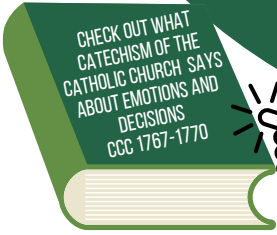




MATTHEW 21:28-32



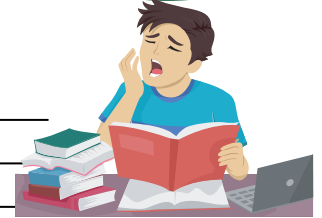
PUSHING THROUGH WHEN YOU DON'T FEEL LIKE IT!

IF YOU WERE ACCUSED OF BEING A CHRISTIAN, WOULD THERE BE ENOUGH EVIDENCE TO CONVICT YOU?

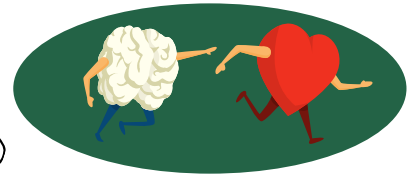
Try replacing "I have to" with "I get to" ...
"I get to go to school",
"I get to help my parents",
"I get to go to Mass" ...

LIST THE TOP THREE THINGS YOU STRUGGLE TO MOTIVATE YOURSELF TO DO!





THINK OF ONE SITUATION WHERE IT'S BETTER NOT TO BE GUIDED BY YOUR EMOTIONS



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "WHEN YOU DON'T FEEL LIKE IT" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What temptation do we all often face, according to Fr Mike?

When we don't feel like doing something, or struggle to find the motivation or be enthusiastic, what should we do?

WHY?

Our reason / why should be: it's _____ to do the right thing.

Mark Hart says: "Prayer doesn't _____ our relationship with God. Prayer _____ our relationship with God." That means if we don't have a daily prayer life, then we don't have a _____ relationship with God.



Our motive to pray should be: "I want _____"

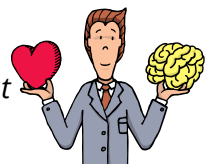
What did Jesus make possible for us to have? _____

What can the Holy Spirit do for us? _____

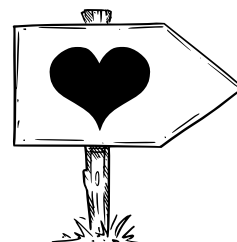


SO, SHOULD WE JUST IGNORE OUR EMOTIONS?

Fr Mike's friend Dean says, "Emotions do not reveal the truth about reality, but they do reveal the condition of your heart." How would you explain this in your own words? _____



Think of a situation that could explain this idea: where your feelings could show where your heart is at, but it would be wiser not to follow your heart in that situation!



REMEMBER: YOU HAVE A REASON, A WHY, A MOTIVE: THE LORD WANTS A RELATIONSHIP WITH YOU, HE WANTS TO BE PART OF YOUR LIFE, HE WANTS YOU TO HAVE ACCESS TO HIS HEART, TO ENTER IN AND ENGAGE WITH THE FATHER, THE SON AND THE HOLY SPIRIT.

PUSHING THROUGH WHEN YOU DON'T FEEL LIKE IT! [MATTHEW 21:28-32](#)

Are there areas in your life where you find yourself saying, "My heart's not in it, I can't do it, I don't feel like it." Reflect on one of those areas, and what the condition of your heart might really be saying. Then find your motive, your why and name it!

SITUATION: _____

WHAT MY HEART MIGHT BE SAYING: _____

MY MOTIVATION TO ACTUALLY ACT: _____



REGARDLESS OF WHAT YOU'RE FEELING, DO THE RIGHT THING!



Now Read Matthew 21:28-32



Have you ever been guilty of this? Your mom or dad ask you to load the dishwasher and you say, "I'll do it later" but you know you won't.... you're just kind of hoping if you delay it long enough someone else will get tired of the mess and do it, at which point you can saunter into the kitchen and say, "Oh it's done? I was just coming out to load it now!"

Maybe you've never been like that, but we can often say one thing and mean another. In Matthew 5:37 Jesus says, "let your 'Yes' be 'Yes,' and your 'No,' 'No.'" The Chief Priests and Elders in the Gospel today said all the right things, they knew the Law of God inside out, but their actions didn't match their words, and as we've all heard, "Actions speak louder than words". Truth, honesty, integrity, consistency - these are all important qualities for Christians. If you were accused of being a Christian, would there be enough evidence to convict you? That can be a pretty sobering question. The good news is, like the Parable of Workers in the Vineyard, God gives us plenty of opportunities to serve and obey, to match our actions to our words, to actually live as we proclaim that we do. We can always choose the next right step, do the next right thing - so push through and load the dishes!



MISSION!

BE VERY CONSCIOUS THIS WEEK OF AREAS YOU STRUGGLE TO MOTIVATE YOURSELF IN. MAYBE IT'S HOUSEHOLD CHORES, ASSIGNMENTS, SPENDING TIME WITH PARTICULAR PEOPLE, CUTTING DOWN ON SCREEN TIME, SERVING OTHERS: WHATEVER IT IS, STOP AND ASK YOURSELF WHERE YOUR HEART IS AT, AND MORE IMPORTANTLY, WHAT'S YOUR MOTIVE FOR DOING THE RIGHT THING IN EACH SITUATION. DO THE NEXT RIGHT THING.



PRAYER TIME!

Dear Jesus, you know I struggle a lot sometimes to do the right thing. Getting out of bed on time, pulling my weight around the house, completing assignments to the best of my ability and on time, not making excuses for myself... the list goes on. Help me to see my heart as you see it, to acknowledge what's truly going on in there. Give me the strength to rise above myself and my emotions, to find the why and the motive, daily, because the battle is daily. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE CONDITION OF YOUR HEART



- I shall not want - Audrey Assad
- Today I Choose - Brian Doerksen
- Nothing I hold onto - W Reagan & Utd Pursuit
- Lord I need you - Matt Maher
- Build my Life - Pat Barrett
- Here's my heart - David Crowder Band

7:15 MINS

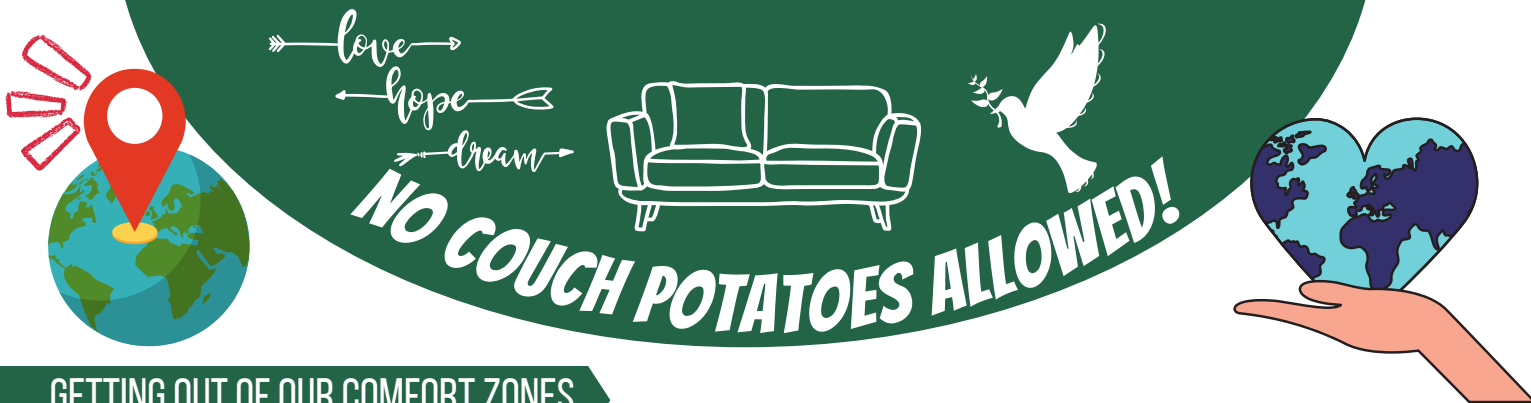


HFM Testimony: Watch Áine's story of how she knew she had a choice to make in her faith

1:19 MINS



Fr Patrick Cahill: The Spirit of God



GETTING OUT OF OUR COMFORT ZONES

What kind of message do you think young people most need to hear today? What are their hearts looking for?

POPE FRANCIS: WYD 2016 MESSAGE TO YOUNG PEOPLE



Pope Francis spoke first about the fear we can feel of being paralysed: "thinking that ... there is no longer any room to grow, to dream, to create, to gaze at new horizons - in a word to live..."



"But in life there is another, even more dangerous, kind of paralysis... I like to describe it as the paralysis that comes from confusing happiness with a sofa. In other words, to think that in order to be happy all we need is a good sofa. A sofa that makes us feel comfortable, calm, safe. A sofa like one of those we have nowadays with a built-in massage unit to put us to sleep. A sofa that promises us hours of comfort so we can escape to the world of videogames and spend all kinds of time in front of a computer screen.

A sofa that keeps us safe from any kind of pain and fear. A sofa that allows us to stay home without needing to work at, or worry about, anything... That is probably the most harmful and insidious form of paralysis, since little by little, without even realizing it, we start to nod off, to grow drowsy and dull while others - perhaps more alert than we are, but not necessarily better - decide our future for us....

Dear young people, we didn't come into this world to "vegetate", to take it easy, to make our lives a comfortable sofa to fall asleep on. No, we came for another reason: to leave a mark. It is very sad to pass through life without leaving a mark. But when we opt for ease and convenience, for confusing happiness with consumption, then we end up paying a high price indeed: we lose our freedom.

This is itself a great form of paralysis, whenever we start thinking that happiness is the same as comfort and convenience, that being happy means going through life asleep or on tranquillizers, that the only way to be happy is to live in a haze. Certainly, drugs are bad, but there are plenty of other socially acceptable drugs, that can end up enslaving us just the same. One way or the other, they rob us of our greatest treasure: our freedom....

Jesus is not the Lord of comfort, security and ease. Following Jesus demands a good dose of courage, a readiness to trade in the sofa for a pair of walking shoes and to set out on new and uncharted paths. To blaze trails that open up new horizons capable of spreading joy, the joy that is born of God's love and wells up in your hearts with every act of mercy. To take the path of the "craziness" of our God, who teaches us to encounter him in the hungry, the thirsty, the naked, the sick, the friend in trouble, the prisoner, the refugee and the migrant, and our neighbours who feel abandoned. To take the path of our God, who encourages us to be politicians, thinkers, social activists. The God who asks us to devise an economy inspired by solidarity. In all the settings in which you find yourselves, God's love invites you bring the Good News, making of your own lives a gift to him and to others...



God expects something from you. God wants something from you. God hopes in you. God comes to break down all our fences. He comes to open the doors of our lives, our dreams, our ways of seeing things. God comes to break open everything that keeps you closed in. He is encouraging you to dream. He wants to make you see that, with you, the world can be different. For the fact is, unless you offer the best of yourselves, the world will never be different.

The times we live in do not call for young "couch potatoes" but for young people with shoes, or better, boots laced. It only takes players on the first string, and it has no room for bench-warmers. Today's world demands that you be a protagonist of history because life is always beautiful when we choose to live it fully, when we choose to leave a mark... He wants to turn your hands, my hands, our hands, into signs of reconciliation, of communion, of creation. He wants your hands to continue building the world of today. And he wants to build that world with you....

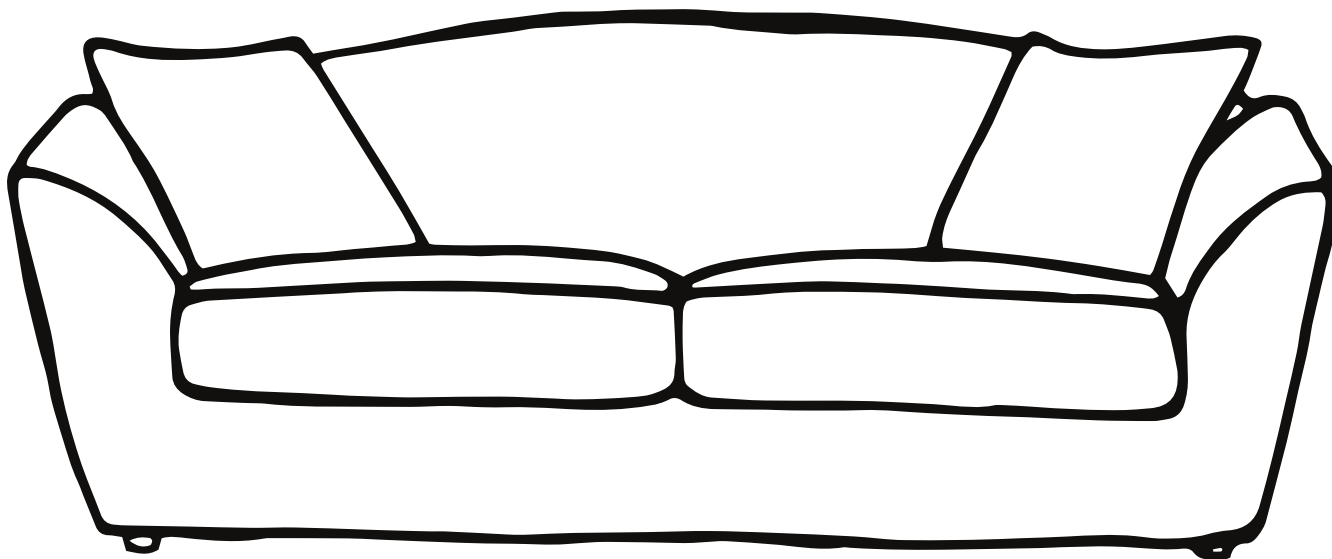


Read the full speech at <https://www.icatholic.ie/prayer-vigil-world-youth-day-2016/>

- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

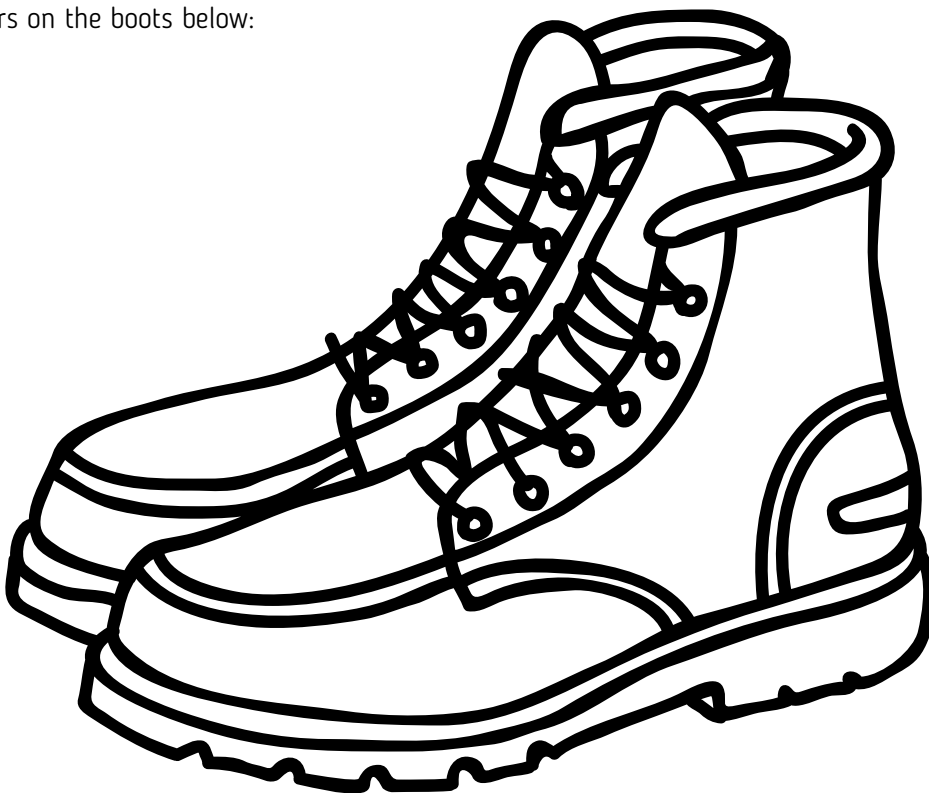
WHAT IS MY "SOFA-HAPPINESS"? WHAT DISTRACTS ME FROM SPENDING MY TIME WELL AND FOR OTHERS?

Write your answers on the sofa below:



WHAT COULD MY WALKING SHOES BE? HOW CAN I LACE UP MY BOOTS TO LEAVE A MARK IN THE WORLD?

Write your answers on the boots below:



PRAYER MOMENT

"I am only one, but I am one. I cannot do everything, but I can do something. And that which I can do, by the grace of God, I will do."
— Dwight L. Moody —



TUNES TO INSPIRE YOU...

SET THE WORLD ON FIRE: BRITT NICOLE

LIFESONG: CASTING CROWNS

THE MOTIONS: MATTHEW WEST

AWAKENING: CHRIS TOMLIN

- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMORE) -

