



## ‘Come and See’ – Step 1

### What this journey is about

#### Aim

To introduce inquirers to the rClyp journey, the methods and processes used in the Come and See gatherings.

#### Resources needed

Leaders

- *Come and See notes / PPT*
- *PPT laptop and projector or TV*
- *Chosen Video clip*
- *Prayer focus items*
- *Optical Illusions if not using ppt*

Young People

- *Journals and handouts*

#### Prayer Focus

Highlighting the notion of journey:

**Bible** - (*our reference point and comfort*)

**Candle** - (*lit before group arrive*)

**Green cloth** - (*Liturgical season & nature*)

**Well-worn shoes or knapsack** (*journey is ongoing, we bring our past with us*)

**Compass** - (*not sure where it will lead, but the Holy Spirit will guide us*) and /or **torch**

#### Liturgical Link

Prayer begins and ends with the sign of the Cross. Through prayer and reflection on scripture we grow in relationship with God and call on the Spirit to support and strengthen us.

#### Overview

- Linking our story with God's story
- Asking, 'what I have come to see?'
- Reflection and Discernment
- Core Christian beliefs
- Scripture and prayer on the journey

#### Preparation by Catechists

- *Familiarity with content and resources*
- *Readiness to share understanding and experiences of God*
- *Pray for the young people and leaders*

#### Scripture Passages

- John 1:35-39 'Come and see..'
- Matthew 18:20 'Whenever two or three...'
- John 14:6 'I am the way....'

#### Tenets of Faith (Faith Formation)

- Candle - Jesus the light of the world
- Centrality of Jesus the way the truth and the life - leads us to the Father
- Faith to be lived in community
- Companions on the journey
- Sustained by the Eucharist

**\*\*** *Additional notes included on PPT*

## Gathering

### Setting

- Welcome the everyone, hand out name badges and introduce the 'Team'
- Provide a brief explanation of the **Come and See**, purpose and process hand out journals and pens and explain how these will be used.
- Give the overview and aim for today.

### Introductory activity

What do we see – series of optical illusions - images on ppt.

What helps us to see the reality and how might that differ for others?

**Come and See – a journey of discovery** - Chosen 2 min video clip (depending on the age and maturity of the group) Importance of being open and willing to engage.

## Scripture and Reflection

### Activity - *Why are we here?*

Just as the candle is lit, a sign of Jesus' presence amongst us. Candle lit before you arrived as the Holy Spirit has already sparked a flame in your hearts.

### Activity - *Come and See John 1: 35-39*

Invite all present to listen to the passage and consider how it is speaking to them.

Encourage them to consider how they come to be here today.

Questions for reflection and group sharing:

- Why am I here – what prompted me to respond now?
- What is my current and previous connection with the Christian faith and Catholic Church?

Explain that **Come and See** is a journey of discovery and relationship building with God, one another, and the church community it fosters personal and spiritual growth. Our attention is both inward looking and outward focused; we reflect not just on ourselves, but who we are in relation to the world. Sacredness in our sharing – trust each other and respect all that is shared.

Encourage the young people to ask questions as they occur, or make a note in journals for later. Some concepts or language may be unfamiliar, please seek clarification if needed.

## Opening Prayer

This prayer is one of gratitude to the Holy Spirit for giving the young people the courage to respond to God's call and embark on this journey of discovery.

The candle represents Jesus the light of the world. It is lit to acknowledge that Jesus is present with us:

**Matthew 18:20** 'Whenever two or three are gathered in my name, I am with you.'

Refer to the other items on the prayer table – symbols of the journey.

***Together, let us pray***

Lord God,  
 open our minds and hearts  
 that during our time together  
 we begin to grow in relationship with one another and with you;  
 the one who was, who is and who is to come. Amen.

## Going Deeper

**Activity — *Journey into Mystery*** – A Rite of Passage story with questions for reflection and conversation (See Step 1 Resources)

- Invite the young people to listen to the story and allow it to touch their hearts.
- The story is in three sections, following each there will be short pauses to reflect on what has been heard, and consider how it speaks to you.

Explain that the story helps us to recognise the importance of mystery: not everything is what it seems. Appreciating the deeper meaning in simple objects and actions helps us to engage with mystery, which is an important aspect of the Christian faith. The mysteries of our faith are not a problem to solve, but beliefs we accept as true, even though we cannot fully understand them.

The story speaks of spiritual awakening. All people are spiritual beings. Our spirit is the life that God has breathed into us. It is a gift. To grow spiritually means to deepen our appreciation of the spirit that dwells deep within us, and which responds to people and situations around us. Spirituality helps us make sense of our own life and the world in which we live. For Christians, our belief in and connection with God is at the heart of our spiritual growth.

**Activity — *Personal and Spiritual growth***. Individual reflection followed by group sharing on how in daily life we are helped to grow spiritually.

### *Questions to ponder*

- Name the ordinary things in life that are important for your growth as a person.
- Who are the people who have helped you to appreciate there is a God.
- In the past week what has been a surprise for you; good or bad, and how has this helped you to grow as a person?

**Activity — *What is the Christian faith?*** Activity to discover the range of knowledge, experience and perceptions amongst the young people.

### **Introduction**

All World religions have a deity or God figure(s), sacred texts, core beliefs, specific practices, designated leaders, and a mission. Aspects of these we will unpack in the weeks ahead. This activity will help to identify the understanding group members have of Christian beliefs and practices, and of those specific to the Catholic Church.

- Handout – core beliefs and practices worksheet (*Inq\_activity Step 1*)
- 5-7 minutes to work on in pairs / small groups
- Feedback to whole group.
- Unpack the responses as necessary to clarify and distinguish between perceptions and reality.
- Jot down questions to be explored further at another time.

Central to the Christian Faith is belief in Jesus as the way to the Father, the one in whom the truth about how to live can be found. Following him will lead to Eternal life. John 14:6 Jesus said to him, *'I am the way the truth and the life. No one comes to the Father except through me.'*

Faith is to be lived in community, the prayers and the support of the community, our companions on the journey, strengthen us. As humans we all have a need to belong, be accepted, and to contribute; there is a deep spiritual connection within us. Gathering for worship, especially the Eucharistic, brings people closer to God, at Communion receiving Christ provides food for our spiritual journey. This gift of God's grace helps to sustain individuals and their communities.

## Closing Prayer

**Introduction** to St Mary MacKillop of the Cross (or another inspirational Saint)

- Brief time to bring to mind the people of faith who have and continue to inspire us.
- Prayer of St Mary MacKillop of the Cross (*Step 1 handout and ppt*)

Mary MacKillop offered new ways of living the Gospel, in her time, many people today, including the young, do likewise. Offer examples drawing on recent media stories or local events.

As Christians our daily lives must give witness to our faith. The way we approach and deal with individuals in everyday situations speaks to others not only of who we are, but of what is important to us, and of who God is for us.

Many young people today have a particular concern for the environment, ecology and sustainability, others may be passionate about human rights. For Christians belief in God, as the creator of all things, and of the responsibility given to humanity to continue the work of creation is central to spiritual growth. We will discover more of how this unfolds as we journey together.

## Closing Remarks and Next Step

- Check how group are feeling about being here today
- Brief overview of the remaining stepping-stones
- Encourage personal and prayer support of one another and offer to attend Mass with the young parishioners accompanying the inquirers on the journey.
- ✓ Allow plenty of time for socialising at the end of this session