

# To the Heights

Year B 25TH SUNDAY IN ORDINARY TIME

Download from [www.waterfordlismore.ie/resources](http://www.waterfordlismore.ie/resources) or subscribe to receive by email!



This past week the relics of St Bernadette visited our diocese! Do you know much about this amazing saint and the messages Our Lady entrusted to her in Lourdes? Click the image to open our Gamechanger Resource on St Bernadette - available on [www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)

## HEAR: Sunday Gospel

Mark 9:30-37



If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!

FR MIKE SCHMITZ



WATCH:

## INFLUENCING THE WORLD

## PRAY:



Jesus, help me to be a good Influencer in my world today, with the people I know and love. May I strive for sainthood, and by my life show others how to become the best versions of themselves too. Jesus, meek and humble of heart, make my heart like unto Thine! Amen

## WEEKLY CHALLENGE!



This week, let's make a conscious effort to consider how our actions, words and life can influence those around us - and try to help others become the best versions of themselves!

## TUNE!



Litany of Humility  
Thomas Muglia



## GROW!



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## GAMECHANGERS!

### St Pio of Pietrelcina (Padre Pio)

23rd September

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes, or as we like to call them, Game Changers!

Check them out on our web page!

DO YOU HAVE A PADRE PIO STATUE OR IMAGE IN YOUR LOCAL CHURCH?



[www.waterfordlismore.ie/youth-ministry](http://www.waterfordlismore.ie/youth-ministry)



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)



## PUZZLE

FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW

- arguing
- Capernaum
- children
- death
- disciples
- first
- greatest
- instructing
- Jesus
- last
- little child
- rise
- servant
- Son of Man
- Twelve
- welcome

H	J	N	Z	U	D	D	A	E	A	T	Q	G	U	Y	J
T	H	L	X	L	E	L	M	T	S	W	K	N	Y	S	G
L	S	C	S	A	P	O	I	E	T	E	G	I	U	R	B
X	M	E	T	E	C	J	T	H	I	L	K	U	D	P	F
H	I	H	R	L	O	A	P	Z	C	V	U	G	T	U	B
U	N	M	E	V	E	G	G	X	A	E	Y	R	S	W	J
N	S	W	U	R	A	M	H	E	X	W	L	A	O	X	X
A	T	W	G	A	G	N	U	Z	F	E	O	T	J	I	E
M	R	P	O	S	N	V	T	I	M	I	K	L	T	Y	C
F	U	H	V	Q	P	R	R	L	P	F	R	F	U	I	B
O	C	Z	Z	Z	R	S	E	L	P	I	C	S	I	D	L
N	T	S	S	N	R	Q	J	P	I	A	B	K	T	F	F
O	I	H	I	S	I	E	Z	A	A	L	A	S	T	P	L
S	N	B	Q	P	S	E	W	R	B	C	Y	X	F	X	X
D	G	P	R	U	J	M	N	L	D	G	R	B	I	N	N
T	F	E	S	I	R	C	H	I	L	D	R	E	N	L	Y

Can you explain how any four of these words relate to the message of the Gospel?

What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.




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## DOODLE PRAYER

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

"If anyone wants to be first, he must make himself last of all and servant of all."

MARK 9:30-31



## HIS WORD & MY LIFE!

Imagine the scene - Jesus trying to teach his disciples that He, as God, would perform the greatest act of humility the world has ever seen on Good Friday, and just a short time later He overhears them squabbling about which of them was the greatest. That must have been a cringe-worthy and really humbling memory for them as they went 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? Are we ready and willing? Do we ever even think much about it?

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! This week, let's make a conscious effort to consider how our actions, words and life can influence those around us - and try to help others become the best versions of themselves!



[Click here for some relaxing instrumental music](#)  
SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO



JCR: 1.1 / 1.3 / 1.5 / 1.8 / 1.9 / 2.2 / 2.9 / 3.2 / 3.3  
SENIOR: NON-EXAM: A1 / A3 / B1 / B2 / B2 / G3 / H2 / H3

# ARE YOU AN INFLUENCER?



"If anyone wants to be first he must make himself last of all and servant of all."

WHO DO YOU THINK HAS INFLUENCE ON YOUR LIFE? (EITHER IN YOUR FAMILY, COMMUNITY OR A CELEBRITY? WHAT KIND OF PERSON DO THEY INFLUENCE YOU TO BECOME?



WHAT CHARACTERISTICS DO YOU THINK A GREAT LEADER SHOULD HAVE?



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WATCH FR MIKE SCHMITZ' VIDEO: "INFLUENCING THE WORLD" AND REFLECT ON THE QUESTIONS THAT FOLLOW:



Fr Mike explains that all of us have influence over someone and because of that we should ask ourselves two questions:

1. How are you \_\_\_\_\_ them?
2. Where are you \_\_\_\_\_ them?

What kind of man was John Paul II's father?

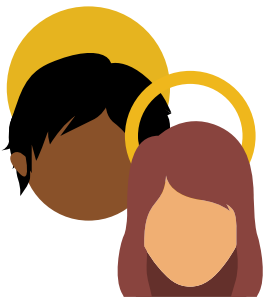
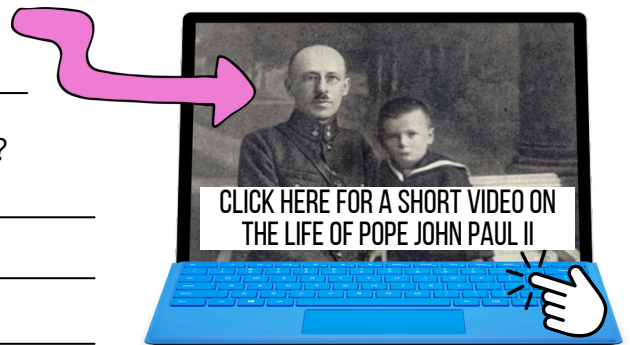
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Describe how he influenced his son to be a Man of God?

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If we want those we have influence over to become great saints (and the best version of themselves), what do we need to ask ourselves and reflect on first?

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



# ARE 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 Corinthians 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\_\_\_\_\_!



READ: MARK 7:31-37

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.



MISSION!

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.



PRAYER TIME!

## 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!)



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON INFLUENCE THIS WEEK



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



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

14:18 MINS



*Prideful? Here's How to Stop and Be Humble*

9:48 MINS

# LITANY OF HUMILITY

THE LITANY OF HUMILITY IS ATTRIBUTED TO CARDINAL MERRY DEL VAL WHO WAS THE SECRETARY OF STATE TO POPE SAINT PIUS X (1903-1914)

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,  
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,

*hear me.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

*deliver me O Jesus.*

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.***





# Our Deepest Fear

Our deepest fear is not that we are inadequate.  
Our 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 -

