

LIFE Meeting Relationships February 8, 2017

1. Opening Prayer and Transition to Small Group

Anna

2. 12 Small Groups: Communication/Dyads

3. Small Groups: Relationship Videos

4. Large Group: Wrap Up

5. Closing Prayer

Casslyn

- **Next Meeting: March 15th**
- **Applications coming this week.**
- **Planning Meeting February 22nd at 6:30**
 - **Food: Morgan, Jesse, Kinley, Sophia**

Opening Prayer

Photograph by Ed Sheeran

<https://www.youtube.com/watch?v=NwXNdTYtKEY>

Loving can hurt
Loving can hurt sometimes
But it's the only thing that I know
When it gets hard
You know it can get hard sometimes
It is the only thing that makes us feel alive

We keep this love in a photograph
We made these memories for ourselves
Where our eyes are never closing
Hearts are never broken
Times forever frozen still

So you can keep me
Inside the pocket
Of your ripped jeans
Holdin' me closer
'Til our eyes meet
You won't ever be alone
Wait for me to come home

Loving can heal
Loving can mend your soul
And it's the only thing that I know (know)
I swear it will get easier
Remember that with every piece of ya
And it's the only thing we take with us when
we die

We keep this love in this photograph
We made these memories for ourselves
Where our eyes are never closing
Our hearts were never broken
Times forever frozen still
So you can keep me
Inside the pocket
Of your ripped jeans
Holdin' me closer
'Til our eyes meet
You won't ever be alone

And if you hurt me
That's OK, baby, only words bleed
Inside these pages you just hold me
And I won't ever let you go

Wait for me to come home [4x]

Oh you can fit me
Inside the necklace you got when you were
16
Next to your heartbeat
Where I should be
Keep it deep within your soul

And if you hurt me
Well, that's OK, baby, only words bleed
Inside these pages you just hold me
And I won't ever let you go

When I'm away
I will remember how you kissed me
Under the lamppost
Back on 6th street
Hearing you whisper through the phone,
"Wait for me to come home."

Reflection

Whether it's a relationship with a significant other or a relationship with God, love is never perfect. It can be hard sometimes, sometimes more often than not. Sometimes may be very difficult to get through. But, love is what makes us feel whole. We share our lives with the people we love. We tell them our deep secrets and share our emotions with them, bad or good. God can be this person for us as well. He seeks a relationship with Him and whether we know it or not, we seek for a relationship with Him too. He wants us to come talk to him when we feel lonely, angry, or excited about something. Love heals and fixes our souls so accept it openly and remember to share your love with others. It is what people will remember you for the most, how much love you had for life, for others, and for God. As your people let us joyfully proclaim, may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary, Amen.

Transition to Small Group

Close your eyes. Imagine yourself walking into class and you notice a new student sitting in the empty desk next to your seat. You smile and introduce yourself. It turns out you both have a lot in common. You invite them to sit with you at lunch and this continues every day for the rest of the year. You become best friends all because of a smile. It's now graduation day and that same best friend is valedictorian and during their speech they thank you. They tell you that the reason they came to Gross is because they were getting bullied at their last school. At first they didn't feel welcomed and they were debating if they should stay here or go to another school the same day that you chose to go a little out of your comfort zone and talk to them. You were the one that saved them just by being a friend. Sometimes, someone comes into your life, so unexpectedly, takes your heart by surprise, and changes your life forever. Some of the best relationships you'll ever have are the ones that you least expected. Remember to always be open about new relationships and always give people a chance because you never know what could happen if you just let yourself open up.

Small Group (mini groups)

"Truly, truly, I say to you, we speak of what we know, and bear witness to what we have seen, but you do not receive our testimony. If I have told you earthly things and you do not believe, how can you believe if I tell you heavenly things? No one has ascended into heaven except he who descended from heaven, the Son of Man. And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life." (John 3: 11-15)

Teach us to listen to those nearest to us; our family, friends, teachers, and even those we are close with. We all are wanting to be heard and understood, and when we put our trust in God, He can make great things happen. Help us be open to those we may not know and open to the ideas and opinions of other people, because we are all made by our one God who is the greatest listener and father of all. As your people let us joyfully proclaim, may the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

Communication in Relationships

The basis of any relationship is communication. It boils down to the fact that if you're going to have a relationship with someone you have to be somewhat on the same page, or at least know what page they are on. It is that shared knowledge that forms the relationship, otherwise you'd just be 2 people going through life separately. A key part to communication is listening. It is one thing to share your feelings with another person, but to actually LISTEN to what they are saying takes a little bit more work.

- Is anyone here in a relationship (friends, family, or otherwise) that does not communicate efficiently? How does (would) that compare to relationships you have that have a lot of communication?

- Why do YOU think communication is so important?
- What are things that should always be talked about in a relationship?

Dyad Time (Hand out Discussion Starters sheet)

You are going to be partnered up with someone else in this group. You two will then have time to build a relationship with each other. This is a time for you to learn about communication and listen and talk with your new friend. Commit to this and really put in true effort into talking and discussing these topics. You can use the prompts or you can just freely talk and let the discussion go wherever it takes you. You may learn something you never knew about the person or realize how much you really have in common. And if you do not find anything in common, the other person still deserves respect and a listening ear! We should learn to be open to conversing with all kinds of different people. It will be a good life skill to have. Also, have fun with this activity, you will be given 20 minutes so do not rush through the questions.

Poster Activity (Need Plain Paper)

Directions: After talking, you will make a poster about your partner. This is to show the new relationship that you two have formed with each other. The poster can be unique, but you have to relate it to your partner's personality. Be ready to share with a group!

Some things you can include are:

- Pictures or symbols
- Activities they participate in
- Favorite non-school hobby
- Personality traits
- Family (including pets)
- Random facts

Second Small Group (2 mini groups combined)

You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. In the Gospel of John, Jesus calls us his friends. He invites us into a personal relationship with Him. Just as we just worked on building personal relationships, God wants the same relationship with each of us. As we reenter our small groups, please help us be attentive to His words and friendship in all of our relationships. As your people let us joyfully proclaim

Share the posters that you made of your dyad with the small groups.

Now that you have started a new relationship or enhanced one that already exists, we are going to take a closer look at various relationships that we have in life. Keeping in mind that our relationships are not always perfect and all relationships take work.

Family Relationships

1. What stood out to you in Anna's video?
2. Was there anything you could relate to?
3. Do you find yourself wishing you had a different family sometimes? Why?
4. Do you view any families you know as perfect? What constitutes a perfect family in your perspective?
5. What are things we can do to more greatly appreciate or deepen relationships in our families?
6. Think about a time you did not get along with a family member. Sometimes we take out our negative emotions on our family and do not think about it because we know they will forgive us. What can we do to treat our families better?

God in our Relationships

1. What do you think of these steps?
2. Which of these steps seems easy to you?
3. Which of these steps seems difficult?
4. Do you think it would make a relationship better if God is involved? Why?
5. What makes a relationship fail?
6. How can you use these steps if your significant other isn't Catholic?

Relationships with a significant other

1. Do you agree with what Mary Kate said about dealing with hard times? Why Or why not?
2. Are you in a high school relationship? What are your thoughts and feelings on high school relationships?
3. Is there anything you relate to from the video? Which part?
4. What non physical aspect of a significant other is most important to you?
5. What are ways to keep your "communication lines" open with any relationship?

Closing

God created us to live on earth and to be in relation with him. He knew that this was the best way that we could feel and grow in his love. A relationship cannot exist if only one side is participating. Even with God, you cannot engage in his loving relationship without putting forth effort and communicating. All of these videos are centered around the communication you must have in order to make any kind of relationship work. It doesn't matter if it is with a family member, a boyfriend or girlfriend, a friend, or God. You must communicate if you want it to succeed. Take a moment to look upon all the current relationships you have in your life (pause).

Are they struggling or are they thriving? Have you been putting forth an effort to make it known to others how you are feeling? How can you make things better?

As much as we want our relationships to work, God wants our relationships to work even more. So make him the center of your life and everything will fall into place. God created us to be together and he is all knowing when it comes to love and communication. If you are struggling, first talk to God, and listen. Listening is just as important as talking. Secondly, take what God has given you as advice and use that to mend the broken relationships in your life. Communication is key.

Discussion Starters

1. What is your favorite color and why?
2. Is there any meaning behind your middle name?
3. If you could eat one food for a whole week what would it be?
4. If you could be a type of insect what would you be?
5. What superpower would you want if you could have one?
6. If you won \$1,000,000,000,000 what would you do with it?
7. If you had to escape prison with only a flashlight how would you do it?
8. What is your favorite word?
9. Do you make haikus on a regular basis?
10. If you were stuck in the jungle and had to befriend one animal which one would it be?
11. What is your dream job?
12. What is your favorite app?
13. What is the dorkiest thing you do?
14. What country do you want to visit?
15. What are some things on your bucket list?
16. What's your favorite thing about Gross?
17. What is your favorite color pen and why?
18. How many pets would you want in an ideal world?
19. What is a world issue you want to fix?
20. How would you want to fix that world issue?
21. What's the funniest account you follow on twitter and why?
22. What is the funniest YouTube video you've seen?
23. If you were a color which color would you be?
24. What's your favorite musical?
25. Favorite movie actor/actress
26. Favorite movie
27. What's a talent you wish you had?
28. Would you rather live in the sky or underwater?
29. What game show do you want to be on?
30. What's your favorite book you've had to read at gross?
31. If someone offered you 20 dollars to live in a hamster ball for 24 hours would you do it?
32. What's your favorite room at Gross?
33. What's a song you could listen to 8 times in a row but the 9th time it gets old.
34. Breakfast or dinner food? Which one is your favorite?
35. If you could fight one celebrity what celebrity would you fight?
36. What's a skill you wish you had?
37. What's advice you would give to someone in need?
38. Have you ever flown in an airplane?
39. What's your favorite vacation?
40. What's your favorite cell phone provider?
41. How do you like your eggs?
42. Would you rather have a sheep or a goat as a pet?
43. What is your favorite nonprofit organization?
44. Do you relate to a certain saint? Which one? Why?
45. What's a challenge you've overcome?
46. What's your favorite tv show?
47. Who would you choose to be your partner on the amazing race?
48. What's your all time favorite cartoon?
49. What is your favorite book?
50. Do you know any good riddles?
51. Do you know any good jokes?
52. Do you have any awkward movie theater experiences? Drive thru?

Closing Prayer

Hold Us Together - Matt Maher

<https://www.youtube.com/watch?v=4sxOdBeo0BE>

It don't have a job, don't pay your bills
Won't buy you a home in Beverly Hills
Won't fix your life in five easy steps
Ain't the law of the land or the government?
But it's all you need

And love will hold us together
Make us a shelter to weather the storm
And I'll be my brother's keeper
So the whole world would know that we're
not alone

It's waiting for you knocking at your door
In the moment of truth when your heart hits
the floor
And you're on your knees

And love will hold us together
Make us a shelter to weather the storm
And I'll be my brother's keeper
So the whole world would know that we're
not alone

This is the first day of the rest of your life
This is the first day of the rest of your life
'Cause even in the dark you can still see the
light
It's gonna be alright, it's gonna be alright

This is the first day of the rest of your life
This is the first day of the rest of your life
'Cause even in the dark you can still see the
light
It's gonna be alright, it's gonna be alright

Love will hold us together
Make us a shelter to weather the storm
And I'll be my brother's keeper
So the whole world would know that we're
not alone

Reflection

At the end of the day, it is love that holds the world together. Whether that be the love between husband and wife, brother and sister, boyfriend and girlfriend, or a friend and a friend. And when we think that we have nothing left, we know that it is not true because God will always always love us. When life is hard, we have love. When life is easy, we have love. It is one of the most constant things we have in our world and it is essential to our being. God, we thank you for the opportunity to experience a community of love here at LIFE. We thank you for tonight, and giving us the opportunity to embody the Marianist charism of community and tomorrow when we wake up, that we have the courage to apply it to our daily lives. Give us hearts that are open to sharing your love with others and making You the center of all our relationships. As your people, let us joyfully proclaim. May the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.