



# 'Aspire to be more not to have more'

## INTRODUCTION FOR THE ADULT ACCOMPANYING THE YOUNG PEOPLE

The key message of Live Simply:

***"God calls us to look hard at our lifestyles and to choose to live simply, sustainably and in solidarity with the poor. In this way we can help create a world in which human dignity is respected and everyone can reach their full potential. This would be true progress, worth more than economic growth alone."***

In line with the key message this PowerPoint presentation can be used to assist young people to engage with their real situations, judge whether they are good or bad and commit themselves to make a difference.

The session is based around the three central truths of the YCW/Impact:

***The Truth of Faith:*** Each young person is unique with God given dignity and worth.

***The Truth of Reality:*** The reality of young people's lives can contradict this truth of faith.

***The Truth of Method:*** YCW and Impact helps to solve this contradiction so young people can live with dignity and worth.

At the heart of the Truth of Method is the Review of Life, often described simply as SEE, JUDGE, ACT. Young people are encouraged to SEE the real situations in their lives, JUDGE them as young people and in light of their faith, and then ACT to make a difference where necessary. Over a million young people in the YCW meet across the world in groups to follow this method of the Review of Life-SEE, JUDGE, ACT

This same method in this session can be used with any group of young people. We believe that all young people can be leaders in their own lives, leading a life worthy of their vocation as sons and daughters of God. The YCW, is an organisation of young people, run by them, and exists to promote the dignity and worth of all young people so they may know the fullness of life which God has planned for them. (The second section of the PowerPoint can be used on a separate occasion to look at the three truths of the YCW.)

**Getting help from the YCW:** The YCW is coordinated by a National Team. There are also regional teams around the country. Please contact YCW HQ, and we would be delighted to offer you resources and training to suit your needs.

YCW HQ, St Joseph's, off St Joseph's Grove, Hendon, London, NW4 4TY

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# Aspire to be more . . . not to have more

## Focus for the Group Leader

***“Young People are worth more than all the gold in the world  
... because they are sons and daughters of God”.***

Spend a few minutes reflecting on this truth. Young people have everything they need to live life to the full, and this session is designed to enable them to begin to aspire to be more: to be more critically aware of their surroundings, seeing the needs of others and applying the truth of faith to their lives. Only then can young people act to make a real difference, becoming true leaders in life.

Hence, during this session your role is to **accompany** the young people. As far as possible they should lead the session. Your task is to ask questions and enable them to fully engage in the process of SEE, JUDGE, ACT.

## Welcome and Introduction (Slide 1)

Welcome the young people. If they do not know one another you may want to take time to do a group icebreaker.

## Opening Activity: (Slide 2-8)

**Aim: To notice how sometimes we need to look at things with fresh eyes!  
Sometimes we need to be more aware of our surroundings.**

Print out the optical illusions included with these notes (they are also on the PowerPoint). Print them in colour if you have that capability. If not, the majority of the pictures will work in black and white. Take the first few minutes of the session to allow everyone to look at each picture. What do people see? Make sure they look afresh.

Have fun with the colour chart if you have printed it out in colour.

Once everyone has looked, take the picture of the tree. Did everyone spot the baby lying on it's back as in the womb? Most people miss it!

## Opening Prayer: (Slide 9)

Ask a young person to read from Genesis (1:26-27).  
(You may want to ask the group what this passage says about human beings?)

Invite the group to pray the opening prayer together.

(Slide 10)

**“The world is a perfect place. It is a place of justice and good will. In the community where you live, everyone is treated with dignity and respect. We are all given everything we deserve in life. In short we couldn’t improve things even if we wanted to.”**

Ask a young person to read the statement. Look confident as it is being read as if you agree with it. The young people should identify themselves the absurdity of the statement when you ask the question **‘What is your reaction to this?’**

Why is their reaction the way it is? What situations in their communities contradict this statement? Try to draw out general examples of young people who live difficult conditions, e.g. poverty.

(Slide 11)

**‘Each and every day you can transform the world’**

Most young people would have disagreed with the previous statement on Slide 10. Everyone will be able to name examples when someone has not been treated with dignity and respect, or suffered an injustice. Most would therefore agree that the world is not a perfect place and needs to be transformed. But do the young people in your group believe in themselves enough to realize that they can be the means to transform the world?

Ask the question: **Do you believe this?**

If necessary draw out deeper insights through your questions: What does it mean to transform the world? Does transforming one situation make a difference in the world? If a young person living in poverty had his/her world transformed is that not changing the world? Can we do something everyday to make a real difference?

(Slide 12)

**“You are worth more than all the gold in the world ... because you are sons and daughters of God”**

***Joseph Cardijn***

The reason why young people can transform the world is drawn out of our opening prayer- we are created in God’s image and likeness, and as such are invaluable in God’s eyes. We are his sons and daughters, worth more than all the gold in all the world! We truly can make a difference.

## **SEE, JUDGE, ACT (Slide 13)**

If we are going to transform the world we need a method to help us begin. Sometimes situations can seem too big, too immense to contemplate making an impact. All over the world young people use a simple method to look at real situations, judge whether they are right or wrong, and then act to make a difference. This method is called SEE, JUDGE, ACT.

**SEE** – we see the real situation, the whole picture: the facts; the causes; the consequences; the people involved.

**JUDGE** – we reflect in light of our faith. What is right or wrong about this situation? How do we feel about it as young people? How do we feel about it as Christians? What would Jesus do in this situation?

**ACT** - What can we do to make a difference? How can we serve, educate and represent the needs of other young people, helping to affirm their dignity and their worth?

## **SEE (Slide 14)**

Let's use this method for ourselves this session. We'll begin with our own lives. Tell the young people that they are the best experts in their own lives. What issues cause them concern? What situations really get their back up? As an adult companion you cannot fully know their reality, but you can help by accompanying them to help them fully SEE the reality of their situations, and especially the situations of other young people they come into contact with.

Invite the young people to ask one another questions. The slide will help them to enquire into four areas of life.

### **WHAT IS THE WORLD LIKE FOR YOUNG PEOPLE TODAY?**

**What situations cause you concern in young people's lives?**

- **In their family life?**
- **In their leisure time?**
- **In their study/work?**
- **In their local communities?**

**NB: One of the young people should make notes about the situations being identified.**

## **The Causes of Concern (Slide 15)**

Here are noted some common causes of concern for young people. What other causes of concern have you noted? Have a look back over the notes.

## **Choose an Issue (Slide 16)**

**Task:** Invite the group to choose one issue which they have identified. It should be a real issue, something which has actually happened to one of the young people, or involved someone they are in contact with.

Now do a 'proper SEE' on the issue (You need to allow 5-10 minutes for this. Ask the same person to take notes as you continue).

Further questions which will help you as an adult companion accompany the group include:

- *Where did it take place?*
- *Who was involved?*
- *What actually happened?*
- *How often does this occur?*
- *How did/do you feel about it?*
- *What was said? Why did this happen?*
- *Why did people act as they did?*
- *What influences were at work?*
- *How did it affect others involved?*

## **JUDGE (Slide 17)**

Now comes the JUDGE. Here we reflect on the issue chosen in light of our faith, asking what we think about it as young people and as Christians. Then ask a young person to read from John's Gospel (10:10). You may want to read the whole passage?

Further questions which will help you as an adult companion accompany the group include:

- *What is good and what is bad about this situation?*
- *Do you think this is right?*
- *What makes it right or wrong*
  
- *What strikes you in the reading we have heard?*
- *Does being a Christian make any difference in these situations we have shared in our SEE?*
- *How do you think Jesus would have reacted?*

## The Contradiction (Slide 18)

So what have we spotted?

Sometimes the reality of young people's lives contradicts the plan which God has for young people.

We need to solve this contradiction. How?

**We must aspire to be more... not to have more!**

### Be more:

**Aware** of what is going on around you? Be more aware of the reality of your life and the lives of other young people. (SEE)

**Understanding** of the situations you become aware of. Ask yourselves what is right or wrong? What does my faith say? What would Jesus do? (JUDGE)

**Loving** in the way you live so that your life and act to make a difference. If you act together you will be a powerful group, truly transforming the world day by day. (ACT)

## BE MORE – RECEIVE MORE (Slide 19)

If you are more aware, more understanding and more loving (Seeing, judging acting) you will receive more back. **What do you think you will receive back by acting to make a difference?**

## ACT (Slide 20)

So how can you act to make a difference in the situation you have chosen?

Remember to SEE all the situation. Sometimes we think we cannot make a difference to situations. For example, if someone at school, college or work is having problems at home, or in financial difficulty we may not be able to solve their whole situation, but we can still act to transform their world. We can be more **aware** of the consequences of their situation (e.g. loneliness) and **understand** that this is not how God wants young people to live. We can then **act in a loving way** to make a difference (e.g. invite them to join in a group activity). **The smallest actions can make the biggest difference.**

You may want to continue to meet over the next few weeks to plan your action or to repeat this process to SEE more issues, JUDGE in faith, and ACT to make a difference.



## **FULLY ALIVE (Slide 21)**

Concluding slide... When young people live life to the full, the glory of God is seen fully!

The YCW exists to train leaders for life, who live life fully! We are committed to helping you form young Christian leaders for the future.

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## What is YCW and Impact?

### **Young people – living life to the full!**

The Young Christian Workers (16-30 year olds) and Impact (13-17 year olds) is an organisation for young people, run by young people. Our purpose is to help all young people live life to the full.

The mission of the YCW and Impact is lived out among young workers in the working world; whether those in paid or unpaid work, those seeking work, or those studying.

### **Young People - taking responsibility!**

YCW and Impact encourage young people to grow in confidence and responsibility. As they do this, they grow as leaders in their own lives.

### **Young people - growing as leaders in life!**

YCW and Impact train leaders in life. These are people who are actively living life, seeking to put their faith into action in their everyday situations; at work, at home, with friends, in their locality, when studying.

### **Young people - making a difference!**

YCW and Impact exist to make the lives of young people better through our commitment to the fundamental truth that each young person is unique with God given dignity and worth.

### **The method of the YCW and Impact trains young people to organise themselves to reflect together and take action:**

**SEE** – we see the real situation, the whole picture: the facts; the causes; the consequences; the people involved.

**JUDGE** – we reflect in light of our faith. What is right or wrong about this situation? How do we feel about it as young people? How do we feel about it as Christians? What would Jesus do in this situation?

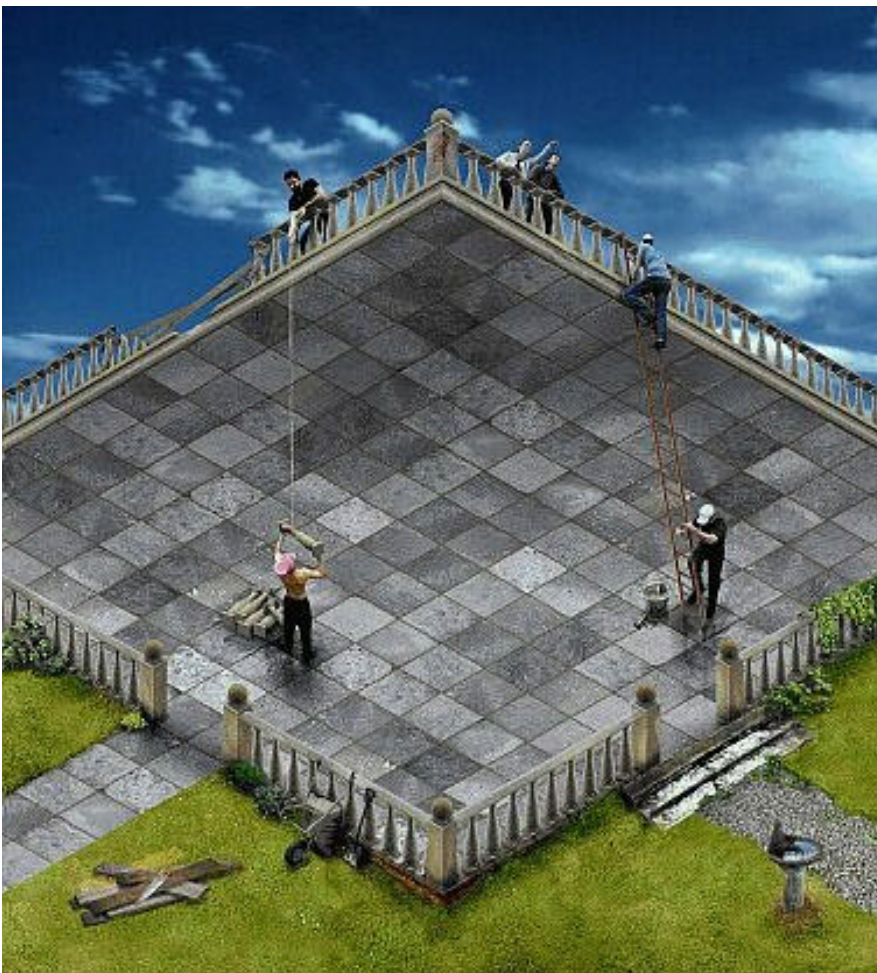
**ACT** - What can we do to make a difference? The action of the YCW and IMPACT serves, educates and represents the needs of other young people, helping to affirm their dignity and their worth.

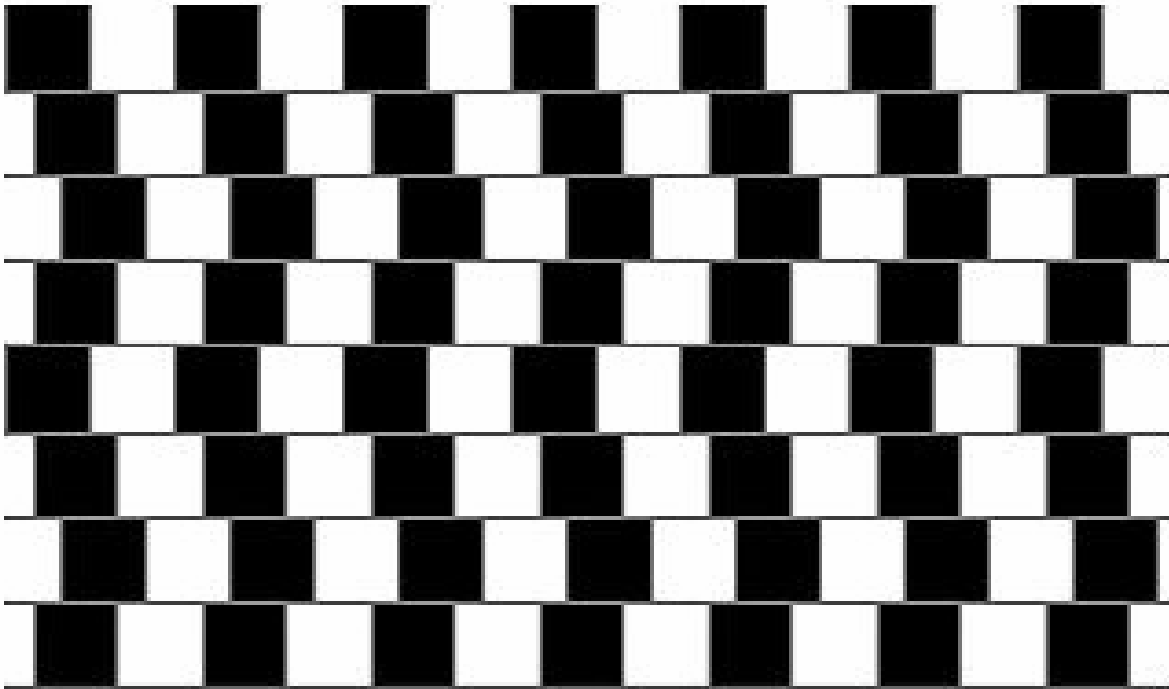
For more details about the YCW or Impact, and how they can help your parish, school or community, please contact YCW HQ:

YCW HQ, St Joseph's, off St Joseph's Grove, Hendon, London, NW4 4TY

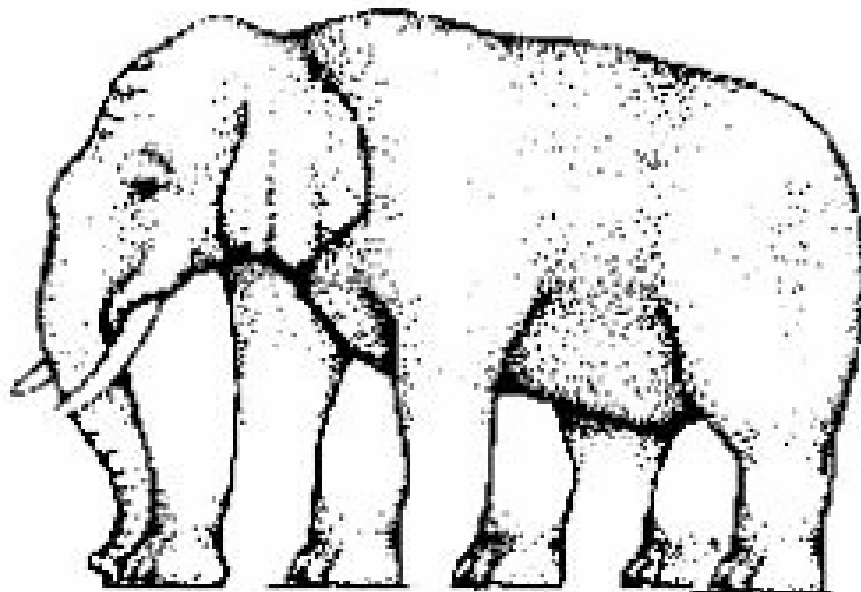
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Are the horizontal lines parallel or do they slope?

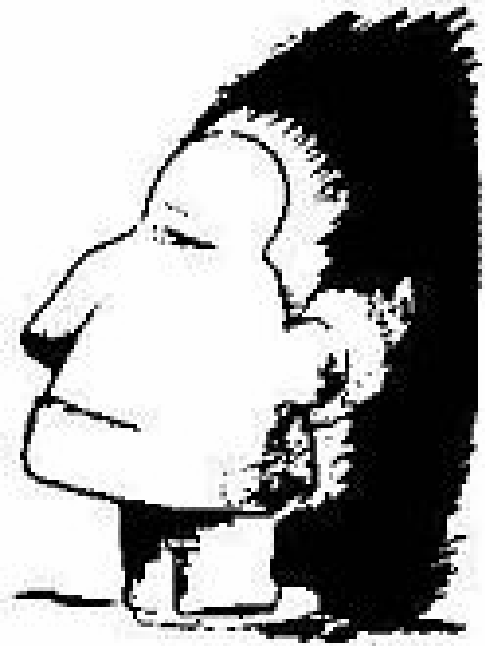


How many legs does this elephant have?



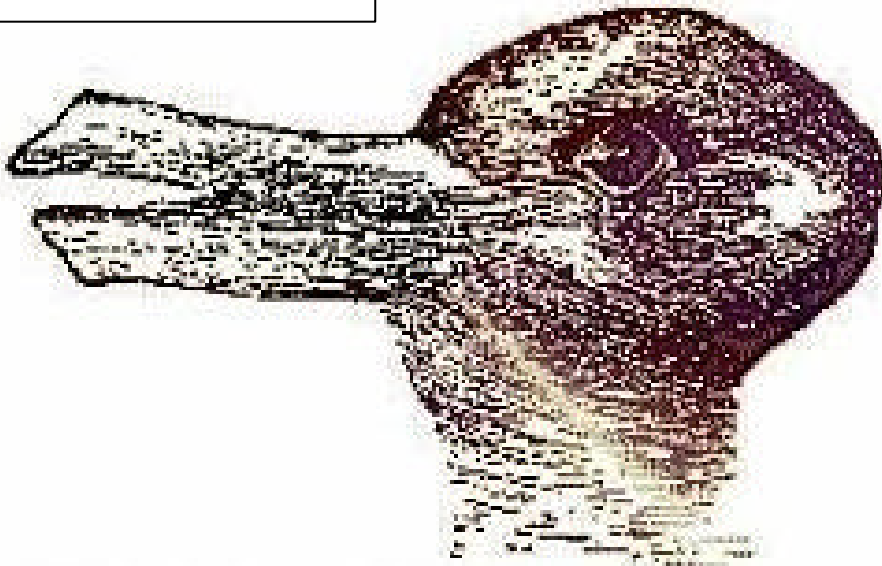
What do you see?

A man playing a saxophone, or a woman in silhouette?



What do you see?

A face of a native American or an Eskimo



What do you see?

A duck or a rabbit?

Look at the chart and say the COLOUR not the word

<b>YELLOW</b>	<b>BLUE</b>	<b>ORANGE</b>
<b>BLACK</b>	<b>RED</b>	<b>GREEN</b>
<b>PURPLE</b>	<b>YELLOW</b>	<b>RED</b>
<b>ORANGE</b>	<b>GREEN</b>	<b>BLACK</b>
<b>BLUE</b>	<b>RED</b>	<b>PURPLE</b>
<b>GREEN</b>	<b>BLUE</b>	<b>ORANGE</b>

### **Left – Right Conflict**

Your right brain tries to say the colour but your left brain insists on reading the word.