

Dear friend of youth,

As the mother of twelve children I can say the materials of Power Trip are just what I wished for my children in our parish youth ministry.

Power Trip **A** & B take middle school, high school, or middle through high school youth:

- Book by book through the New Testament (twice in two years)
- Through major concepts of the Catechism of the Catholic Church
- Through historically pivotal lives of saints

**All interwoven with stories, skits, games and crafts!**

Rose Marie Doyle, executive director **YOU TURNS**

Take a look at the Power Trip **"A"** table of contents and page 1 of three lessons. To download **2 FREE Lesson Plans** go to [www.youturns.org](http://www.youturns.org). For more information Email [youturnsPTL@msn.com](mailto:youturnsPTL@msn.com)

# Power Trip “A” table of Contents

## **About YOU TURNS**

### **Ideas**

### **Registration - Opening night**

### **Steps of the Journey “A”**

#### **1. The Holy Spirit and Fire**

In a candlelight ceremony, the gifts of the Spirit are seen in a new light. Youth representing the apostles hold symbols of gifts of the Spirit mentioned in Scripture, but not the traditional Seven Gifts with which most are familiar. One person representing Christ lights and gives a candle to each representative, pronouncing the gift of the Spirit his or her symbol represents. The Bible study is of John the Baptist at the Jordan announcing the one to come after who will baptize with the Holy Spirit and Fire. The study concludes with a brief look at the Pentecost story in Acts.

#### **2. Forgiveness is Freedom**

Youth who hold signs saying “Guilt” or “Depression”, etc., are escorted to “jail” and then randomly released by the “Forgiveness Angel” who replaces their bondage of unforgiveness with “Clear Conscience”, “Joy”, etc. The Bible Study is Jesus’ parable of the unforgiving servant who ends up in prison with the “tormentors”.

#### **3. To Be Ashamed Would Be A Shame**

Youth adapt popular advertising slogans and invent “God” slogans from which they create stickers to go on books or lockers, etc., to advertise their loyalty to Our Lord. The Bible Study includes Jesus’ words, “Those who are ashamed of Me.... of them the Son of Man will be ashamed when He comes in glory.”

#### **4. A Welcome and a Boot**

Youth perform a skit of Jesus with His mother visiting the synagogue in Nazareth, being greatly admired and then nearly being thrown off a cliff because He claims He is the fulfillment of the scripture He read. The Bible study is this same story in Luke and then looking up the prophecy in Isaiah that Jesus read in the synagogue.

## **5. John 3:16**

To familiarize youth with its use, tonight's **Fun** portion is a race between teams to get right answers from the Catechism of the Catholic Church. Each teammate has opportunity to answer one or two of the ten questions concerning the origins of the scriptures. Correct answers earn pluses, but if incorrect and another team answers correctly, the first team receives a minus. Small Group Bible Study concentrates on the message of John 3:16, which all are encouraged to repeat together from memory as many times as the leader decides.

## **6. Memory Miracle**

A memory game played in a large circle really gets the youth thinking and laughing. Bible Study covers Jesus' plea before the Last Supper to keep His commandments and His promised gift of the Holy Spirit to "remind" us of all that He has taught. It is emphasized that we must learn first (read and know God's word) if we are to be reminded by the Holy Spirit. However, having the gift of the Spirit also boosts our learning of the things of God.

## **7. Power for the Trip**

After playing a game of the youth minister's choice, youth will review the sacraments of Baptism and Confirmation, and the gifts of the Spirit, receiving rewards for what they recall. **Small Groups** study about the first Pentecost as recorded in Acts and the power it imparted to the apostles. They also explore how to imitate the fervor of the first Christians in their lives today.

## **8. The Kingdom or The World?**

During **Friends**, two taste and touch boxes, representing the world and the kingdom, will be offered to all as they arrive. A skit of God speaking to a girl saying the "Our Father" brings home the fact that God's kingdom comes when we open ourselves to His action in our lives. The Bible Study in Romans, chapter 1 reveals the activity of a fallen world, which can no longer recognize truth, even though God's creation reveals it, because of its worldly choices including same sex relationships.

## **9. Sex & Marriage – Follow the Plan**

Spontaneous skits of scriptures on marriage (such as "Do not be unequally yoked.") are performed with random props. The audience guesses the intended scripture and then reads it in unison. Bible Study covers St Paul's teaching on premarital sex, the indissolubility of marriage and the call to celibacy. The closing prayer offers the opportunity to confess and "start over" in regards to chastity, to seek healing in situations of divorce, and to be open to a religious vocation.

## **10. Be Armed and Dangerous (against Satan)**

Freeing those in occult bondage is the task of relay teams who race to tear off strips of duct tape wrapped around volunteers. At the same time they learn to stay away from modern expressions of Satanism. **Small Groups** look at scriptures in 2<sup>nd</sup> Corinthians 10, and Ephesians 6 that expose tactics of the Devil and reveal the armor and battle plan to overcome him. Youth are motivated and shown how to put on their spiritual armor. At the end of the gathering all have the opportunity to confess and renounce any occult involvement they may have had.

## **11. That it May Go Well With You**

A young man refuses to listen to his mother in tonight's humorous skit, and his own plans never materialize. He doesn't get the great haircut from the right barber nor does he get his driver's license. The skit illustrates the promise given with the command to honor parents, which is the subject of the **Small Groups** Bible Study in Ephesians. Marriage and the roles of wife and husband are also explored. Honoring parents is viewed as preparation for a future good marriage and happy home.

## **12. The Well Trained Tongue**

This gathering begins with a new version of the old gossip game in which the words whispered from person to person are actually scripture verses about godly speech. Circles, which successfully repeat the verse word for word at the end, are rewarded. The Bible Study from Ephesians emphasizes several practices of speech, good and bad, and encourages imitation of Christ in love and forgiveness and in thankfulness. The Holy Spirit is invoked for the fire of God's love to fill each heart.

## **13. Dying to Rise**

The Bible Study from Colossians, chapter 3, exhorts us to put to death our earthly desires and clothe ourselves with virtues of love, forgiveness, thankfulness, etc. During Adoration, which follows, youth receive crosses on which are written the earthly desires St Paul lists, and are asked to prayerfully choose one behavior that they will "put to death". After they place their cross in a basket by the Monstrance, they take from another basket a virtue to clothe themselves with. At the end there is an invitation to receive or to renew commitment to Our Lord.

## **14. Laziness is a Sin**

Youth get a good laugh out of “The Disappearing Dolittles”, a skit demonstrating the lazy streak we all have in our fallen nature. The Bible study from 1<sup>st</sup> and 2<sup>nd</sup> Thessalonians commands us who follow Jesus to gain control over our bodies and avoid sins of impurity and laziness. Students review and examine the sacraments as God-given help to enable us to obey scripture’s teaching. Before being sent out, all pray together the Confiteor.

## **15. Pillar and Bulwark of Truth**

The stories of St Monica and her son, St Augustine of Hippo are correlated to the **Small Groups** Bible Study from 1<sup>st</sup> Timothy. St Paul describes the Church as “pillar and bulwark” of the truth, and warns of false teachings, inspired by demons and proliferated by men with seared consciences. The gathering ends with a prayer of thanksgiving for the Church and a request to contribute to her strength, as did St. Augustine, by faithfulness and obedience.

## **16. Mix it with Faith**

Catechism questions are featured in a game of charades with individuals or groups acting out the answers. The reading in Hebrews focuses on faith as a necessary ingredient if one is to profit from the Word and teaching of the Church. The verses from Hebrews also point out the necessity of gathering together for common worship. Prayer for more faith and attentive faithfulness to weekly mass, in order to nourish that faith, brings this meeting to its conclusion.

## **17. Resist Sin and Acquire Virtue**

A race at between teams to define the Cardinal Virtues and Seven Deadly Sins according to the Catechism precedes the Bible Study from James on resisting temptation and being a “doer of the word”. One illuminates the other providing youth with a strategy and incentive to form virtues and resist sin.

## **18. TAP Into Power**

Thanks, Adoration, Praise, Intercession and Petition – **TAP Into Power** – are five forms of prayer listed in the Catechism of the Catholic Church. Youth decorate a bookmark pre-printed with the five forms of prayer, writing in personal examples of each, and then laminate them for permanence. **Small Groups** glean additional teaching on prayer from the book of James and resolve in the closing prayer to renew their prayer life.

## **19. Recover Honor**

The serious need to recover honor in today's society is addressed in Step 19. The gathering begins with a skit "Genesis 20: God defends Sarah" in which Sarah obeys Abraham's wishes to say she is his sister and ends up in King Abimelech's harem. The Bible Study is taken from 1<sup>st</sup> Peter - his teaching on giving honor and obedience to all in authority and his advice to husbands and wives. Throughout the study, youth have the opportunity to see the benefits of respecting authority.

## **20. Get a Life!**

A word association game prepares youth for the Bible Study in 1<sup>st</sup> John, which explains how to have the life of God dwelling within. It emphasizes confessing sin, hating no one, but loving and caring for all. The gathering closes with an opportunity to respond to John's invitation to "believe in the name of his Son Jesus Christ" (1<sup>st</sup> John 3:23), or to rededicate their lives to God.

## **Appendices**

**YOU TURNS Rules**

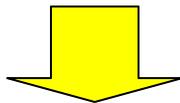
**Adoration Guidelines**

**Issues Night Topics**

**Christian Service Jump Starters**

**YOU TURNS Chant**

# **Sample Lessons**



**Date:** \_\_\_\_\_

*Mark 8:31-38*

## To Be Ashamed Would Be A Shame

**Catechists:**

**Supplies:** Scissors † Contact or regular paper † Dry Line Glue and markers † Waxed paper † YOU TURNS Chant † Bibles † Paper bag (s) of verses from **Mark Promises 1-7**

**Environment:** Music playing from a Christian CD or tape

### **Friends 7:00-7:10 PM (10 min)**

Music, games, snacks, adult and peer team members circulating. Football, soccer, volleyball and cross-country are in full swing, providing topics of conversation, as will upcoming concerts and other social events at school.

### **Fun/Faith**

**General Gathering 7:10-7:30 PM (20 min or less)**

Gather the youth and welcome them. Invite youth to come forward to recite (or read) their scriptures from **Matthew Promises 9-15**. Give rewards.

The advertising world is clever at promoting products with memorable slogans. Many of these slogans could apply to God, e.g., “He is the real thing” or “Just Do It... for God”. Have the youth suggest slogans that could apply to God while you list them on a whiteboard. Explain that extra time will be given during **Small Groups** for them to create stickers with God slogans (suggestions, page 4). Stickers can be made of any paper, then covered with contact paper or laminated. Add Dry Line permanent glue to back, and lay on waxed paper to protect the sticky side until the sticker is used on a book, or locker, etc.

**Adoration 7:30-7:40 (10 min)**

**Small Groups 7:40-8:20 PM (35 min)**

- Bible study is **Mark 8:31-38**. Call on one or two students to read aloud the entire passage. Then read the verses thought by thought and discuss. Why should the apostles have expected Jesus to rise from the dead after the crucifixion? Why was Peter a mouthpiece for Satan? How can you tell if you are ashamed of Christ and His Gospel?
- Allow 10 or more minutes for the craft project. Challenge the youth to publicly display their sticker to show that they are not ashamed of Christ and His Gospel. Pass out a scripture from **Mark Promises 1-7** for each student to memorize by next week. These scriptures are simple (mostly), but especially strong. Explain that God is in charge of which scripture is drawn and may have a special message for the person who draws it. Promote memorizing.

Date: \_\_\_\_\_

1 Thessalonians 4:3-12; 2 Thessalonians 3:7-13

## Laziness is a Sin

Catechists:

**Supplies:** Large print of the YOU TURNS Chant † Bibles † Paper bag (s) of verses from **1 & 2 Thessalonians Principles, Catechism Lookup 1,2,6,7** † Large garbage pail with lid and appropriate costumes for Mom, Dad and teenage son.

**Environment:** Music playing from a Christian CD or tape

### Friends 7:00-7:10 PM (10 min)

Music, snacks, adult and peer team members circulating.

### Fun/Faith

**General Gathering 7:10-7:35 PM (25 min)**

Gather the youth and welcome them. Invite 5-7 youth to recite (or read) their scriptures from **Philippians Principles 1-5, Colossians 1-7**. Give rewards. Follow with skit, *The Disappearing Dolittles* (page 4):

**Adoration 7:35-7:45 (10 min)**

**Small Groups 7:45-8:20 PM (35 min)**

- Bible study is **1 Thessalonians 4:3-12; 2 Thessalonians 3:7-13**
- Ask: "How does Jesus help us in and through the Church to live a life of good deeds? What sacraments are especially helpful?" Quickly review **Catechism Lookup** questions, **1-8**, reserving **4,5, and 7** for research.
- Pass out memory scriptures from **1 Thessalonians, 1- 4 and 2 Thessalonians 1- 2**, and **Vatican City** research questions **4,5,7**. Record students' names by the selected verses.

### Forward 8:20-8:30 PM

**Everybody pray with me the Confiteor which we pray at the beginning of Mass:** I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault in my thoughts and in my words, in what I have done, and in what I have failed to do; and I ask blessed Mary, ever virgin, all the angels and saints, and you, my brothers and sisters, to pray for me to the Lord our God. **May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.**

LEADER	ALL
In Christ we are	<b>FRIENDS!</b>
In Christ we have	<b>FUN!</b>
In Christ we have	<b>FAITH!</b>
In Christ we go	<b>FORWARD</b>

**...to love and serve the Lord!**

Date: \_\_\_\_\_

*James 4:2-8; 5:13-16*

## TAP Into Power

Catechists:

**Supplies:** Large print of the YOU TURNS Chant † Bibles † Paper bag (s) of verses from **James Principles 10-16, Catechism Lookup 1-11** † Craft table well stocked with many decorating materials, fine point markers and means of lamination (contact paper?) † Cutout bookmarks from page 4.

**Environment:** Music playing from a Christian CD or tape

### Friends/Fun 7:00-7:25 PM (25 min)

Music, adult and peer team members circulating. Begin this meeting with the bookmark craft project. Youth leaders should lead the way by “Tapping Into Power” themselves each day.

### Faith

**General Gathering 7:25-7:35 PM (10 min)\***

Gather the youth and welcome them. Invite 5-7 youth to recite (or read) their scriptures from **James Principles 1-8**, and research from **Catechism Lookup 1-11**. Give rewards.

**Adoration 7:35-7:45 (10 min)**

**Small Groups 7:45-8:20 PM (35 min)**

- Bible study is **James 4:2-8; 5:13-16**
- Pass out memory scriptures from **James Principles 9-16** and/or research questions **Catechism Lookup 1,2,4,5,9,11**. Record each student’s name by the selected verse on your master list.

### Forward 8:20-8:30 PM

Lord, thank you for teaching us to pray. It is so awesome that you are always there, just waiting to hear from us. Forgive us for not coming to you in prayer. Help us now to remember to pray, particularly each morning and night. Help us when we attend Mass to make it an offering for the needs of others and ourselves, to pray fervently and listen to your words. Don’t let it be said of us that we worship with our lips, but our hearts are far away. You are merciful and we know that you will help us. Help us to pray for one another and with one another. Thank you, Lord. Amen.

LEADER	ALL
<b>In Christ we are</b>	<b>FRIENDS!</b>
<b>In Christ we have</b>	<b>FUN!</b>
<b>In Christ we have</b>	<b>FAITH!</b>
<b>In Christ we go</b>	<b>FORWARD</b>

...to love and serve the Lord!

\*Note time change

# Interested?

**Contact us**  
[youturnsPTL@msn.com](mailto:youturnsPTL@msn.com)

*...that they may turn from darkness to light.*