

HOW DOES A QUESTION LIKE THAT MAKE YOU FEEL? IS IT AN UNCOMFORTABLE QUESTION? IF YES, WHY DO YOU THINK THAT COULD BE?

- ASCEND YOUTH & YOUNG ADULT MINISTRY (DIOCESE OF WATERFORD & LISMOR<mark>E) -</mark>

Disclaimer: On these resource pages you will find links to external websites. Although we make every effort to ensure these links are accurate, up to date and relevant, Ascend Youth Ministry cannot take responsibility for pages maintained by external providers. While we strive to provide only links to useful and ethical websites, we have no control over the content and nature of these sites and the links to other websites do not imply a recommendation for all the content found on these sites.

## **RE YOU AN INFLUENCER?**

## Who is the Prototype for Christians - the model for how to live? (with a capital P!)

What did St Paul advise the Corinthians to do in his letter to them? *Check 1 Corinithians 11:1* 

If we don't think we're living in a way that will help others to become saints if they model their lives on us, what should we do about it, according to Fr Mike?

Remember, today for the people you influence, you're the p\_\_\_\_\_!





Imagine the scene - Jesus trying to teach his disciples that He, as God, will perform the greatest act of humility the world has ever seen, being crucified before rising again, and just a short time later he overhears them squabbling about which of them is the greatest. That was surely a cringe-worthy memory for them as they sought to go make disciples of all nations! Yet, it's easy for us today as well to misunderstand what real leadership and real influence means. It's incredible to think that we can play a role in helping someone else become the best version of themselves, to become a saint! But how seriously do we take that responsibility? Do we ever even think much about it? Do you want to change the world? Do you want to make a difference? Jesus makes it pretty clear in today's Gospel - we're called to humility and service. Fr Mike's video challenges us to ask ourselves if someone modelled their lives on ours, would they become a great saint? I don't know about you, but I've a lot of reflecting to do on that one myself this week!

You can be a leader, an influencer, you can effect change, starting with the people in your life. Jesus is very clear with the Twelve, that the greatest must be the least, the most humble, the most serving. Jesus uses the example of welcoming a little child to explain His point. In that culture, children had no status or power. Serving others rather than seeking power is the way of life Jesus models for us. It has been said that Christians like to talk about being servants until they are treated like one! He didn't say it would be easy, but all things are possible through His grace. Maybe humility is something we all need to work on.



THIS WEEK, REFLECT ON THE INFLUENCE YOU HAVE ON OTHERS IN THEIR LIVES. IS THERE ONE ASPECT OF YOUR LIFE YOU CAN CHOOSE TO FOCUS ON, TO ELEVATE, SO THAT IF SOMEONE WAS TO MODEL THEIR LIFE ON YOURS, IT WOULD HELP THEM BECOME THE BEST VERSION OF THEMSELVES, TO BECOME A GREAT SAINT? EACH EVENING REFLECT BACK ON HOW THE DAY WENT AND ASK THE LORD TO HELP YOU IN THE DAYS AHEAD.





## THE LITANY OF HUMILITY:

Try praying the Litany of Humility, attributed to Cardinal Merry Del Val. It's definitely not easy or comfortable, but it can really help us to see where our priorities and desires lie, and how to live out service and humility in all aspects of our lives! (*You can also use the two song versions below to help you*!)



- The Litany of Humility (Thomas Muglia)
- The Litany of Humility (Danielle Rose)
- When it's all been said and done (Robin Mark)
- Set the World on Fire (Britt Nicole)
- I Shall Not Want (Audrey Assad)
- Humble (Audrey Assad)
- This is our God (Tomlin)
- You have shown us (Baloche)

Check out the Paving the Way Home Talk by 14:18 MINS Fr Patrick Cahill: "You are an Influencer"



Prideful? Here's How to Stop and Be Humble

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

THE ITTAM OF HUMILITY IS ATTRIBUTED TO CARDINAL MERRY DEL VAL WHO WAS THE SECRETARY OF STATE TO POPE SAINT PUS X (1905-1914)

ITANY OF HUMILITY

O Jesus, meek and humble of heart, From the desire of being esteemed, From the desire of being loved, From the desire of being extolled, From the desire of being honoured, From the desire of being praised, From the desire of being preferred to others, *deliver me O Jesus*. From the desire of being consulted, From the desire of being approved, From the fear of being humiliated, From the fear of being despised, From the fear of suffering rebukes, From the fear of being calumniated, From the fear of being forgotten, From the fear of being ridiculed, From the fear of being wronged, From the fear of being suspected,

That others may be loved more than I, Jesus, grant me the grace to desire it. That others may be esteemed more than I, Jesus, grant me the grace to desire it. That, in the opinion of the world, others may increase and I may decrease, Jesus, grant me the grace to desire it. That others may be chosen and I set aside, Jesus, grant me the grace to desire it. That others may be praised and I go unnoticed, Jesus, grant me the grace to desire it. That others may be preferred to me in everything, Jesus, grant me the grace to desire it. That others may become holier than I, provided that I may become as holy as I should, Jesus, grant me the grace to desire it.

hear me. deliver me O Jesus. deliver me O Jesus.





Our deepest fear is not that we are inadequate. Or deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be? You are a child of God.

Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It is not just in some of us: It's in everyone. And when we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

- Marianne Williamson -



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