

# *BE NOT AFRAID*

## A RETREAT ON TRUE HAPPINESS

### RETREAT FOCUS:

Our retreat will ask the questions: What is true happiness? How do we live authentically as ourselves without hiding behind the masks of society? What does it mean to live a life of true greatness? How does all of this contribute to community and helping others to find who they really are?

This retreat goes into the deepest desires of the human heart. Desires for happiness, greatness, fulfillment, and true friendship. The youth will go deeper into the roots of these desires and find out they ultimately desire Jesus Christ. They will come to find that “it is Jesus in fact whom they seek when they dream of happiness” and that it is Him alone who will fulfill all their desires (St. John Paul II).

### RETREAT FORMAT:

In order to best serve our students, the retreat will be divided into 4 sessions which will follow the following model:

- 1. Community Building** – We will begin with an activity or game, where the students will have the opportunity to work with one another while having fun, raising the morale of the group. Also, this activity/game will be an intro into the main teachings of the session. This activity serves to gather everyone in thought and focus.
- 2. Evangelization** - Then, a talk will be shared with our students, giving them the opportunity to hear God’s word, His calling them to go deeper in faith, and they will be called on to be better Christians in their everyday life.
- 3. Integration**- Following the talk, through small group discussion and activity, the students will share about what they have heard and begin to make the connection between what was spoken and what is happening in their own lives. The word they have heard begins to have true meaning for them.
- 4. Prayer** – Through a moment of silence, or accompanied by music, the students are invited to pray about what they have felt in their hearts throughout the session. This final piece brings the entire session under God’s light and allows the students to have an intimate moment with God.

## RETREAT GOALS:

Each one of our sessions has a specific goal to which we wish to direct the students thru the various activities. Those goals are the following

1. **Session 1: Dreaming** – The goal of this session is for the students to examine the roots of their desires and dreams and to discover that when they seek happiness, they are seeking Jesus.
2. **Session 2: Shedding Masks** - The goal of this session is for the students to explore the conflict between a desire to put on masks to fit in and Christ’s call to live authentically.
3. **Session 3: Magnanimous** The goal of this session is for the students to learn that the desires they have to do great things, rather than to settle, is a call from Christ. They should be encouraged to act upon this call and desire now, rather than waiting until they are older.
4. **Session 4: Only Human**– The goal of this session is for the students to understand how doing something great with their lives, dropping their false masks, and seeing Jesus as the root of their happiness makes the world better and more human.

# BE NOT AFRAID: A RETREAT ON HAPPINESS

## MASTER SCHEDULE

8:00am Introduction/ Retreat Rules/ Small Group Assignment

### ***Session 1: Dreaming***

8:15am The Song Game

8:35am Talk on Happiness

8:50am Small Group Discussion

9:10am Tree of Dreams (Prayer w/ Music)

9:25am Break

### ***Session 2: Shedding Masks***

9:35am The Blindfold Race Game

9:55am Talk on False Masks

10:10am Small Group Activity and Discussion

10:30am Behind the Mask (Prayer w/ visual aid)

10:50am Break

### ***Session 3: Magnanimous***

11:00am The Saints Video

11:05am Talk on the Call to Greatness

11:20am Small Group Questionnaire and Discussion

11:40am The Call (Commitment Prayer)

11:55am Break

### ***Session 4: Only Human***

12:05pm Boys vs. Girls Song Game

12:25pm Talk on Humanity and Fraternity

12:40 pm Accountability Groups (Small Group Prayer)

12:55pm Final thoughts and dismissal