

LIFE TEEN | THE NEW LIFE SUPPORT

We have made some changes with Life Support.

Life Support now includes

- Liturgy Planning Guide
- Summit Discipleship Resource
- Resource
- Life Night Series (x2)
- Unleashed Missionary Discipleship Resource
- Core Formation (1 per year)
- Teen Retreat (1 per year)
- Video Support
- Social Media Support
- Extra resources, books, music
- Online access

Resource descriptions

Liturgy Planning Guide:

Plan engaging and prayerful liturgies with key words and themes, homily suggestions for teenagers, and song selections for every Sunday of the liturgical year.

Summit Discipleship Resource

Dive into the Sunday readings while forming teenagers as disciples. Small group gatherings designed around themes from the Sunday readings.

Life Night Series:

Evangelize and catechize teenagers with relevant large group gatherings focused around an intentional theme. Four Life Nights per guide.

Unleashed Missionary Discipleship Resource

Take teenagers deeper as disciples and prepare them to be sent out as missionaries. Each small group gathering is focused on an apologetic and formational theme, perfect for evangelized teenagers desiring to learn how to share and defend their faith.

Core Formation

A series of gatherings written for Core Members. Each gathering includes reflections and discussion questions that can be used as Core Team meetings, a retreat, or as individual formation.

Teen Retreat

Every year receive an engaging, fun, and powerful retreat designed for teenagers. Keep your retreat ministry fresh with a new topic every year.

Video Support

Every shipment includes digital copies of our newest video support resources. Use videos to spark conversation and supplement Life Nights and retreats.

Social Media Support

Advertise and support your upcoming Life Nights and retreats on social media with ready-to-use graphic kits and social media resources.

Extra Resources

Receive our newest books, journals, and branded items in each box.

Online Access

Receive online access to our library of curriculum resources, retreats, Life Nights, and discipleship groups. Direct download of our video library is available to parishes subscribing to a Life Support subscription or higher.



For additional information on Life Support, visit lifeteen.com/cym