

Dare to be Saints!

Aims and Objectives

- To introduce young people to the idea of 'the universal call to holiness'
- For students to reflect on how they can be the saints of our time

Duration of session

10 minutes

Time	Activity	Resources needed
0-10 mins	'Dare to be Saints!' presentation	Powerpoint presentation

Begin by asking students to name some saints that they know, and if possible what made that person a saint.

The dictionary defines a Saint as:

Noun

1. a person acknowledged as holy or virtuous and regarded in Christian faith as being in heaven after death.

Verb

1. formally recognize as a saint; canonize.

The Church tells us:

"Everyone [in the Church] whether belonging to the hierarchy, or being cared for by it, is called to holiness, according to the saying of the Apostle [St. Paul]: 'For this is the will of God, your sanctification'."

All this means is that everyone who belongs to the Church is called to be a saint, no matter your background, your circumstances, your state in life, you are called to be a saint.

The Bible tells us 'Be perfect as your heavenly Father is perfect' It can be easy to think 'I could never be perfect.'

But when we think about the great Saints of our Church, people like St Teresa of Calcutta, St Ignatius or St Therese of Lisieux we realise that their lives were not perfect. The Saints were real people, with real struggles and real problems. Yet they persisted in their pursuit



of holiness, in their love of God and love of neighbour.

How can we answer the call to holiness?

Pope St John Paul II loved young people and often spoke to them about becoming Saints, in 2000 he spoke to the youth about how to become Saints of thier time. He said:

“Dear young people of every continent, do not be afraid to be the saints of the new millennium!

Be contemplative, love prayer; be coherent with your faith and generous in the service of your brothers and sisters, be active members of the Church and builders of peace.

To succeed in this demanding project of life, continue to listen to His Word, draw strength from the Sacraments, especially the Eucharist and Penance.

The Lord wants you to be intrepid apostles of his Gospel and builders of a new humanity.”

Holiness is about the choices we make, this is where the ‘daring’ part comes in. Sometimes our choices will seem radical, as though they go against the culture of today. This is why Pope Francis says to us to be revolutionaries and ‘swim against the tide.’

Take a few moments to think about the choices you will make today

- Will I choose to love God and love my neighbour?
- Will I follow where God leads me?
- Will I reach out to those around me?
- Will I accept who God has created me to be?
- Will I share my God-given gifts and talents?

End by asking students to join in prayer:

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love only what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me so, O Holy Spirit, that I may always be holy.
Amen.

