

WITH THE EYES OF CHRIST

AN EDGE ISSUE NIGHT ON SELF IMAGE

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SCRIPTURE

Genesis 1:26, 27, 31
Jeremiah 1:5a
Luke 12:7
John 3:16
John 10:10
Philippians 4:13
1 Corinthians 2:23
1 John 3:1

CATECHISM

355-357
1700-1704

YOUCAT

58

SUPPLIES NEEDED

- Poster board
- Markers
- Tape or string
- Mirrors
- Bibles

GOAL

The goal of this Edge night is to lead the middle school youth closer to Christ by showing them how Christ sees them. They will learn that they are created in the image and likeness of God and that they are all unique.

EDGE NIGHT AT A GLANCE

This Edge Night will begin with a skit about self-image and then move into a talk about the importance of seeing ourselves through the eyes of Christ. The youth will have an opportunity to think of different ways that they define themselves and start to process ways to see themselves as

perfect creations of God. They will also be given Bible verses to look up about positive self-image. The Edge Night will end with praying the Chaplet of Divine Mercy.

BEFORE THE NIGHT

Meet with your Core Team to plan out the Edge Night in a way that will work best for your parish and youth. Divide up tasks for the night, create the posters for the environment, and gather all of the needed supplies. Make sure to have enough bibles for the small groups during the break activity.

MEDIA SUGGESTIONS

YouTube: "Fitting in Cardboard" by zefrank1
Song: "Who Am I" by Casting Crowns (*Casting Crowns*, Reunion Records)

ENVIRONMENT

See the Skit on page 44. On poster board or large pieces of paper, write all of the negative thoughts on one side and all the positive thoughts with the Bible verses on the other side. Put these posters

up at the front of the room where everyone can see them. Hang them in a way that they will be easy to flip over, either with tape that will not rip the paper or with string from the ceiling make sure that the negative phrases are facing out first.

Put up mirrors on the wall with the poster boards. Also put a large crucifix or painting of Christ in a central point in the front of the room.

GATHER

WELCOME & INTRODUCTIONS

(5 min)

Mingle with the youth as they enter the room. Have the youth minister gather all the youth together and welcome them to Edge. Recognize any youth who are celebrating birthdays, and open in prayer.

SKIT

(10 min)

See the Skit *Through the Eyes of Christ* on page 44

PROCLAIM

SCRIPTURE PROCLAMATION

(5 min)

John 10:10

"WHO AM I?" TEACHING

(10 min)

The average person looks in the mirror at least five times a day. That is 1,825 times a year. Just like we saw in the skit, so many of us look in the mirror with more criticism than love. We only see the flaws and weaknesses and think things like: Why don't I look like this or why don't I look like

that? If only I was taller. If only I was skinnier. This is not something that we do just when we look in the mirror either. How often do you see picture on Instagram or Twitter and compare yourselves to other people? Probably pretty often, it can become our first reaction to constantly see things only in how they reflect upon us and make us either look better or worse.

The problem with this is not just the negative attitude we are creating towards ourselves, but that we are defining ourselves by our appearance only. We are judging our worth by others' standards and the world's standards of beauty or masculinity. But what we are missing is seeing ourselves through the eyes of Christ, seeing the complexity of who we are as perfect creations of God.

The thing is, we cannot be like everyone else and that is a good thing. God created each and every one of us in His image and likeness. Each of us is different and unique. That means each of us show a different part of who God is. God does not desire us to compare ourselves to others; rather, He wants us to be who He created us to be. He wants you to see yourself as He sees you. We read in the Gospel of John, "The thief comes only to steal and kill and destroy; I came that we may have life, and have it abundantly"(10:10). The devil wants us to compare ourselves to everyone else around us and he wants us to only see our flaws. He does not want us to see the goodness we have, the goodness that comes from being created in God's image and likeness. He wants to destroy us, and that happens through those subtle lies we tell ourselves when we look in the

mirror. But Christ wants to set you free from the pressure to be “perfect” by the world’s standards. He wants to set you free from the lies that you are worthless, He wants to bring you life abundantly!

God has a plan for each of your lives. God knows who you are and He wants to reveal that to you. We read in Jeremiah, “Before I formed you in the womb I knew you” (1:5). Before you were even conceived, God knew who you were. He created you how He wanted you to be. He has a special plan for your life. He created you with a specific purpose in mind that would bring you happiness and bring Him glory. God wants us to be happy, He wants us to have joy! The plan He has for your life will never make you miserable. When we follow and learn about what God has planned for us, and who He has created us to be, we will be truly happy and full of joy.

BREAK

WHO AM I? REFLECTION

(5 min)

Break the youth into small groups and give them each a piece of paper. Ask them to write down the top five things that they would say define who they are.

SMALL GROUP DISCUSSION

(10 min)

After the youth have written down the things that they think define them, gather them back together as a small group and go through the following questions.

- What are some of the things that you would say define who you are?
- How can Christ define who you are?
- What are ways that you can start to see yourself as Christ sees you?
- Do you believe that Christ has a perfect plan for your life?

- How can you start following Christ in this plan He has for you?

BIBLE VERSE HUNT

(10 min)

Give each small group a Bible or two. Assign each small group a Bible verse from the list of verses that were put on the signs for the skit. Have the small groups find their assigned Bible verse and then discuss how it applies to having a positive self-image.

SEND

LARGE GROUP SHARING

(5 min)

Gather all of the youth back together in a large group. Ask a few of the small groups to share the Bible verse that they looked up and how it applies to having a positive self-image.

CHAPLET OF DIVINE MERCY

(5 min)

Briefly explain to the youth the prayer of Divine Mercy Chaplet. Have the prayers either projected on a screen or on a handout so that they can follow along. Also, if you have the resources, pass out rosaries or Divine Mercy Chaplets for each youth to pray with. Lead them in one or more decade of the Chaplet (as much as time allows) for the specific intentions of any youth who struggles with self-image.

NIGHT WRAP UP

(5 min)

Collect all the rosaries if you passed them out to the youth. Make any announcements for the week. Briefly recap the night with the summary challenge points.

SUMMARY CHALLENGE

Before the youth are sent home, encourage the youth to remember these three things:

- You are made perfectly in the image of God.
- God has a great plan for your life.
- Learn to see yourself with the eyes of Christ.

TO THE PARENTS OF

At Edge we talked about the importance of having a positive self-image. We discussed some of the ways that youth see themselves when they look in the mirror and the importance of learning to see themselves with the eyes of Christ. They were given an activity to think more about how they define themselves and to see different ways that God reveals their worth through Scriptures. Here are some questions to ask your youth.

- What are different ways that you define yourself?
- What did you learn about how God sees you?
- What are some ways you can start having a more positive self-image?

ADAPTATION IDEAS

- Instead of hanging up the posters for the skit, make a slide show of the different words and display them as you say them.
- Split the girls and guys into different groups for the Proclaim and talk about the ways that each gender specifically struggles with self-image.

THROUGH THE EYES OF CHRIST SKIT

At the front of the room have all the posters with words below hanging on a wall or somewhere visible. Make sure that the poster boards are put up with the negative phrases below facing out for the beginning of the skit, and that the corresponding positive phrase is on the back. Dim the lights and put a spotlight on the front of the room to illuminate the signs; if possible have soft music playing in the background. Have the Core Member read the narration from the back of the room or somewhere else out of sight.

CORE MEMBER NARRATOR FOR ENTIRE SCRIPT:

What do you see when you look into the mirror? What do you tell yourself? What do you think about yourself?

I am ugly.
I am fat.
I am weak.
I am awkward.
I don't fit in.
I don't look like him.
I don't look like her.
I am a loser.
I am worthless.

When you look into the mirror, do you see more things that you want to change than things you like about yourself?

Well, mirrors only say so much and sometimes our vision is out of focus. What would you see if you looked into the mirror with the eyes of Christ?

As you move to this part of the narration have another Core Member slowly walk across the front of the room and flip the poster boards to the other side that has the following positive phrases.

Put these phrases on the back of the poster boards

I am made good. (Jeremiah 1:5)
I am made very good. (Genesis 1:31)
I am strong in Christ. (Philippians 4:13)
I am perfect the way I am. (Luke 12:7)
I belong to Christ. (1 Corinthians 3:23)
I am made in the image of God. (Genesis 1:26)
I am made in the likeness of God. (Genesis 1:27)
I am a Son/Daughter of Christ. (1 John 3:1)
I have infinite worth. (John 3:16)

Notes

Lined area for taking notes, consisting of multiple horizontal dashed lines.

EDGE NIGHT CHECKLIST

CORE PLANNING TEAM:

DATE OF EDGE NIGHT:

ONE MONTH PRIOR TO THE NIGHT:

- Give copies of the Edge Night to each of the members of the planning team. Each person should read the Scripture, Catechism, and *YOUCAT* references as well as review the planning guide before the brainstorming meeting.
- Have the planning team meet for a brainstorming meeting (this should last no longer than 1 hour). The team prays and discusses where the youth are in their faith journey in relation to this topic. Using this planning guide as a starting point, the team adapts the Edge Night to meet the needs of the youth and the parish.

- Assign the person responsible for the following:

Environment _____

Before the Night (when needed) _____

Audio/Visual Needs _____

Opening Prayer _____

Scripture Proclamation _____

Proclaim (discuss with YM) _____

Summary Challenge _____

TWO WEEKS PRIOR TO EDGE NIGHT:

- Turn in your notes for the Edge Night to the youth minister. Allow the youth minister to give feedback and make necessary changes.
- Create a list of needed supplies and materials. Assign a person to be responsible for collecting and/or purchasing the items needed.
- Discuss with the youth minister who will be giving the Proclaim/witness for the Edge Night. Be sure that this person is given the script and/or teaching. Inform them of any practices, time limits, and/or deadlines.

WEEK OF THE EDGE NIGHT:

- Person giving Proclaim checks in with youth minister.
- Check that all supplies have been obtained/purchased.
- Create/collect items for environment. Have volunteers ready to help if needed.
- Email Core Team an overview of the Edge Night.

DAY OF THE EDGE NIGHT:

- Set up the environment. Make sure the room is clean and presentable.
- If needed, set up audio/visual equipment. Test the video clips to make sure both picture and sound work.
- Pray! Pray for the youth attending the Edge Night. Pray for God's will to be done through the night. Pray over those involved.

EDGE NIGHT EVALUATION

INSTRUCTIONS:

Use the following questions to discuss and evaluate your Edge Night.

1. On a scale of 1-10, how well did this Edge Night accomplish the goal we set? Explain.

2. What was the strongest aspect of this Edge Night?

3. What kind of follow-up do we need to do after this Edge Night?

4. What can we improve for future Edge Nights? How can we accomplish this?

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