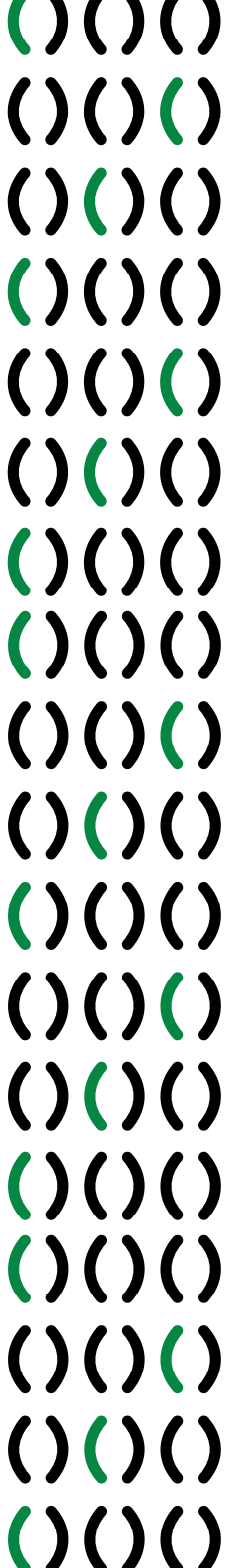


RISE UP⁺

MEETING #3





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

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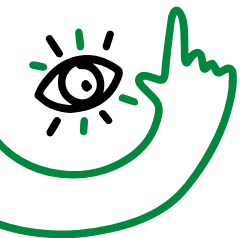
#3

RISE UP AND BE HEALED

the objectives of this meeting are:

- To reflect on the personal experience of illness and healing.
- To explore the relationship between physical and spiritual healing.
- To celebrate God's closeness in the experience of His mercy.

GET READY



In this meeting we will talk about physical and spiritual diseases. You already know that Mercy was the theme of WYD, 2016. The motto was "Blessed are the merciful because they will receive mercy." In this meeting the young people were able to experience the power of God's love that heals and saves.

One of the important elements of WYD is the journey of renewal of their own lives that many young people experience in the celebration of the Sacrament of Reconciliation. The campuses of mercy are places of listening and welcome, where young people can feel healed and accompanied. In some of the WYD meeting places, the confessionals were built by inmates.



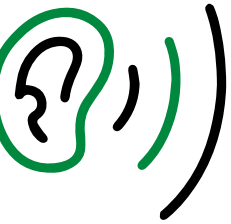


DEBRUÇAN DO LADO DE CIMA SOBRE ELA,
REPREENDENDO-O IMEDIATAMENTE
A DISTÂNCIA DEIXOU-A.

ELA, LEVANTANDO-SE IMEDIATAMENTE,
COMEÇOU A SERVI-LOS.

LISTEN

The Gospel of Saint Luke (4, 38- 44)



³⁸ Jesus left the synagogue and went to the home of Simon. Now Simon's mother-in-law was suffering from a high fever, and they asked Jesus to help her. ³⁹ So he bent over her and rebuked the fever, and it left her. She got up at once and began to wait on them.

⁴⁰ At sunset, the people brought to Jesus all who had various kinds of sickness, and laying his hands on each one, he healed them. ⁴¹ Moreover, demons came out of many people, shouting, "You are the Son of God!" But he rebuked them and would not allow them to speak, because they knew he was the Messiah.

⁴² At daybreak, Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. ⁴³ But he said, "I must proclaim the good news of the kingdom of God to the other towns also, because that is why I was sent." ⁴⁴ And he kept on preaching in the synagogues of Judea.

The Gospel of The Lord.

R/ Praise to you Lord Jesus Christ!

What are the actions you find in this text?



RECEIVE



Receive the testimony of someone who experienced the situation of illness in the first person.

ASK YOURSELF

The Healed and The Healers



Listen once again to Pope Francis:

Pope Francis,
Angelus, 8th
February 2015

"Jesus shows a particular predilection for those who are wounded in body and in spirit: the poor, the sick, the marginalized.

Young people also experience setbacks, disappointments and profoundly painful memories. Often, they feel "the hurt of past failures, frustrated desires, experiences of discrimination and injustice, of feeling unloved and unaccepted". Then too "there are moral wounds, the burden of past errors, a sense

of guilt for having made mistakes". Jesus makes his presence felt amid these crosses borne by young people; he offers them his friendship, his consolation and his healing companionship. The Church wants to be his instrument on this path to interior healing and peace of heart.

Pope Francis,
Christus Vivit, 83

I see clearly that the thing the Church needs most today is the ability to heal wounds and warm the hearts of the faithful, closeness, companionship. I see the Church as a campaign hospital after a battle. (...) You have to heal your wounds. (...) Heal wounds, care for wounds.

Pope Francis,
Interview with
Civiltà Cattolica

Questionnaire

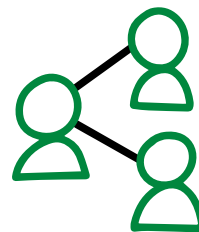
How do I react to my sufferings and my illnesses?
Do I become afraid, or do I make myself a victim?

What are my wounds and diseases? How do I feel that Jesus approaches me to heal me? Have I felt the joy of being forgiven in the sacrament of Reconciliation?

How do I feel about seeing the sufferings of others? How have I helped them heal? How have I become present in the lives of others by bringing them the good news of Jesus who can heal them?

Think of a person you know who suffers from a difficult situation or who is sick. How can you, concretely, take care of their wounds?

SHARE



Take advantage of this moment to share with your group some aspect on which you have reflected and that has touched you more.

PRAY



We now invite you to identify a difficult situation in your life or in the life of someone you know.

Bring it to Jesus in a brief moment of prayer.

Write down your prayer:

Write down, on a small piece of paper, the name of a person you'd like your group to help you pray for.

Pray Psalm 103, 1-5.

¹ Praise the Lord, my soul;
all my inmost being, praise his holy name.
² Praise the Lord, my soul,
and forget not all his benefits —
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.

RISE UP



In this meeting we challenge you to make the **daily examination of conscience**.

Follow the scheme we propose to you:

1. **Give thanks:** I recognize that everything comes to me from God: myself, my life and all that it brings me. Everything I've lived today is a part of God's grace.
2. **Ask for light:** I ask God's light to review my day with His gaze: to see and accept everything as He sees and accepts them.
3. **Review:** I review my day remembering the times, places, people and events. How did I react to what happened? What most characterized my day, joy, sadness, peace, anger...? Did I recognize God's presence? How did I answer Him?



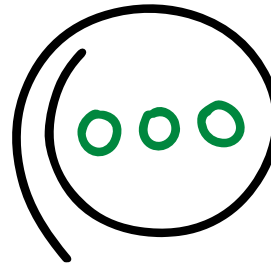
**National
Secretariat of
the Apostolate
of Prayer,**
GPS of Christian
Life, Braga,
Apostolate of
Prayer, 2011,
pp. 109-110

4. **Ask forgiveness:** I recognize what could have been better. I ask God for His forgiveness and help to correct my attitudes.
5. **Propose:** I prepare myself for tomorrow with confidence and the desire to do better, saying yes to God's challenges

We also propose that you allow yourself to "rise up" by participating in **the Sacrament** of Reconciliation (Confession).

Rise up and acknowledge your faults, offering them, through Confession, to God.

CONTINUE

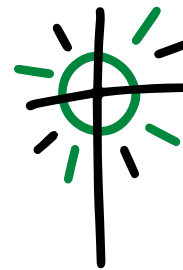


To continue this journey, we propose that you see a film or read a book related to this topic of forgiveness. Ask your group leader for suggestions!

- Movie: Hacksaw Ridge (2016).
- Book: The life of Saint Benedict Menni, Odile Haumonté, 2014

YES, I BELIEVE!

† From the Catechism of the Catholic Church



The Sacraments of Healing

1421. The Lord Jesus Christ, physician of our souls and bodies, who forgave the sins of the paralytic and restored him to bodily health, [Cf. Mk 2:1-12] has willed that his Church continue, in the power of the Holy Spirit, his work of healing and salvation, even among her own members. This is the purpose of the two sacraments of healing: the sacrament of Penance and the sacrament of Anointing of the Sick.



MY PERSONAL PROJECT

Step 3 - Celebrate Reconciliation

"...LAYING HIS HANDS ON EACH OF THEM, HEALING THEM". (LK 4, 40)

Take another step in building your personal project. This time, you are invited to think over your life and identify the spiritual diseases that need to be cured.

What attitudes, options, situations in my life have not been according to God's will?

What do I want to ask God to heal in me, so that I can be more like how He dreamed me to be?

Decide a concrete conversion step (CCS) from the path you've already traveled, something concrete to change, in order to grow! (Don't forget to make this step small, possible and progressive!)



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)

