

Junior High Youth Night



THEME: TRUST IN HIM

*Trust in the LORD with all your heart and lean not on your own understanding;
in all your ways submit to him, and he will make your paths straight. -Proverbs 3:5-6*

Because we were unable to gather in-person for our annual Junior High Rally, the Catholic Youth Coalition Board offers this lesson plan to parishes and ministries to use in their Junior High youth ministry programming as a way for us to create a sense of shared experience, belonging, and to let Junior High youth know that they are loved. Please adapt the lesson plan to fit your ministry.

Schedule

(Prep)	Setup Obstacle Course
2 min.	Welcome & Introduce Theme
3 min.	Opening Prayer
25 min.	Icebreaker
10 min.	CYC Board Youth Witness
15 min.	Small Group Discussion
5 min.	Closing Prayer & Dismissal

Icebreaker: Trust Obstacle Course

- Before meeting, prep an area with chairs, pillows, misc. spread out into an "Obstacle Course." You will also need enough blindfolds for half of your group.
- Proclaim John 9:24-38 - Jesus Heals the Blind Man
- Split into partners. Explain that one partner will be blindfolded. They must navigate the course without touching or talking. If they bump into an item or another person, they must start over.
- Give a brief amount of time for the partners to discuss their strategy.
- Let the students run the course with one partner blindfolded, then switch.

Small Group Discussion Questions:

- Talk about a time when you felt "blind" or lacked trust in God. What did it feel like?
- What are some steps you can take to increase your trust in God?
- What did you hear in the CYC Board's witness that you can relate to?
- What are some steps you can take to increase your gratitude for God's blessings in your life?

Opening Prayer

Come Holy Spirit
Thank you, Lord, for the opportunity to
maintain this community
Thank you for the time we will share together
We pray that our hearts would be open to
receive your Word
We pray that your work would be revealed in us
in everything that we do
Heal us of our blindness so that we can see
each day in your light
Help us to lean on you when we stumble and
hold fast to you when we trip
When we trust in you, our lives are less muddled,
and our hearts less heavy
Draw us closer to you and your vision for our lives
Amen

Closing Prayer

Almighty God, we thank you for safety and health
We thank you for the opportunity to be present
together and study your Word
Help us to recall it in times of difficulty
and in times of doubt
Let us be ready to share it with others so that
they may come closer to you
You grace us with your love and presence
in times of peace and in times of trouble
We pray for all those present and distant,
all those who are awake, and those who are asleep
We pray for all those well and sick
Pour forth your love and protection upon
the youth of the Diocese of Helena
Help us to share your love with one another, reminding
each other that we are one in the Spirit
We pray this through the intercession of your
Blessed Mother (end with Hail Mary)