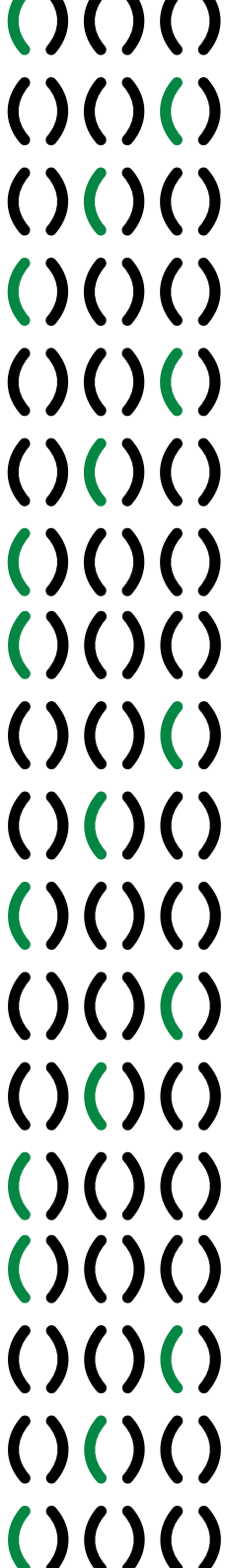


# RISE UP<sup>+</sup>

MEETING #1





# PILGRIM YOUTH – YEAR 1

## Preparation Itinerary for WYD, Lisbon 2023

### Ficha técnica

*Nada obsta*

01 de novembro de 2020, Solenidade de Todos os Santos  
D. Joaquim Mendes, Bispo Auxiliar do Patriarcado de Lisboa

### Textos bíblicos

CEP, Bíblia, Os Quatro Evangelhos e os Salmos, 2019  
Edição litúrgica dos textos bíblicos

### Elaboração

Direção de Pastoral e Eventos Centrais  
da Jornada Mundial da Juventude Lisboa 2023

### Ilustrações

Mário Linhares

### Fotografias

Vatican Media

### Design Gráfico

Douglas Azevedo  
Leila Ferreira  
Fundação Salesianos

### Propriedade

Fundação JMJ Lisboa 2023

### Equipa de redação

Alice Neto (Paróquia de Alcochete, Diocese de Setúbal); Pe. André Batista (Secretariado Diocesano da Pastoral Juvenil, Diocese de Leiria – Fátima); Pe. Bruno Dinis (Missionários Passionistas); Carlota Cardoso (Paróquia de S. Julião do Tojal, Patriarcado de Lisboa); Júlio Torres (Paróquia de Vialonga, Patriarcado de Lisboa); Liliana Maia (Leigos Missionários Combonianos); Ir. Linda Vieira (Filhas de Maria Auxiliadora, Salesianas); Ir. Lisete da Natividade (Irmãs Doroteias); Pe. Luís Rafael Azevedo (Departamento Diocesano da Pastoral Juvenil, Diocese de Lamego); Maria Lopes (Paróquia da Póvoa de Santa Iria, Patriarcado de Lisboa); Ir. Marta Mendes (Aliança de Santa Maria †); Pedro Feliciano (Serviço da Juventude, Patriarcado de Lisboa); Romana Esteves (Paróquia de Olhalvo, Patriarcado de Lisboa); Rui Lourenço Teixeira (Corpo Nacional de Escutas); Ir. Sandra Bartolomeu (Servas de Nossa Senhora de Fátima); Pe. Tiago Neto (Patriarcado de Lisboa).

### Revisão teológica

D. Vitorino José Pereira Soares (Bispo Auxiliar da Diocese do Porto)  
Cón. Luís Miguel Figueiredo Rodrigues (Arquidiocese de Braga)  
Cón. Mário José Rodrigues de Sousa (Diocese do Algarve)



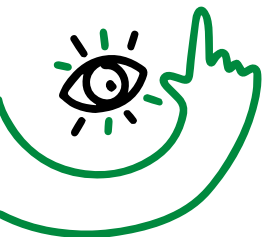
# #1

# RISE UP AND SAY "YES"

*the objectives of this meeting are:*

- To find out the reasons why Mary rose up and set out quickly.
- To deepen the vocational dimension of existence.
- To remember God's marks in your personal history.

# GET READY



We begin our journey of preparation for World Youth Day, Lisbon, 2023 with the joy of a song!

Do you know the anthem of World Youth Day Panama 2019? Listen to it and ask yourself what it means to say YES!

**"I am the servant of the Lord.  
May it be done to me according to Your Word."**

**Abdiel Jiménez**



As your pilgrim people we are gathered here today  
From every continent and city.  
Longing to be - true servants of the Lord.  
Proclaiming your Word to every nation.

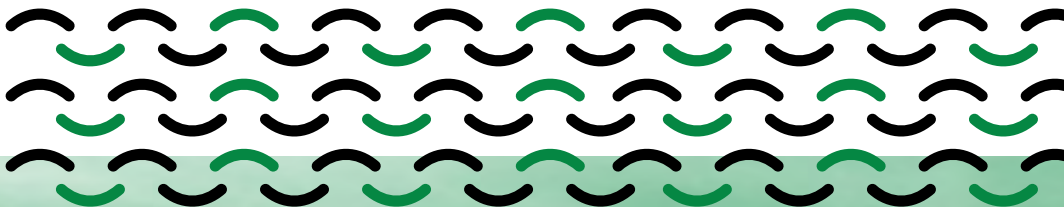
Teach us to say "yes" as Mary did that day.  
That your will be done here as in heaven.  
Fill our hearts with songs - of joy and of gladness.  
Let all the earth stand up and praise you.

**Here I am, the servant of the Lord.  
Speak your Word in me  
and let your Will be done.**

Your chosen ones, we are,  
sent out to do Your will.  
Your sons and daughters, we are.

To be like your Mother, surrendered to Your will.  
A pilgrim Church called and anointed,  
as Your young disciples we'll witness to the world,  
with joy and faith live our vocation.

Do not be afraid. No, do not fear,  
the Father's arms are open.  
Like Mary who said 'yes'  
and served the Lord.  
Let now His will be done in you.





# O espírito Santo

virá sobre ti e o poder do

## altíssimo

te envolverá. Por  
é concebido santo s

## FILHO D

que  
mado

## EUS.

## MARIA disse,

então: « Eis a serva do  
SENHOR, faça-se em mim

## segundo

a tua Palavra! »

E o anjo partiu de junto dela.

Por aqueles dias, MARIA

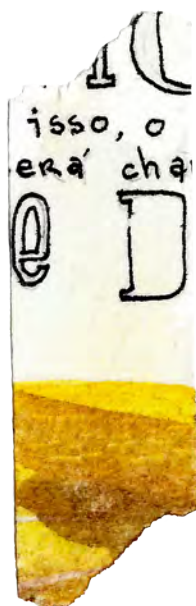
## Levantou-se,

foi apressadamente para a montanha,  
para uma cidade de Judá.



# LISTEN

## The Gospel of Saint Luke (Luke 1, 26- 39)



<sup>26</sup>In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, <sup>27</sup>to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. <sup>28</sup>The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you." <sup>29</sup>Mary was greatly troubled at his words and wondered what kind of greeting this might be. <sup>30</sup>But the angel said to her, "Do not be afraid, Mary; you have found favor with God. <sup>31</sup>You will conceive and give birth to a son, and you are to call him Jesus. <sup>32</sup>He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, <sup>33</sup>and he will reign over Jacob's descendants forever; his kingdom will never end." <sup>34</sup>"How will this be," Mary asked the angel, "since I am a virgin?" <sup>35</sup>The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. <sup>36</sup>Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. <sup>37</sup>For no word from God will ever fail." <sup>38</sup>"I am the Lord's servant," Mary answered. "May your word to me be fulfilled." Then the angel left her. <sup>39</sup>At that time Mary rose up and set out quickly to a town in the hill country of Judea."

The Gospel of the Lord.

R/ Praise to you, Lord Jesus Christ!



# RECEIVE



**D. João Marcos**  
Church of Our  
Lady of Fatima  
of Jeromelo,  
Milharado  
Parish  
Mafra, 2013



MARIA

ANGEL

DOVE

GREEN PAVEMENT

TABLE WITH DISHES

EMPTY SPACE

DOOR

## Mary's "Yes"

Listen to what Pope Francis has to share with us about this topic:

«We are always struck by the strength of that young woman's "yes", the words "be it done" that she spoke to the angel. This was no merely passive or resigned acceptance or a faint "yes", as if to say, "Well, let's give it a try, and see what happens". Mary did not know that expression: "let's see what happens". She was determined, she knew what was at stake and said "yes", getting straight to the point. It was something more, something different. It was the "yes" of someone prepared to be committed, someone willing to take a risk, ready to stake everything she had, with no more security than the certainty of knowing that she was the bearer of a promise. And I ask each one of you: do you see yourselves as bearers of a promise? What promise is there within my heart to take forward? Mary's would undoubtedly be a difficult mission, but the challenges that lay ahead were no reason to say "no". Things would get complicated, of course, but not in the same way as happens when cowardice paralyzes us because things are not clear or sure in advance. Mary did not take out an insurance policy! Mary took the risk and for this reason she is strong, for this reason she is an "influencer", the "influencer" of God! The "yes" and the desire to serve were stronger than any doubts and difficulties.

**Pope Francis**  
Vigil Address  
on the 34<sup>th</sup>  
World Youth Day,  
Panama, January  
26, 2019.

## ASK YOURSELF

What about you?

Confront yourself with the word of God:



**In your story:**

- What touched you most in this text?
- What is the strength of your yes(s)?

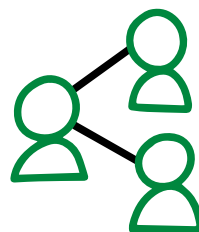
**In your day to day:**

- Do you live in this "haste" of Mary's?
- Is Mary an influence for you?

**And 'Now':**

- At this moment in your life, is it important for you to listen to this word?
- Do you feel like the bearer of a promise?

## SHARE



Share your experience with your group.





# PRAY

## The history of your vocation



### Now look at your own life:

- 1. Identify some of the most remarkable moments (personal life: e.g. birth, social: - e.g. entry to school, religious, baptism, etc.).
- 2. Then, note the moments when you felt most clearly the presence of God.
- 3. Finally, identify the “calls” of God in your life, and to what God called you.

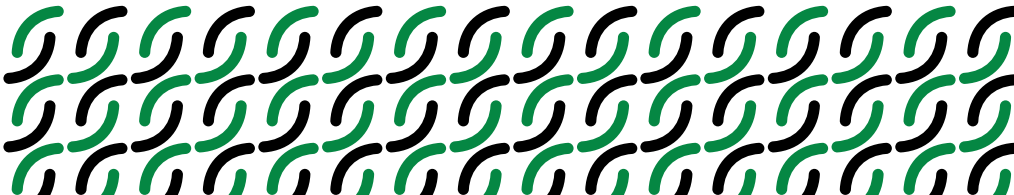
DATE	EVENT
	Birth

God’s calls in my life...

## Magnificat

Thank God for the path He has walked with you so far.  
Do so with the words of Mary, with her Magnificat.

My soul glorifies the Lord  
and my spirit rejoices in God my Savior,  
for he has been mindful  
of the humble state of his servant.  
From now on all generations will call me blessed,  
for the Mighty One has done great things for me  
holy is his name.  
His mercy extends to those who fear him,  
from generation to generation.  
He has performed mighty deeds with his arm;  
he has scattered those who are proud in their  
inmost thoughts.  
He has brought down rulers from their thrones  
but has lifted up the humble.  
He has filled the hungry with good things  
but has sent the rich away empty.  
He has helped his servant Israel,  
remembering to be merciful  
to Abraham and his descendants forever,  
just as he promised our ancestors.  
Amen.



# RISE UP

To rise up is to seek God's will



In this first meeting, you are invited to “Rise up” through the search and choice of God’s will in your daily life, through personal prayer and with the help of the following tips:

**How we can identify God’s will: it’s possible, it’s best and it’s the most intelligent.**

What does God’s will consist of? It consists, first of all, **in the path of the Good** that God reveals to us through the **commandments of Jesus and the Church**: do not kill, do not steal, honor your parents, forgive those who offend you, etc. These commandments are universal, that is: they are valid for everyone.

Beyond this, God has **a particular will** for each person. For example: that you accept a particular job or mission; correct a certain aspect of your life; that you approach a particular person or that you make peace, etc.

Deep down, everything God wants from us is a way of our becoming more and more human and happy as children of God.

We have to understand **3 important characteristics** of God’s will:

**It’s always POSSIBLE.** God never asks us for the impossible. If something were totally impossible,

then it certainly wouldn’t be God’s will. But please note that there are many things that seem impossible to us only with our strength, but that are possible with the grace of God.

**It’s always THE BEST** for us and for those around us, even when it doesn’t seem that way. God would never ask us for anything that wasn’t for our own happiness. But sometimes this is difficult, because we imagine our happiness in a different way and it becomes hard for us to trust in God.

Doing God’s will **is always the SMARTEST choice.** God knows better than us how our lives and talents can yield to the fullest, for our good and for the good of others around us. Doing God’s will is not a favor we do for Him, but for ourselves. He does us a “favor” in showing us His will!

**National  
Secretariat of  
the Apostolate  
of Prayer,**  
GPS of Christian  
Life, Braga,  
Apostolate of  
Prayer, 2011,  
pp. 29-30.

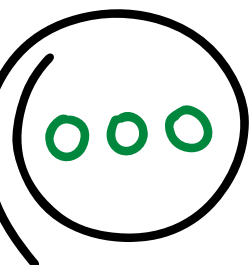
Rise up, trying to do God’s will!



# CONTINUE

Learn more about this topic by reading the following text that you can use in a moment of personal prayer:

## The Angel of Advent



Let your angel open these doors again  
to the announcement of pure and sudden life  
that elevates even our dullest days  
up to the promise

Let your angel come to reinstate the censored alphabet  
rehearse the dance that movements ignore  
Come and point out the fair day, only by the clear blue  
let go of the ashes of discouragement and sleep  
guide us beyond the borders

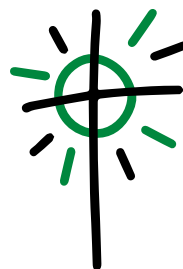
Let your angel come to name what we bring  
and go from one day to another always postponed  
Come and retell the unfinished body

**D. José Tolentino  
Mendonça**

This reticent mode of housing  
still waiting for his true birth.

## YES, I BELIEVE!

+ From the Catechism of the Catholic Church



God's Providence

**313.** "We know that in everything God works for good for those who love him." The constant witness of the saints confirms this truth:

(...) St. Thomas More, shortly before his martyrdom, consoled his daughter: "Nothing can come but that that God wills. And I make me very sure that whatsoever be, seem it never so bad in sight, it shall be indeed be best."

**314.** We firmly believe that God is the master of the world and of its history. But the ways of His providence are often unknown to us. Only at one end, when our partial knowledge ceases, when we see God "face to face", will we fully know the ways by which – even through the dramas of evil and sin – God has guided His creation to that definitive sabbath rest for which He created heaven and earth.



# MY PERSONAL PROJECT

1<sup>st</sup> step: Learn to know God's will



## "HOW WILL THIS BE..." (LUKE 1, 34)

Take the first step in building your project. Following the example of Mary who accompanied us in the first encounter of this journey, ask questions, not only to yourself, but also to God.

Trust that He has the right answers and wants your true happiness.

What motivations guide my days, my decisions?

What cheers me up? What deep desires do I carry in my heart? What makes me happy?

How can God be speaking to me through these deep desires that I discover within me?

What is God's will for me? Have my motivations helped me to live God's will?



*Young man, I say to you, get up! (Luke 7, 14)*

*'Now get up and stand on your feet. I have appeared to you to appoint you as a servant and as a witness of what you have seen and will see of me! (Acts 26, 16)*

*In those days Mary arose and went with haste into the hill country. (Luke 1, 39)*

