

What is Life Teen? A place where high school students can share life, prayer, and be formed as missionary disciples through activities, small groups, catechesis, mentoring, prayer, community, and most importantly, experiencing Jesus in a profound and personal way.



WHAT'S THE FORMAT OF A LIFE NIGHT?

Dinner is served every week from 6:30-6:50 p.m., allowing for teens to catch up with friends and Core Members (small group leaders). Then we **GATHER** for a game, icebreaker, team-building experience, or activity and an opening prayer. Then the **PROCLAIM** is given. This is a 10-15 minute message that includes catechesis, testimony, reflection, and personal application. Youth then enter the heart of our session, **BREAK**: the small group, when they get to break open what they've heard, ask questions, and discuss how faith and the particular topic applies to their life. Additionally, most small group time includes Lectio Divina (praying with Scripture). Finally, we regroup and have our **SEND**, the time when youth enter a particular prayer experience, are given a weekly challenge, and are sent out on mission.



WHEN DOES LIFE TEEN MEET?

LIFE TEEN meets Sunday evenings from 6:30-8:30 p.m. at the St. Francis of Assisi campus. We typically gather in the All Saints room for dinner and then head into the JP II Room for the crux of the night.



WHAT CONTENT IS BEING COVERED AT LIFE TEEN?

Life Teen releases new material every quarter, in a means to keep the faith relevant to the lives of teens. Each year, we rotate to make sure we cover a series (3-6 weeks on a specific topic) on: community, the Person of Christ/Paschal Mystery, the Creed/Catholic Identity, Sacraments, Scripture, Morality, and Vocation. Prayer is woven into sessions every week, although a specific series on Prayer may be given.

Additionally, each year Life Teen releases an annual theme that we weave into the content. The theme is covered at summer camps and other retreats. We will be able to share this new theme come the Summer and the content/layout for the year will be made available by August 1st.



IS THERE MORE for my High School Student?

Yes! Beyond just weekly Life Nights, our high school students can join us for the weekly *new* LT 180°; as well as, retreats and conferences, service opportunities, mission trips, summer camps, leadership formation, and mentoring/intentional discipleship. We also invite teens to attend the 6:30 a.m. Mass on Tuesdays at Incarnation during the School Year, followed by prayer and Chick-fil-a breakfast (Breakfast Club). See the following page for a break down of all the opportunities.



LT 180°

LT (Life Teen) 180° gathers weekly on Wednesdays from 7-8:30 p.m. Here teens choose the content they want to cover, as a means to help them grow in their adult discipleship and ongoing learning of faith. The content might be: Bible Study, deep dive into a particular Church teaching, watching the Chosen, or Advent/Lenten focused studies. Series of content (3-8 weeks in length) will be announced prior to the start of a study.



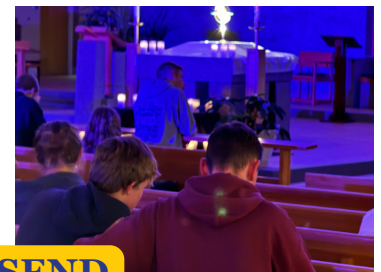
GATHER



PROCLAIM



BREAK



SEND



EQUIP: LEADERSHIP FORMATION

EQUIP will take place quarterly on a Sunday from 5:30-6:30 p.m. as an opportunity to provide deeper leadership formation for high school teens. Learn how to facilitate a small group, prepare and deliver your testimony, lead a bible study, etc. EQUIP is open to all high school students who want to grow in faith-based leadership skills.



PLAY



MENTORING/INTENTIONAL DISCIPLESHIP

We are offering an opportunity for 11th-12th* graders to meet once a month for 60-90 minutes with an adult disciple. Content is entirely teen driven, but it provides a place for spiritual mentorship and accompaniment. Teens choose their mentor (who is a trained, Safe Parish adult) and set up a monthly time to meet with them.



SERVE



RETREATS & MORE!

In addition to weekly programming for high school teens, we provide retreat, conference, camp, and mission trip opportunities for deepening faith and community. We will host a fall retreat and a Lenten Day Retreat in 2024-25. Summer trips will be announced in the Fall of 2024.



CONNECT



HOW CAN I BRING LIFE TEEN HOME?

For every series we do there is a Parent Letter that goes home to families that includes what is being covered each night, the prayer challenge for the week, and discussion questions for breaking the content out at home.



WHAT IS A CORE MEMBER?

A Core Member is an adult disciple (who has completed Safe Parish) that accompanies a small group of youth over the course of the school year. Their task is to build safe, healthy, faith-based relationships with youth, facilitate small group discussions, model what it means to be a disciple, and pray with and for youth.



PRAY



WHAT FOUNDATIONAL H.A.B.I.T.S. ARE WE BUILDING?

Through EDGE (and its high school component, Life Teen), we are striving to help teens Love God, Love Others, and Make Disciples (Matthew 22, 28). We want to help instill H.A.B.I.T.S. of Discipleship, which include:

- **Hang-time with God** | teens are committed to daily personal prayer
- **Accountability + Accompaniment** | teens are in small groups led by an adult-disciple, where they grow in faith and have accountability in their prayer
- **Bible** | teens are reading and praying Scripture, not just at EDGE, but in preparation for Sunday Mass and in their daily prayer
- **Invest in Ministry + Mission** | teens are involved in the life and service of the parish community (ministry) and are serving in the wider community
- **Telling My Story + Inviting Others** | teens share their testimony and invite their friends to EDGE or other events as a means of evangelizing
- **Sacramental Life** | teens attend Sunday Mass, frequent the Sacrament of Confession, and find other times to be with Jesus in the Eucharist



GROW



CLICK THE BUTTON TO SEE MORE

