer reads the scripture passage. Take some time to sit with God's presence and all that was revealed to you through His Word.



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)

PRE-NCYC SESSION

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?

PRE-NCYC SESSION

- **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.

PRE-NCYC SESSION

- **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.

