

FATHER MICHEL REMERY

How to grow in faith

PARTICIPANT'S GUIDE

**A life-changing course to explore the faith,
search for answers or prepare for the Sacraments**

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Introduction

Dear friend, You want to grow in faith, find out what it means to believe, find answers to your questions, or get to know God better. This is an important period, as you will be further introduced to the faith. Whatever your situation, the following pages will help you to participate well in the meetings. Feel free to reach out to us with your questions, concerns, and achievements. We are here for you!

Your questions

This is your course! Your questions will form the basis of our programme. Obviously, we will cover the most important elements of the faith. But we will start with your questions, every time again. This will help you grow in your personal faith and relationship with God.

Tweeting with GOD

Our course is based on the global multimedia initiative *Tweeting with GOD*, which is based on real-life questions. This is not just about social media, although we encourage you to follow *Tweeting with GOD* on Instagram, Facebook or Twitter. You can also follow its author, Father Michel Remery. The book, the app, and the videos will provide the content of our course, always with an open eye to the reality of every day.

Join us in prayer

You have embarked on a great adventure, a journey with Jesus which will last all your life. Hopefully this course will give you the necessary basis to continuously grow on your journey with him. We will pray for you, and invite you to join us in prayer for yourself and all the participants on their path with God.

The organisers

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Getting Started

Essential resources

- Each participant will need the **book *Tweeting with GOD. Big Bang, prayer, Bible, sex, Crusades, sin...*** (Freedom Publishing Books). The book can be read during and between the meetings: it will provide many answers to personal questions. The “dual challenge” at the end of each meeting indicates the Questions from the *Tweeting with GOD* book that should be read for the next meeting.
- Participants are asked to download the ***Tweeting with GOD* app**. The app will be used during the meetings. It can also be used to pray in various ways, and to follow the Order of the Mass in many different languages. Participants are invited to discover the SCAN option for the book and read the short answers in the app.
- Also the ***Online with Saints* app** is needed. This app, too, will be used during the meetings. At home, participants can explore the “social media profiles” of the saints in the app to get to know them further.
- Participants will need a **bible with Old and New Testament**. In this course we prefer to use a hard copy of the Bible to help participants get to know its structure and learn how to find biblical texts.

For purchasing links see www.howtogrowinfaith.com

Five keys for growing in faith

How to grow in faith seeks to help participants find answers and develop a desire to be part of the life and mission of the Church community. The meetings intend to provide a space for the participants to not just ask questions, reflect and learn about the faith, but also pray, act with charity – and celebrate together:

1. **RELATE:** Yes, you can think about God and pray all by yourself. But your faith is not complete without sharing it with the brothers and sisters that God gave you. This also applies to our meetings. These are not just classes, but a place for each participant to grow in relationship with others and God. In every meeting special attention will be given to relating within the group.
2. **THINK:** Thinking and asking are fundamental for our lives. When you like someone, you want to know more about them. The more you love them, the more you want to know. Searching for answers to questions about God, life, and faith is not just an intellectual activity. It is an important step in growing in relationship with him. Let the discoveries become part of your life and see how they call you to action in various ways.
3. **PRAY:** Give the answers you have found a firm basis in your personal life through a direct relationship with God. Prayer is part of every meeting, and participants are invited to pray also individually between the meetings. Several meetings will be dedicated to prayer alone (SEE MEETING 4 & 14). Prayer is the most

intensive way in which the relationship with God is experienced.

4. **ACT:** Bring your faith into practice, so that you realise it is not an intellectual or theoretical exercise, but part of real life. Every meeting will help participants question themselves about the importance of what they learned. The “dual challenge” offers a way to implement what was discussed at home, both intellectually and practically. A special meeting will be dedicated to acting charitably towards others (SEE MEETING 7).
5. **CELEBRATE:** Enjoy your successes together, celebrate with God in the liturgy, and with others at a party. The last meeting will be dedicated to this theme (SEE MEETING 18). Obviously, celebrating together brings us back to the first key.

The “rules” of Tweeting with GOD

1. Welcome all questions regarding faith and life, regardless of the position they may represent or the answer they may imply.
2. Listen respectfully to the others in the group and try to understand the reasoning behind their statements.
3. Let the arguments behind the Church’s teaching speak for themselves.
4. Do not try too hard to convince; simply testify to your own faith. Remember that only God can convert people’s hearts.
5. Be discreet: do not discuss what people say with others outside the group.

TWEETING WITH GOD

Communicating with God is as simple as posting or liking on social media. Whether your favourite tool is Instagram, Facebook, or Twitter, *Tweeting with GOD* helps you to see how simple it is to relate to God, even when you are offline!

Through a close integration between social media, modern technology and printed books, *Tweeting with GOD* aims at helping you discover answers to your questions about the faith. The project was brought to life by young people with many questions, who have been seeking the meaning of their relationship with Jesus in their lives.

Download the free *Tweeting with GOD* app

Use the interactive app to learn more about the faith on the go:

- Follow Mass in 15+ languages
- Pray the Rosary and many other Catholic prayers in 15+ languages
- Find a brief answer to 200+ burning questions
- Scan the *Tweeting with GOD* book to find online extras



Available on the
App Store



GET IT ON
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www.tweetingwithgod.com

Access videos

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/TweetingwithGOD



@TwGOD_en



/FatherMichelRemery



@FrMichelRemery

ONLINE WITH SAINTS

Imagine you could meet and greet a saint, which saint would you choose? Online with Saints offers a virtual encounter with 100+ saints from all around the world. Women and men, carpenters and scholars, mothers and popes, princes and paupers: their inspiring life stories are linked to real life modern questions. Be sure to check the social media profiles of the saints in the app!

Anyone can become a saint! Every saint is different, with their own unique personality and destiny. Each of them found their vocation in a different way – demonstrating that God has a special plan and vocation for each individual.

Download the free Online with Saints app

Discover much more information about the saints:

- Social media profiles of the saints
- Animated videos about their lives
- Information on their history
- Pray with the saints & find patron saints



Available on the
App Store

GET IT ON
Google Play

www.onlinewithsaints.com

Access videos

Turn on the subtitles in YouTube

- via the app: scan a saint in the book
- via the app: click on a saint's profile, play the video
- via the website onlinewithsaints.com
- via the YouTube channel of *Online with Saints*

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/OnlinewithSaints



Online With Saints

Meeting 1: Science & Faith – Doesn't science contradict the story of creation?

Objective of this meeting: See yourself as a child of God – who in the Trinity is relationship in himself: he loves you and he is your Creator.

Related Questions: 1.1, 1.2, 1.3, 1.5, 1.9, 4.1

Dual challenge:

- Read these questions in the *Tweeting with GOD* book: 1.1 & 1.5.
- Search, borrow or buy a bible (Old and New Testaments together) and bring it along next time.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 1.1: “Doesn't the Big Bang rule out faith in God?”
- *Online with Saints* app: Saint Francis of Assisi

What I learned during this meeting:

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Meeting 2: Revelation – How can I know the claims of faith are true?

Objective of this meeting: Discover that the Bible is more than just a book; it is God’s Word, through which – in union with the Tradition transmitted by the Church – God reveals himself to us.

Related Questions: 1.6, 1.10, 1.11, 1.12, 1.15, 1.18.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 1.10 & 1.11.
- Pray at least once with the Bible at home (SEE APPENDIX 4 OF THE TWEETING WITH GOD BOOK).

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- Online with Saints app

Video:

- *Tweeting with GOD* app: Question 1.12: “Did God write the Bible himself?”
- *Online with Saints* app: Saint Jerome

What I learned during this meeting:

.....

Meeting 3: Scripture – Aren't these Old Testament stories out-dated?

Objective of this meeting: Learn about major events in the Old Testament, and understand how these are related to Jesus.

Related Questions: 1.21, 1.22, 1.23, 1.24.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 1.21 & 1.23.
- “Interview” someone who reads the Bible on occasions, and ask what is the most important story for them and why?

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 1.21: “Should I believe everything in the Bible?”
- *Tweeting with GOD* app: Question 1.10: “Why is the Bible so important?”
- *Online with Saints* app: Saint Augustine

What I learned during this meeting:

.....

Meeting 4: Prayer – Why should I pray and how can I do it?

Objective of this meeting: Discover how prayer can bring you closer to God; that various forms and categories of prayer can help you in your life.

Related Questions: 3.1, 3.2, 3.3, 3.5, 3.6, 3.7, 3.12, 3.14, 3.22.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 3.1 & 3.3.
- At least once, make time for 3 minutes of prayer in silence.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 3.1 “Why should I pray, and how do I do it?”
- *Online with Saints* app: Saint Monica

What I learned during this meeting:

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Meeting 5: Your group's questions 1

Objective of this meeting: Speak about your questions.

Dual challenge:

- Read the related Questions in the *Tweeting with GOD* book.
- Define together what you will do for the second challenge.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

What I learned during this meeting:

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Meeting 6: Good & Evil – Why is there evil if God created everything so good? What is grace?

Objective of this meeting: Understand that the existence of evil is not according to the plan of God, who created us with a free will and supports us with his grace.

Related Questions: 1.4, 1.34, 1.35, 1.36, 1.42, 4.12.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 1.35 & 4.12.
- Do something good for someone without others noticing.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 1.35: “Why is there evil?”
- *Online with Saints* app: Sainte Lidwina of Schiedam

What I learned during this meeting:

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Meeting 7: ACT – How can I help my neighbour?

Objective of this meeting: Volunteering in a nursing home, in the community, or with a charitable organisation, with the purpose of putting what has been learned so far into practice.

Related Questions: 1.35, 3.1, 3.50, 4.1, 4.7, 4.8, 4.9, 4.10, 4.45.

The next meeting takes place on

To bring:

- A common idea
- Resources needed to execute it

What I learned during this meeting:

.....

Meeting 8: Christmas & Easter – Why is Jesus our “Saviour”? From what do I need to be saved?

Objective of this meeting: Learn about the core of our faith and what God saves us from through the birth, suffering, death, and resurrection of Jesus.

Related Questions: 1.26, 1.27, 1.28, 1.29.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 1.26 & 1.27.
- Make, find, or buy a cross and put it in your room. Talk with Jesus on the cross from time to time.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 1.45: “Will there be steak and cake in heaven?”
- *Online with Saints* app: Saint Nicholas Owen

What I learned during this meeting:

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Meeting 9: Pentecost – Do I have a vocation and what is the role of the Church?

Objective of this meeting: Everyone has a vocation; learn how to discover your personal calling in relation to the Church community.

Related Questions: 3.50, 4.2, 4.3, 4.4, 4.5, 4.50.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 4.3 & 4.4.
- Think about what vocations could be possible for you. Ask the Lord to help discern what you should do with your life.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 4.6: “5 steps to get to know God’s Will”
- *Online with Saints* app: Saint John Paul II

What I learned during this meeting:

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Meeting 10: Your group's questions 2

Objective of this meeting: Speak about your questions.

Dual challenge:

- Read the related Questions in the *Tweeting with GOD* book.
- Define together what you will do for the second challenge.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

What I learned during this meeting:

.....

Meeting 11: RETREAT – How do I give myself completely to God in prayer?

Objective of this meeting: Start listening to God in silence and temporary solitude.

Related Questions: 3.1, 3.2, 3.3, 3.4, 3.5, 3.6, 3.7, 3.8, 3.9, 3.10, 3.11, 3.12, 3.13, 3.14, 3.17

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book

Video:

- *Online with Saints* app: Saint Teresa of Avila

What I learned during this meeting:

.....

Meeting 12: Sacraments & Liturgy – What are sacraments? What is liturgy?

Objective of this meeting: Perceive how the seven sacraments and the liturgy are essential in the everyday life of a Christian.

Related Questions: 3.25, 3.25, 3.26, 3.27, 3.35, 3.36, 3.37, 3.38, 3.40, 3.41, 3.42, 3.43.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 3.24 & 3.35.
- Look around in a Catholic church near you, and find items related to the sacraments, like the baptismal font, confessional, altar, tabernacle, holy oils...

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Online with Saints* app: Saint John Bosco

What I learned during this meeting:

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Meeting 13A Baptism

Objective of this meeting: See how God’s sacramental grace – received through the working of the Holy Spirit – confirms the link with Jesus and his Church, and helps us to live as convinced Christians.

Related Questions: 1.4, 1.22, 1.26, 1.32, 1.34, 1.45, 2.30, 3.15, 3.22, 3.35, 3.36.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 1.4 & 3.36.
- Find in the *Tweeting with GOD* app a prayer to the Holy Spirit, and pray this alone or with some others.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Online with Saints* app: Saint Martin of Tours

What I learned during this meeting:

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Meeting 13B Confirmation

Objective of this meeting: See how God’s sacramental grace – received through the working of the Holy Spirit – confirms the link with Jesus and his Church, and helps us to live as convinced Christians.

Related Questions: 1.31, 1.32, 1.33, 2.30, 3.34, 3.36, 3.37.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 1.32 & 3.37.
- Take up the sheet with the grace you want to ask from God, and pray that God will grant you what is good for you.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Online with Saints* app: Saint Dominic Savio

What I learned during this meeting:

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Meeting 13C Eucharist

Objective of this meeting: See how God’s sacramental grace – received through the working of the Holy Spirit – confirms the link with Jesus and his Church, and helps us to live as convinced Christians.

Related Questions: 2.30, 2.35, 3.14, 3.25, 3.44, 3.45, 3.46, 3.47, 3.48, 3.49, 3.50.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 3.25 & 3.28.
- Participate in the Eucharist in your local church on a weekday (obviously without skipping the Sunday Mass). What differences do you note with the Sunday?

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Online with Saints* app: Venerable Carlo Acutis

What I learned during this meeting:

.....

Meeting 13D Matrimony

Objective of this meeting: See how God’s sacramental grace – received through the working of the Holy Spirit – confirms the link with Jesus and his Church, and helps us to live as convinced Christians.

Related Questions: 3.43, 4.19, 4.20, 4.21, 4.32.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 3.43 & 4.19.
- Read the blessing of the spouses (SEE APPENDIX 1), searching for elements of what was said in this meeting.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Online with Saints* app: Blessed Luigi and Maria Quattrocchi

What I learned during this meeting:

.....

Meeting 13E Holy Orders & Anointing of the Sick

Objective of this meeting: See how God’s sacramental grace – received through the working of the Holy Spirit – confirms the link with Jesus and his Church, and helps us to live as convinced Christians.

Related Questions: 2.1, 3.40, 3.41, 3.42, 4.4.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 3.40 & 3.41.
- Visit a sick person, and/or send a card to someone in need to show that you are with them in thought and prayer.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Online with Saints* app: Saint Alphonsus Liguori
- *Online with Saints* app: Saint Teresa of Calcutta

What I learned during this meeting:

.....

Meeting 13F Reconciliation

Objective of this meeting: See how God’s sacramental grace – received through the working of the Holy Spirit – confirms the link with Jesus and his Church, and helps us to live as convinced Christians.

Related Questions: 3.38, 3.39, 4.12, 4.13, 4.14.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 3.38 & 3.39.
- Participants look back over their life so far, and prepare for Confession following the steps for the examination of conscience (SEE APPENDIX 2).

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 3.38: “Why confess to a priest instead of directly to God?”
- *Online with Saints* app: Saint John Nepomuk

What I learned during this meeting:

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Meeting 14: PRAY – How can I turn to God? How can I ask for forgiveness?

Objective of this meeting: This is the perfect moment to pray together and to receive the Sacrament of Reconciliation.

Related Questions: 3.38, 3.39, 4.12, 4.13.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app

What I learned during this meeting:

.....

Meeting 15: Your group's questions 3

Objective of this meeting: Speak about your questions.

Dual challenge:

- Read the related Questions in the *Tweeting with GOD* book.
- Define together what you will do for the second challenge.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

What I learned during this meeting:

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Meeting 16: Sanctity – What do Mary and the saints have to do with my relationship with God?

Objective of this meeting: You are not alone: those in heaven accompany us, they pray with us and for us!

Related Questions: 1.38, 1.39, 1.40, 4.15, 4.16.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 1.38 & 4.15.
- Pray a decade (or more) of the Rosary at home with the help of the *Tweeting with GOD* app.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 4.16: “Should I pray to the saints?”
- *Online with Saints* app: Mary

What I learned during this meeting:

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Meeting 17: Christian life – How is our faith summarised in the Creed and the Commandments?

Objective of this meeting: Synthesis of all that was discussed and experienced so far on the basis of the Creed, taking the Ten Commandments as a guide for daily life.

Related Questions: 1.19, 1.24, 1.27, 1.31, 1.33, 2.12, 2.20, 2.23, 4.9, 4.10.

Dual challenge:

- Read these Questions in the *Tweeting with GOD* book: 4.9 & 4.10.
- Review your resolutions for continuing on your faith journey and put them into practice.

The next meeting takes place on

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Tweeting with GOD* app: Question 4.9: Are the Ten Commandments still relevant?
- *Online with Saints* app: Blessed Pier Giorgio Frassati

What I learned during this meeting:

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Meeting 18: CELEBRATE – Can a good Catholic party?

Objective of this meeting: Think about what makes a good Catholic party, the celebration of the Eucharist, and partying in thanksgiving.

Related Questions: 3.29, 3.44, 3.45, 3.46, 3.47, 3.48, 3.49, 3.50, 4.10.

To bring:

- Your bible
- *Tweeting with GOD* book & app
- *Online with Saints* app

Video:

- *Online with Saints* app: Saint Vitus

What I learned during this meeting:

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Follow-up after *How to grow in faith*

The end of our journey *How to grow in faith* is not really an end. It is rather the beginning of a new way of growing in faith and living as a Christian. The following three commitments can help you:

- A commitment to continuously deepening your knowledge of the faith, reading the Bible and fundamental documents like the Catechism of the Catholic Church, and studying resources like *Tweeting with GOD*, *Online with Saints*, and manifold other reliable information.
- A commitment to regular personal prayer, and finding the Will of God, possibly helped by spiritual accompaniment. The only way to grow in your relationship with Jesus is by passing time with him.
- A commitment to the Church, the local community. Even if there is no active community or parish nearby, it is still of vital importance to find ways to live your faith with others.

Continuing

If (part of) your group is motivated to continue searching for answers to faith-related questions, you could use the same format as presented in this course. The general idea of such meetings would be the same as during the course but with greater freedom of choice of topics. The moderation can be done jointly by the group itself. The most important thing is the motivation of the participants. The *Tweeting with GOD Manual* and the *Specials* give many explanations and ideas on how to organise such meetings just by yourself (SEE WWW.TWEETINGWITHGOD.COM/HOWTO).

Practical suggestions

- You are trying to grow and deepen a relationship: seek God at every moment possible, and include him in your daily routine. For example, say a brief prayer of thanksgiving before you start eating, pray in the morning before the start of the daily buzz, pray in the evening when

everything grows still, throw brief interjections to heaven saying thank you, I'm sorry, help me...

- Christian life is not about programs and projects, but about a continuous journey with Jesus, alone and with others. Schedule moments for time with God in your weekly calendar. For example, write down appointments with God for personal prayer, for a moment of exchange about the faith with others, for Bible study, for visiting a lonely neighbour...
- God has given the sacraments and the liturgy to strengthen and inspire you for your life as a Christian. Make sure to participate in the weekly Sunday Eucharist and the celebrations of the liturgical year: these are a great help for living your faith on a daily basis. Do not forget the importance of regularly asking forgiveness from God in the Sacrament of Reconciliation.
- Check with your local parish or community what opportunities for living and deepening the faith are on offer.
- If in your neighbourhood there are not many possibilities for continuing to grow in faith, consider starting something with your course mates, or joining an (online) community for regular meetings of prayer, sharing, and deepening the faith. Try to meet regularly, even if only by videoconference....
- We all need a boost from time to time. Pilgrimages and retreats are great ways to regain weakened or lost enthusiasm, and to refocus on the importance of your personal relationship with Jesus. For example, visit a monastery or holy place for a day of recollection, book some days of retreat with a few friends or alone, sign up for a pilgrimage...
- Above all, realise that you are not alone on this exciting journey of faith: Jesus tells you here and now: "Remember, I am with you always, to the end of the age" (Mt 28:20).

Appendix 1: Blessing of the spouses

Holy Father, maker of the whole world, who created man and woman in your own image and willed that their union be crowned with your blessing, we humbly beseech you for these your servants, who are joined today in the Sacrament of Matrimony.

May your abundant blessing, Lord, come down upon this bride, (*Mary*), and upon (*Joseph*), her companion for life, and may the power of your Holy Spirit set their hearts aflame from on high, so that, living out together the gift of Matrimony, they may (adorn their family with children and) enrich the Church.

In happiness may they praise you, O Lord, in sorrow may they seek you out; may they have the joy of your presence to assist them in their toil, and know that you are near to comfort them in their need; let them pray to you in the holy assembly and bear witness to you in the world, and after a happy old age, together with the circle of friends that surrounds them, may they come to the Kingdom of Heaven.

Through Christ our Lord. Amen.

Appendix 2: Preparation for Confession: Examination of conscience

My relationship with God

- Have I taken time to pray? How? Did I pray because I wanted to or because I felt obliged? Have I prayed regularly?
- What have I done to learn something about God in order to advance in my relationship with him? Was it enough?
- Have I regularly attended Mass and community prayer? With what attitude?
- Have I shown respect for God in my life? In my manner of speaking and my way of acting?
- How have I treated God's creation? Have I wasted things? Have I done enough to reduce my ecological footprint (for example by taking public transport or by paying attention to my waste)?

My relationship with others

- How have I treated my family and friends? Have I helped them when needed? Have I told the others where I went and did I back on time for our community life? Have I brought peace or did I contribute to unrest? Have participated in bullying at work or at school? Have I asked forgiveness for my mistakes? Have I forgiven those who hurt me?
- How did I behave at school? How have I treated my teachers? Have I paid attention in class? Have I wasted my time? Have I done my homework conscientiously?
- How did I behave at work? How have I treated my colleagues? Was I always ready to help them? Have I wasted the time of my employer?
- How have I treated people I did not know? Have I assisted those who needed help?
- Was I always cordial and courteous? Have I kept my promises? Have I cheated or did I lie? Have I spoken ill of someone?

- Have I shared my goods and talents with those in need? Have I given my time and energy to others?
- Have I used my friends or my family for my own benefit? Have I made fun of them? Have I made an effort to understand their difficulties and our differences?
- Have I acted without asking anything in return? Have I acted quietly, without asking for attention for what I did or gave?

My relationship with myself

- Am I happy to be who I am? Have I seen myself as a creation of God?
- Have I mainly focused on what is negative in me? Have I paid too much attention to my appearance and how others see me? Have I spent too much time or money on myself, on fashion, electronics or other things?
- Did I want to be popular and seen in a positive light? Was I too proud or too content with myself?
- Have I taken care of my physical, emotional and spiritual well-being? Have I taken enough rest?
- How did I make my choices? Consciously or because everyone else did it? Or have I avoided making a choice because it was the easiest way? Have I asked God's help to make good choices?
- How have I treated my body? Have I maintained my purity? Did I disrespect my sexuality? Have I restrained myself in a healthy and spiritual way? Have I hurt my body voluntarily? Have I used drugs, abused sugar, tobacco, alcohol...? Have I exercised enough, without exaggeration?
- Have I taken care of my personal development and my education, diligently and without exaggerating? Have I finished what I had to do?

Conclusion

- Now think of the most important things that you want to ask forgiveness for.
- Do you want God to become part of your life again? Ask him!
- What particular grace do you want to ask from God to help you improve yourself in order to live closer to him in daily life?

Appendix 3: Prayers for the beginning and end of the meeting

The Church has a great tradition of beautiful prayers that can be used (SEE #TWGOD APP > PRAY > CATHOLIC PRAYERS). *Always start and conclude your prayer with the sign of the cross.*

Our Father who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now, and ever shall be world without end. Amen.

To begin...

Lord, I come here before you and I do not know what to say. In fact, I know you very little. Help me to understand better who you want to be for me. Help me to overcome my doubts. Teach me to pray as you please and to listen to what you want to tell me...

My Lord and my God...

Jesus, you know everything I experience in my heart, even when I am not aware of it. I have a great desire to come near to you, although I do not know how to find you. I want to spend more time with you, but I do not know how to pray. Yet I want to say with all my heart:

All: My Lord and my God, take from me everything that distances me from you.

My Lord and my God, give me everything that brings me closer to you.

My Lord and my God, detach me from myself to give me all to you. Amen.

[PRAYER OF SAINT NICOLAS OF FLÜE]

Take, Lord...

Dear Lord, we come into your presence to thank you for this moment in which we may consider the greatness of your presence among us and the reasons why it is good to believe. We ask you to help us to think honestly about the faith and to recognise how everything comes together in your love. We want you, not us, to be the centre of our lives and thoughts, and therefore we pray:

All: Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me. Amen.

[PRAYER OF SURRENDER OF SAINT IGNATIUS OF LOYOLA]

Come, Holy Spirit...

Dear Lord, as we gather to think about you and your great gifts during this session, we ask you to be with us with your Holy Spirit. Together we pray:

All: Come, Holy Spirit, Divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance. Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with you and the Father, forever and ever. Amen.

[STUDENT'S PRAYER OF ST. THOMAS AQUINAS]

Thank you Lord...

Dear Lord, we thank you for our conversations, for what we learned about you and ourselves. Help us to make it part of our daily lives. Teach us to open ourselves to you. Holy Mary, Mother of Jesus, pray for us.
All: *Hail Mary...* (SEE #TWGOD 3.9).

Into your hands...

Thanking you for all we learned, we pray:

V /. Into your hands, Lord, I commend my spirit.

R /. *Into your hands, Lord, I commend my spirit.*

V /. You have redeemed me, Lord God of truth.

R /. *Into your hands, Lord, I commend my spirit.*

V /. Glory be to the Father, and the Son, and the Holy Spirit.

R /. *Into your hands, Lord, I commend my spirit.*

[PSALM 31:5; NIGHT PRAYER]

