

Eucharistic Revival Resources for Youth Ministry

EQSaints

This is a subscription model. For non-subscribers, contact [Francine](#) for this free session they have given our diocese. Find more info here: www.egsaints.com

EQUIPPED FOR LIFE - YEAR 2: DISCIPLESHIP

Friendship with Christ - Session 6: Praying the Mass

This session introduces the Liturgy of the Eucharist as part of the Mass. It focuses on the prayer that reveals the centrality of the Eucharist for Catholics: “By the mystery of this water and wine may we come to share in the divinity of Christ who humbled Himself to share in our humanity.” Through this prayer, the participants will see that Jesus was like us in all things, except sin. As a human He understands what we go through. As God, He has the power to save us.

Life Teen

This is a subscription model. For non-subscribers, contact [Francine](#) for a free Life Night they have given our diocese. Find more info here: www.lifeteen.com

LIFE NIGHT SERIES

High school sessions

Here and Now: A Life Night Series on the Eucharist (May 2023)

The goal of “Here and Now” is for teens to embrace the true presence of Christ in the Eucharist — Body, Blood, Soul, and Divinity — and to reveal God’s enduring presence in the Catholic Church.

1. Why – Theological
2. Who – Experiential / xlt
3. How – Priesthood / Consecration
4. What – Wedding feast of the holy lamb

Making Sense: A Life Night Series on the Sacraments (January 2022)

Humanity is searching for something. Saint Augustine states, “Our hearts are restless O God, until they rest in you” (St. Augustine, Confessions, 1, 1). This restlessness is part of the human experience and in the culture of the world around us. The answer to the restlessness that life brings is God and, in a unique way, the grace found in the Church through the seven sacraments. Prior to His Ascension, Jesus reminded us, “I am with you always, to the close of the age” (Mathew 28:20). The goal of *Making Sense* is for the teens to understand how God’s grace is found in the sacraments of the Church so that they will be strengthened in their personal relationship with Jesus Christ.

Symphony: A Life Night Series on the Mass (January 2021)

Throughout human history, we see that people almost always chose to form communities and groups. The group provided protection and the ability to share resources, but these groups also gathered together for more than that. They gathered for significant moments like weddings, funerals, and the birth of children. We do these things because they are better when we do them together. We need community. God made us that way because in community we can experience God in a unique way. We can pray on our own, but we also need a community to pray with, as well. Jesus gave us a ritual that was special and would unite us with Him in a profound way. This ritual is the Mass. *Symphony* is a Life Night series that reintroduces teens to the components of the Mass and helps them understand the essential role of the Mass and the Eucharist.

Otherworldly: A Life Night Series on the Mass (January 2019)

Jesus wants to start something new every time you walk through the doors of the church for Mass. *Otherworldly* is about encountering Jesus in the Mass and being transformed, but it is also about how we approach the Mass and what we do after Mass has concluded.

UNLEASHED SERIES

Small group resources

Unleashed: Eucharist

This missionary discipleship small group resource is designed to help teenagers grow as disciples and missionaries. Each guide will focus on a different topic in a unique way. *Unleashed: Eucharist* explores the origins of the Eucharist.

EDGE SEMESTERS

Middle school sessions

Map My Life – Questions About the Eucharist (SAC/LIT – August 2023)

1. What Is the Eucharist?
2. Why Do We Stare at a White Host?
3. Why Does the Eucharist Matter?
4. Why Isn't Mass More Exciting?
5. Does the Eucharist Change Me?
6. Now What?

Real Presence – Social Night Kick Off (August 2023)

Look Closer: Questions about Sacraments (August 2022)

Through this series, middle school youth will discover the necessity of grace, the beauty of the sacraments, and their uniqueness to our identity as Catholics.

Now And Forever – Questions about the Mass (March 2021)

This Semester Planning Guide is designed to help middle school youth understand the Mass and the positive impact it has on their lives and on the world. It will help the youth see the roots of the Mass in Christ's Paschal Mystery, the importance of the Eucharist, the way the different parts of the Mass fit together, and how the Mass can positively affect and bear fruit in their daily lives.

The Finish Line: Sacraments of Healing and Vocation (November 2018)

The Finish Line reveals to the youth how the Sacraments of Healing and the Sacraments at the Service of Communion will be a part of their journey to heaven. They will learn about these sacraments and how they aid us in our daily lives. The youth will also come to an understanding that God has a specific course for their lives that will help them achieve holiness and, by His grace, cross the finish line into heaven.

To the Heights: Mass and Liturgical Seasons (November 2017)

This Semester Planning Guide gives in depth explanations of the Mass, exploring why it should be so important in our lives and why the Eucharist is called the "source and the summit" of our faith. The youth will learn not only the different parts of the Mass but also what liturgy is, the symbolism of what we do, and how to properly prepare for Mass and to receive Jesus Christ.

Transformation – Sacraments of Initiation (November 2016)

Transformation takes the youth deep into the mystery and wonder of the Sacraments of Initiation. The youth will see the transformative power of the graces of these sacraments and how they build the foundation of their faith and give them strength and nourishment for the journey of their lives. Not only will they learn about the liturgical celebration of the Sacraments of Baptism, Confirmation, and the Eucharist, but they will also see the rich Scriptural history of these sacraments.

For parents - *Spiritual Armor (Parent Night): Reconciliation and the Eucharist*

This session teaches parents that the Sacraments of Reconciliation and Eucharist are powerful and necessary parts of our spiritual life. They help remove our sins and protect us from future sin. Parents are challenged to make these cornerstones of their families' faith.

YDisciple

This is a subscription model with emphasis on small groups. You can do a one-month subscription for just \$19 to use the new resource. Find more info here: www.ydisciple.com

Overflow: Living the Sacramental Life (Summer 2023)

This series features four video sessions following the journeys of two young people, Mario and Hannah, as they discover what it means to live a sacramental life. Throughout the series, they'll interview experts who range from priests to therapists to founders of non-profits, diving deep into the reality of grace and how it's made available to us in Confession and the Eucharist.

Head to YDisciple's [Instagram](#) for some behind-the-scenes footage.