

Session 8: "These, I surrender"

Aim: To identify and recognize the need to surrender the burdens we carry that have blocked our relationship with God.

Scripture: "No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other." Mt 6:24

SESSION 8
THESE, I SURRENDER



Big Group Activity

Stimuli 1: Path to Surrender, short story (attachment 1)

A short story which explores the theme of surrender in two ways: surrender of the imperfections in our lives to God, and the surrender of our entire lives to God.

Stimuli 2: Nooma's Luggage – by Rob Bell

Pre-brief: Participants are first encouraged to spend a minute reflecting on the possible meanings of the word 'luggage' and how it relates to the day's theme.

<http://vimeo.com/10888656>

Reflection PowerPoint: The Other Masters (separate PowerPoint).

Pre-brief: Participants are encouraged to write down their thoughts and reflections throughout the PowerPoint. This PowerPoint aims to further explore other types of 'luggage' and why they obstruct our relationship with God in 6 key areas. Each of the 6 slides will be paused for 1-2 minutes.

Small Group Activity:

1. Based on the 6 areas of slavery from the PowerPoint, group leaders are to guide participants to explore the deeper meaning of each area.
2. To finish, each participant will write down one area they want to specially focus on to surrender, for the next two weeks. They will write it on a supplied floor tile (maybe on a separate sheet of paper to stick on base of tile, which will form a path in the next session. This is symbolic of the story "Path of Surrender." Group members encouraged to mutually pray and support one another on their chosen item.

Tools of the Journey:

Examination of Conscience

Spoken introduction to the purpose and usage of the examination of conscience.

Often it is the burdens and 'masters' that we are not aware of is hampering our relationship with God and with His people. Often using the template of the Ten Commandments, the examination of conscience allows the person to reflect on all areas of their lives, and thus to prepare fully their hearts for the Sacrament of Reconciliation.

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The Other Masters

(Separate PowerPoint)

Intro and Conclusion Slide

- Why must we let go?
- To be attached to something is to be controlled by it, like a slave to a master. But to be attached to God is to be controlled by God, to make Him master!
- "No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other." Mt 6: 24

Slides of 'the other masters.'

- Consider being a slave to **Time** - Why does a clock control how much time we spend with people?
- Consider being a slave to **Expectation** – What things do you only do because you are expected to, at your age?
- Consider being a slave to **Habit** – How much energy do we spend defending our own bad behavioural habits?
- Consider being a slave to **Material possession** – How often do we justify a want as a need?
- Consider being a slave to **Noise** – How many hours of the days are you distracted by "noise" (i.e. sound, visual)?
- Consider being a slave to **Control**– Do you feel God is a steering wheel or a spare wheel in your life?

The world of World Youth Day

To raise awareness of participants on WYD preparation around the world

1. Exploring the heart of JP II, and the heart of World Youth Day
http://www.youtube.com/watch?v=Qj6wzRuM50E&feature=player_embedded
2. The journey of the Pan Australia WYD Flag

Song

In Manus Tuas Pater

(attachment 2)

Taize song

(Latin – Into your hands Father)

In manus tuas Pater

(Into your hands, Father)

Commendo spiritum meum

(I commit my Spirit)

In manus tuas Pater

(Into your hands, Father)

Commendo spiritum meum

(I commit my Spirit)

Prayer

Our Father in Spanish

Padre Nuestro,
que estás en el cielo.
Santificado sea tu nombre.
Venga tu reino.
Hágase tu voluntad en la tierra como
en el cielo.
Danos hoy nuestro pan de cada día.
Perdona nuestras ofensas,
como también nosotros perdonamos a
los que nos ofenden.
No nos dejes caer en tentación y
libranos del mal.
Amén.

Refer to AOY website for voice
recording of the prayer by Camilo

Session 8: These, I surrender

Aim: *To identify and recognize the need to surrender the burdens we carry that have blocked our relationship with God.*

Introduction (5 mins)

1. Song: *In manus Tuas Pater* (Taize song – attachment 2)
2. Introduction to course, today's theme and new members

Stimuli 1: *Path to Surrender, short story (attachment 1) (10 mins)*

A short story which explores the theme of surrender in two ways: surrender of the imperfections in our lives to God, and the surrender of our entire lives to God.

Stimuli 2: *Nooma's Luggage (Video) (15 mins)*

Pre-brief: Participants are first encouraged to spend a minute reflecting on the possible meanings of the word 'luggage' and how it relates to the day's theme.

<http://vimeo.com/10888656>

Reflection PowerPoint: *The Other Masters (separate PowerPoint). (20 mins)*

Pre-brief: Participants are encouraged to write down their thoughts and reflections throughout the PowerPoint. This PowerPoint aims to further explore other types of 'luggage' and why they obstruct our relationship with God in 6 key areas. Each of the 6 slides will be paused for 1-2 minutes.

Theme Slide

- Why must we let go?
- To be attached to something is to be controlled by it, like a slave to a master. But to be attached to God is to be controlled by God, to make Him master!
- *"No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other."* Mt 6: 24

Slides of the other 'masters.'

- *Consider being a slave to **Time** - Why does a clock control how much time we spend with people?*
- *Consider being a slave to **Expectation** – What things do you only do because you are expected to, at your age?*
- *Consider being a slave to **Habit** – How much energy do we spend defending our own bad behavioural habits?*
- *Consider being a slave to **Material possession** – How often do we justify a want as a need?*
- *Consider being a slave to **Noise** – How many hours of the days are you distracted by "noise" (i.e. sound, visual)?*
- *Consider being a slave to **Control**– Do you feel God is a steering wheel or a spare wheel in your life?*

Theme Slide

- Why must we let go?

- To be attached to something is to be controlled by it, like a slave to a master. But to be attached to God is to be controlled by God, to make Him master!
- *“No one can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other.” Mt 6: 24*

----- Break -----

Small Group Discussion (35 mins):

Based on the 6 areas of slavery from the PowerPoint, group leaders are to guide participants to explore the deeper meaning of each area.

To finish, each participant will write down one area they want to specially focus on to surrender, for the next two weeks. They will write it on a supplied floor tile (maybe on a separate sheet of paper to stick on base of tile, which will form a path in the next session. This is symbolic of the story “Path of Surrender.” Group members encouraged to mutually pray and support one another on their chosen item.

Regathering (13 mins)

1. Scripture: “No one can serve two masters” Mt 6:24

Reason for scripture: We only surrender our burdens in order to re-attach to God.

To be attached to our burdens is to be controlled by it, like a slave to a master.

But to be attached to God is to be controlled by God, to make Him master!

2. The world of World Youth Day

- Exploring the heart of Pope John Paul II – and the Heart of World Youth Day:

http://www.youtube.com/watch?v=Qj6wzRuM50E&feature=player_embedded

- The journey of the Pan Australia WYD flag

3. Tools of the Journey (3 mins): An examination of conscience

- *Spoken introduction to the purpose of the examination of conscience.*

Song: *In manus Tuas Pater* (Taize song)

Final Prayer: *Our Father in Spanish*

Attachment 1

Path of Surrender

One day, in sheer desperation and sorrow, Nilu approached Jesus in prayer, head bowed. "Lord, I am helpless and very tired. My heart is restless. Please, come into my life and fill my heart, because I cannot do it alone. I've tried so many times."

And from his heart, Jesus shone his revealing light on Nilu, and she is able to see parts of her life as heavy rocks on her back, crushing and weakening her slowly. Control, fear, pride and regret are but some of these rocks. Then the Lord gently said, "Child, surrender all these rocks to me."

Nilu closed her eyes. Slowly, one at a time, she offers each rock to the Lord. Some rocks, especially the one that represented control, are very hard to let go of, but the light from Jesus encourages her to trust in him.

When Nilu felt she had surrendered everything to the Lord, she noticed she still felt restless and empty, as if part of her was now missing. She slowly opened her eyes and was surprised to see that her rocks had formed a path leading away from her feet. Jesus had built a path between the two of them with the rocks she had surrendered.

Jesus smiled. "Child your heart is still restless, because you need to surrender one last thing to me." Nilu looked at Jesus, confused.

Jesus opened his arms wide. "Will *you* now come to me? Child, will you cross this path and surrender your entire life to me?"

And Nilu smiled with tears of joy, as she proceeded to run across the rocks to Jesus. Never did she take her eyes off the Lord, until she had crossed the path and became filled up with the overflowing love of his embrace.

Attachment 2

In Manus Tuas Pater

Taize song

(Latin – Into your hands Father)

In manus tuas Pater

(Into your hands, Father)

Commendo spiritum meum

(I commit my Spirit)

In manus tuas Pater

(Into your hands, Father)

Commendo spiritum meum

(I commit my Spirit)