

# MIRROR IMAGE

What Christ reveals about us

## LIFE NIGHT OUTLINE

### Goal for the Life Night

This night is about how human dignity has been restored by Christ. Our identity, holiness and purpose are found in the person of Christ. Once we know who we are in Christ, we can then begin to reveal the truth about Christ to the world through our humanity. This night will give the teens a chance to see themselves through the loving eyes of the Father. It will remind the teens who and what they are created for.

### Life Night at a Glance

Using the popularity of self-help books and shows as a starting point, this night shows the teens that the only real path to “self-discovery” comes through Christ. The night starts with a spoof of the *Oprah Show* and then leads into a powerful teaching. After the teaching, the teens will break into men and women’s groups. In these groups, the teens will have an opportunity to talk about the unique way they reveal God to the world. The night ends by giving the teens an opportunity to be prayed over by a Core member. The Core will pray that the teens will begin to see themselves as God sees them. After prayer, each teen will receive a mirror with a scripture verse written on it as a reminder of who they are in Christ and who they are called to reveal to the world.

### Environment

The goal of the environment is to recreate the *Oprah Show* set as much as possible. The only difference is this show is the *Okra Show*. At the entrance of the room have a rope blocking the entrance and a Core member letting the teens in one at a time. Once in the room, create the feel of the TV show using lights, chairs for the audience, a chair and a couch at the front of the room with a large screen behind the couch. Have a creative member of the Core team create an *Okra Show* logo. Put the logo all over the room, on the screen, on the walls, etc. Choose one or two Core members to be the cameramen for the show (they can carry around home video cameras and/or fake microphones at the end of long sticks). Be creative in how you build out this environment. Have fun with it!

### GATHER 15 Minutes

#### Welcome and Introductions (5 min)

The person who will be playing Okra in the skit will come out and introduce herself. She will welcome everyone to the “show.” She will also introduce any teens that have come to Life Night for the first time.

#### Okra Show (10 min)

This is a funny, over-the-top parody of the *Oprah Show*. Okra’s special guest will be the newest self-help guru trying to promote his new book and DVD.

See skit on page 36

### PROCLAIM 10 minutes

There are two options for the teaching this Life Night:

#### Video Teaching

From the Father is a video teaching by Fr. J can be found on Video Support #2

Or

#### Live Teaching

See attaching teaching on page 33

CATECHISM REFERENCES:

- # 1
- # 27
- # 51

SCRIPTURES:

- Genesis 1:26-27
- John 16: 24
- Matthew 6: 9-13
- Mark 6:46

- Romans 8: 14-17
- Mark 10:17-22

**BREAK** 30 minutes

**Men & Women Split Sessions**

Break the group into two groups based on gender and then lead one of the groups to a separate meeting space, while the other stays in the main meeting room. Have one Core assigned to lead the discussion. Start with prayer and a reminder about confidentiality. There are two parts to this Break: a testimony and a time for the teens to share.

**Testimony** (5 min)

Break the group into two groups based on gender and then lead one of the groups to a separate meeting space, while the other stays in the main meeting room. Have one Core assigned to lead the discussion. Start with prayer and a reminder about confidentiality. There are two parts to this Break: a testimony and a time for the teens to share.

**Large Group Discussion** (25 min)

After the testimony, one Core member will lead an honest discussion about finding our identity in Christ and how when we base our identity in Christ, we begin to reveal Him to others. Obviously, the discussion with the girls will be different from the one with the guys will look different, but here are some starter questions:

1. What are the things that most girls/guys base their worth in? What about you?
2. What does it mean to base our worth and identity in Christ rather than things of this world? How can we do that?
3. As the creation of the Creator, we bear his image in ourselves. We are always revealing something about God. What are you saying about God through the way you live?
4. As men/women, we reveal the nature of God in unique ways. What does God want to reveal about himself through you?

**SEND** 20 Minutes

Gather the group back together either in the main meeting room which has been changed into a sacred space or in the parish’s chapel or sanctuary. The space should be dimly lit with a large Bible on a table or altar in the front. Make sure the teens hold onto the paper they wrote on.

**Wrap-Up** (5 min.)

The youth minister will gather the group back together and give a short recap of the main points of the Life Night. He/she will then transition into a time of prayer.

**Prayer over Teens** (15 min.)

The idea of placing our worth in Christ alone is difficult for teens (and everyone else). We need to pray for the strength to see ourselves as God sees us and then in turn reveal the glory of God to others. That is how this Life Night ends. With worship music being played in the background, invite the Core members to stand around the perimeter of the room. Invite the teens, when they are ready, to come up to one of the Core members for prayer. When a teen comes to a Core member, he/she will pray with that teen. The prayer is simply that the teen will have the courage to know who they are in Christ and have the strength to reveal Christ to their family and friends. After the prayer, the Core member will hand the teen a small mirror. On the mirror one of the following Scripture verses is written:

- Psalm 139:14
- Genesis 1:27
- 2 Corinthians 5:17
- 2 Corinthians 3:18
- Jeremiah 1:5

These verses should be written on the mirrors with paint or another type of permanent marker (make sure that it dries completely so it does not smear). After all the teens have been prayed with and have received their mirrors, close the night by praying the Hail Mary and Ave Maria.

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### Community Connection

- Pull in other adults from the community to be part of the *Okra Show*. If there is someone who has a connection to TV/video equipment, be sure to contact him or her and see if they can help make the skit more realistic.
- Ask your priest to be part of the men's session and ask a local Sister to be part of the women's session. Their presence will be a testimony to how God can use us to reveal Himself to the world.

### Making It Work

- Ask parents or another ministry to help offset the cost of the mirrors as well as get their help in writing Scripture verses on the mirrors.
- The testimony during the men and women's sessions is a great time to develop your teen leaders. You can have one of them give the testimony, but be sure to spend some time preparing them for it. Another idea is to ask your leadership teens in advance to help lead and guide the discussion. This doesn't mean they have to be "up front," but they can simply help bring the discussion to a deeper level through their honesty and answers.
- Before the Core prays over the teens at the end of the night, take some time for the Core to pray with and for one another. This time of prayer can happen at your regular Core meeting the week before the Life Night.



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## TEACHING

Since we are the creation of God, we need to be good stewards of the world around us. It is not for us to use and abuse, but for us to protect so that it can continue to serve us in reflecting God and giving us what we need in order to pursue a relationship with God.

When we look at Jesus Christ, the Incarnation of the Creator God on this Earth, we need to understand that Jesus redeems us and gives us His grace so that we may always choose the good, which is His will.

When we embrace a relationship with Jesus Christ, we have an entirely new world revealed to us and how we should live. Through Jesus we are able to leave sin behind and live a new life without sin, choosing the good at all times. When we have a relationship with Jesus, he teaches us how to be single-hearted, or to love only God.

Think about your life as a boat. You are the captain. You have free will. The desires you have are like the wind that pushes the boat. The navigator is your intellect that tells you where to go, regardless of the wind or your desires and emotions.

When we allow Christ to take over our lives, He is able to guide the wind and the navigator so that we only desire and reason out the good choice. When the wind blows in the same direction that the navigator wants to go in, the choice for the captain is clear! The captain is no longer fighting with winds or his navigator. He simply goes with the good, which is always what God wants. The more we live without Christ, the more we find that we struggle against our intellect and our desires. Conflict arises and we find ourselves caught in depression, anxiety and addiction.

**CCC #337-349**

**2 Peter 1:4**

**CCC #456-460**

**CCC #1430-1433, 1490**

**14th World Youth Day Message, Paragraph 4:**

Jesus says to everyone: "Repent and believe in the Gospel" (Mk 1:15). At the origin of every genuine conversion there is God looking upon the sinner. It is a look that becomes a search filled with love; a passion, even that of the Cross; a will to pardon that, showing the guilty one the esteem and love in which he or she is still held, in contrast to the disorder in which they are plunged, calls for the decision to change their way of life.

**Redemptoris Hominis, #7** - To this question, dear brothers, sons and daughters, a fundamental and essential response must be given. Our response must be: Our spirit is set in one direction, the only direction for our intellect, will and heart is-towards Christ our Redeemer, towards Christ, the Redeemer of man. We wish to look towards Him-because there is salvation in no one else but Him, the Son of God-repeating what Peter said: "Lord, to whom shall we go? You have the words of eternal life.

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## TEACHING

When Jesus became human, He showed us that we are the adopted sons and daughters of God because as the Son of God, Jesus is also one of us, taking us into the family. Being the natural Son of God, He also knows the heart of God better than any man and is able to show us the way to the heart of the Father. When we model ourselves on Christ, we can grow in holiness and goodness.

**CCC #541-550, 567**

Sometimes, Christ simply told us up front what it was that we needed to do to enter the Kingdom and follow the Father. We need to look at what Jesus spoke to us in the Sermon on the Mount and his Parables. What did Christ do while he walked the Earth? He performed miracles, taught in those moments when people were struggling for answers.

Jesus told us about the end times, both for the world and for our lives. Jesus taught us to pray. He prayed as an example to us of how, when and why to pray.

**CCC 2759-2772**

That prayer shows us that God is our Father, that Jesus will intercede for us, and that we should approach prayer with a sense of humility and need.

In the world of self-help, how many people turn to Christ? Not enough. How many would be helped by Christ? More than we would expect. There is a model in Christ that is as deep as the ocean. Philosophers, theologians and saints have combed the depths of this ocean and still not hit the bottom.

The next time you are in a bookstore or watching TV and you see someone trying to sell you on the idea that they or you can solve all of your problems, open the Gospels and look to the one who is the truth on how to live: Jesus. Give it a shot. You might like how you turn out.

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## SKIT

### Okra Skit

#### Characters:

Announcer  
Okra  
Dr. Bob

*This skit is a parody of the Oprah Show and pokes fun at all the self-help gimmicks that are so prevalent today. Be creative and have fun with this.*

#### ANNOUNCER

Welcome to the Okra Show – the best, coolest, richest woman ever is here to show you what you don't have and what you need. Get ready for the best hour of daytime TV of your life!

#### OKRA

Welcome to my show! And a special welcome to my studio audience! Today we are taking a special look at the epidemic of our age. Not AIDS, not cancer, not poverty – but there are over 1.5 billion people have no idea who they are. That's right. They have lost their identity and don't know how to get it back (audience gasps). That means most, if not all, of you sitting in the audience are victims of this plaque.

But don't worry – I'm your TV friend and I'm here to help. I have invited the leading expert in lost identity. His name is Dr. Bob and he is the author of 56 self-help books, 4 DVD interactive counseling sessions, and has his own talking bobble-head doll. *(Getting really excited and loud)* Ladies and gentleman, please welcome Dr. Bob!!!!

*Dr. Bob walks out in a suit, but the suit has tons of small mirrors taped onto it. He has slicked-back hair and is all smiles. He poses for the camera a couple of times before greeting Okra and sitting down.*

#### OKRA

Dr. Bob, thank you so much for joining us today. I know how busy you are. According to your books, 1.5 billion people are suffering from a lost identity. That seems like kind of a large number. I am shocked. Can you explain exactly what this disorder is?

**DR. BOB**

*(in a very serious tone)*

You should be shocked, Okra. You should be appalled. You should be terrified. Just looking around I can tell that all but three of you, no two, have this disorder. It is so sad to me that people can be so oblivious to what is going on.

**OKRA**

And what is going on? How do you know that people have this?

**DR. BOB**

I am well trained. I just know. I'm that good.

**OKRA**

But you still haven't told us what this disorder is. Please share, good doctor.

**DR. BOB**

I already have. In my first book, "Lost" *(not to be confused with the TV show, they stole that title from me)*. I describe what the disorder is. In my second book, "Still Lost" I talk about the symptoms. In my third book, "Hopelessly Lost" I talk about how to diagnose yourself and others.

**Okra**

*(starting to get annoyed)*

So, anything you want to share with us from the books?

**DR. BOB**

Sure Okra – actually can I use you as an example? I just need you to look into this mirror *(pulls out a gigantic mirror from behind the couch)* and answer a couple of questions for me.

**OKRA**

Absolutely.

**DR. BOB**

OK Okra – what do you see in the mirror?

**OKRA**

Well, I see me and I must say, I look pretty good today.

**DR. BOB**

WRONG! You think you are looking at yourself, but you are looking at the invisible illusion of grandeur that you have created in your sub-psyche.

**OKRA**

What?

**DR. BOB**

Read book number 15 for an explanation. Ok, lets try again. If I looked at you looking in the mirror, what do you think I would say that I saw?

**OKRA**

uhhhh... me?

**DR. BOB**

WRONG! That's what you think I would see but really I am seeing myself looking at someone who vaguely resembles who Okra is "supposed" to be but I would say that I am looking at an empty shell of someone who used to be Okra a long, long time ago in a galaxy far, far away.

**OKRA**

*(beginning to weep)*

You're so right. I can't believe that I never saw it before. This is a breakthrough moment for me. I was lost but now I'm found, I was blind but now I see. Tell my Dr. Bob, what do I need to do to be cured?

**DR. BOB**

*(smiles and takes her by the hand)*

Okra, you are so close to full recovery. All you have to do is buy my books and then my DVDs, and my talking bobble-head.

**OKRA**

*(pulling out her HUGE wallet and throwing money at him)*

I will. I'll buy it all. But not just that, I will also buy your books for everyone in the audience *(audience cheers)*. Thank you Dr. Bob. Thank you.

That's all the time we have for today. On the next Okra we will look at how earn millions through a lemonade stand. Until next time...

# MIRROR IMAGE

Overview of Old Testament

## CHECKLIST

### Core Planning Team:

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### Date of Life Night:

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### One month prior to the Night:

Give copies of the Life Night to each of the members of the planning team. Each person should read the Scripture and Catechism references as well as review the planning guide before the brainstorming meeting.

Get the planning team together for a brainstorming meeting (this should last no longer than 1 hour). The team prays and discusses where the teens are in their faith journey in relation to this topic. Then using this planning guide as a starting point, the team adapts the Life Night to meet the needs of the teens and the parish. Create a detailed outline with any changes and/or adjustments.

Assign the person responsible for each part of the Life Night:

Environment \_\_\_\_\_

Introductions \_\_\_\_\_

Okra Show Skit \_\_\_\_\_

Teaching (video or live) \_\_\_\_\_

Men and Women Split Session \_\_\_\_\_

Prayer Over Teens \_\_\_\_\_

Mirrors \_\_\_\_\_

### Two Weeks Prior to Life Night:

Turn in a detailed outline of the Life Night to the youth minister. Allow youth minister to give feedback and make any necessary changes.

Create a list of needed supplies and materials. Assign a person to be responsible for collecting and/or purchasing the materials needed.

Decide the people that will be doing the following things. Make sure they have a copy of the script and/or teaching outline. Inform them of any practices and/or deadlines.

Okra \_\_\_\_\_

Dr. Bob \_\_\_\_\_

Teaching (if not using video teaching) \_\_\_\_\_

Men & Women Session Facilitators (2) \_\_\_\_\_

### Week of the Life Night:

Written outline of the teaching is given to the youth minister and practiced.

Run a dress rehearsal of the Life Night.

Create environment and collect needed supplies

E-mail entire Core team an overview of the night.

### Day of the Life Night:

Set up the environment. Make sure the room is clean and presentable.

Set up audio and video. Test the video clips to make sure both picture and sound work.

Walk the entire Core team through the Life Night. Make sure all transitions are ready and everyone knows their roles.

Pray! Pray for the teens attending the Night. Pray for God's will to be done through the night. Pray over those involved.