

## Sharing with Young Adults

In the midst of finding their first apartment, navigating the dating scene, securing that great position and dealing with other challenges, young adults are seeking...seeking answers to those burning questions. "What am I going to do with my life?" "Am I loved?" "Will I ever find balance?"



### ● Tips:

Begin each day with God. Offer prayers for your friends and family members who are struggling to find God in the midst of their questions.

*Extend an invitation! Invite a young adult to a social, spiritual or service event at a local parish. Participating together takes away the isolation.*

*Bring it back to the heart of it all - the Eucharist. Encourage a young adult to spend quiet, reflective time in adoration. Jesus is waiting to share answers to all of their burning questions.*

Help young adults stay tapped in and connected by sharing Archdiocesan resources such as the Young Adult Facebook Page – [www.facebook.com/DCYoungAdult](http://www.facebook.com/DCYoungAdult) and the Archdiocesan Facebook Page – [www.facebook.com/adw.org](http://www.facebook.com/adw.org).

### Making Connections

In addition to seeking answers, young adults are looking for connection. They want assurance that they are not alone, that there is someone out there who is walking the same messy and murky road.

Jesus had conversations along the road. He invited people to join him for dinner. He met people where they were at, began a friendship, and spoke of his Father's love. He invites us today, in our everyday encounters, to do the same.

**Share your faith experience. Don't be afraid to tell your own story - to share the ways you fought and fumbled through those challenging years. Explain the ways the Church has been a source of help.**

The Light is ON  for You.

## Tips for Sharing Your Faith in Christ

Jesus invites every person to something more—a new way of living. We all know people who looked to Jesus at some point. But for one reason or another, they found another way, or lost sight of the truth that Jesus invites us into a relationship. Like any relationship, if not nurtured, it grows cold or ends.

This Lent, ask yourself if you can lead a loved-one or someone you know back to Jesus. Is someone asking you questions about how you cope with crisis, why you go to church, if prayer makes a difference, if you believe there is something more to life?

These kinds of questions invite us to listen and learn more about what our friend is feeling and thinking. Don't worry that you might not be able to answer all the questions the person might have – this is the time for using your own words and sharing your own experience. If it seems right, offer an invitation to the person to join you for Mass or another parish activity. Following Jesus' lead, invite them to come and see.

With fellow Catholics around the archdiocese, join your heart in prayer for those people whom you desire to see come back to the church.

*Gracious and loving God, in this Church of Washington together with all the People of God, you call us to manifest the one, holy, catholic and apostolic Church.*

*Through the Gospel and the Eucharist bring your people together in the Holy Spirit and guide us with your grace so that we may truly renew the face of the earth.*

*Make us a sign of your love for all people, and help us to bear witness to the living presence of Christ in the world, who lives and reigns with you and the Holy Spirit, One God, for ever and ever.*

*Amen.*

### Witnesses to the Light:

"Today, people listen more willingly to witnesses than teachers and if they do listen to teachers, it is because they are witnesses."

(Pope Paul VI)



## Sharing the Faith

*“Is this all there is?”* Some remember this tune as the anthem of their college days. Faced with being turned down for a job, disappointments in life, stagnant relationships, your first AARP invitation, the question lingers. All of us face questions like these from time to time. Are you or someone you know wondering if God is part of the answer?

*“Come and See”* When Jesus saw a hunger in a person, he extended and invitation for the person to come...and see.

Our Lord invites us, not as a command or a dictate, but as an open-ended invitation to see what he is all about. We can offer this same invitation to a family member, friend or co-worker who might be interested in learning more about our faith. By listening to what is on a person’s mind and is in their hearts, we can find the right words. We will know whether to invite them to come with us and spend a few minutes in prayer at a holy hour, or in the quiet of the church to light a candle and make a short prayer, or to participate in a service project. The following tips are both for them and for you.

### Making Connections

We all yearn for more and have an emptiness that we want to fill. Ancient Christian wisdom teaches that only God can fill the emptiness. St. Augustine put it well, “My heart is restless until it rests in you, O Lord.”

We are restless because we are looking for something, but can never seem to find it. Many feel this emptiness and want to fill it. Do you sense an emptiness in yourself? Do you have family members or friends who are looking for more too?

### ● Tips:

*Pray each day, just talk to God about your life. Consider the words of St. Thérèse of Lisieux, “Prayer... is a simple look toward heaven, it is a cry of recognition and of love, embracing both trial and joy.”*

Read a little Scripture each day. For starters, choose short passages from the Gospels or Psalms, perhaps those used in the Mass of the day.

Our parishes have lots of service opportunities for people looking to “give back,” invite the person to join you on a project.

**Pray for those you care about and love, and ask the Holy Spirit to bring you and them into a deeper encounter with Christ.**

**Invite a few friends, alive in the faith and committed to the Church, for coffee or dinner to share their experience of faith.**

## Sharing with Pre-teens and Teens

Witness, Invite, and Engage are key elements in evangelizing young people. The influence of parents, adult role models and peers is primary in sharing the Good News with youth. Recent research on the religious and spiritual lives of Catholic adolescents emphasizes the role of parents and family socialization in forming teenager’s in the faith.

**Witness:** Share the Good News through word and action.

**Invite:** Extend a personal invitation to Mass and youth activities.

**Engage:** Encourage involvement in parish life.

(The Challenge of Catholic Youth Evangelization: Called to be Witnesses and Storytellers, NFCYM Inc. 1993)

### Making Connections

Young people hunger for recognition, purpose, connection, and the holy. In Jesus, these hungers are fed.

Pope Benedict XVI said, “Around you, you hear all kinds of words. But only Christ speaks words that stand the test of time and remain for all eternity.... Only Jesus of Nazareth, the Son of God and of Mary, the eternal Word of the Father born two thousand years ago at Bethlehem in Judaea, is capable of satisfying the deepest aspirations of the human heart.”

(World Youth Day, 2008)

### ● Tips:

**Extend invitations and encourage your teen’s engagement at Mass and parish youth activities.**

**Find opportunities for personal witness to the faith by parents and peers.**

**Include prayer and faith sharing during family meal times.**

**Be an involved parent participating in parish youth ministry activities, serving as a chaperon, youth leader, catechist.**

Seek opportunities for teen involvement in social justice activities in the parish (preparing meals for the local shelter, collecting and distributing clothing for the homeless, participating in pro life activities).