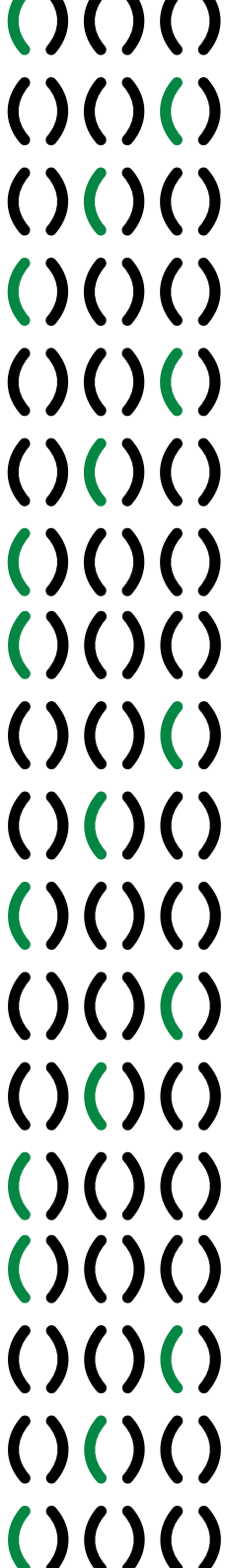


RISE UP<sup>+</sup>

## MEETING #4





# 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

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### 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)



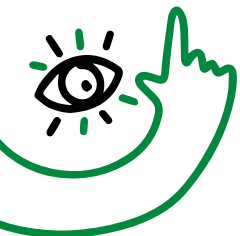
# #4

## RISE UP AND JOURNEY

*the objectives of this meeting are:*

- To understand the ecclesial and community dimension of World Youth Day.
- To discover the value of the prayer of intercession.
- To recognize one's call to be an instrument of God's salvation and mercy.

# GET READY



We begin the 4<sup>th</sup> meeting of our journey towards WYD Lisbon 2023, with the Anthem of WYD of Santiago de Compostela 1989. Let's hear it!

## Somos os Jovens de 2000

Valerio Cipri



Entre tanta confusão entre tanta falsidade,  
procuramos um caminho com horizontes  
de liberdade.

Não queremos mais histórias sem  
uma única verdade  
para construir um mundo novo  
uma nova humanidade.

**Somos os jovens de dois mil  
peregrinos sempre em busca  
da fonte da Liberdade.  
Seguimos o caminho de Santiago  
que nos leva a Jesus Cristo  
Caminho, Vida e Verdade.**

O Apóstolo com voz firme hoje chama-nos  
à sua cidade  
mostra-nos o verdadeiro caminho  
na conquista da liberdade;  
nos fará mensageiros testemunhas da Verdade  
para incendiar com o Amor esta nossa  
sociedade.

O Papa, como um peregrino ao coração  
nos fala aqui  
a seara já amadureceu ele espera  
só o nosso sim.  
Deste "canto do céu", pelo mundo nos mandará,  
por uma terra sem fronteiras cujo destino  
é a felicidade.

"OH, JESUS IT'S FOR YOUR LOVE"







contando-se  
ante de Les,  
onde estava deita  
sua casa, glori  
toi para a  
cando Deus.





# LISTEN

## The Gospel of Saint Luke (5,17-26)



<sup>17</sup> One day Jesus was teaching, and Pharisees and teachers of the law were sitting there. They had come from every village of Galilee and from Judea and Jerusalem. And the power of the Lord was with Jesus to heal the sick. <sup>18</sup> Some men came carrying a paralyzed man on a mat and tried to take him into the house to lay him before Jesus. <sup>19</sup> When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus.

<sup>20</sup> When Jesus saw their faith, he said, "Friend, your sins are forgiven." <sup>21</sup> The Pharisees and the teachers of the law began thinking to themselves, "Who is this fellow who speaks blasphemy? Who can forgive sins but God alone?" <sup>22</sup> Jesus knew what they were thinking and asked, "Why are you thinking these things in your hearts? <sup>23</sup> Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk?'"

<sup>24</sup> But I want you to know that the Son of Man has authority on earth to forgive sins." So, he said to the paralyzed man, "I tell you, get up, take your mat and go home." <sup>25</sup> Immediately he stood up in

front of them, took what he had been lying on and went home praising God. <sup>26</sup> Everyone was amazed and gave praise to God. They were filled with awe and said, "We have seen remarkable things today."

The Gospel of the Lord.

R/ Praise to you, Lord Jesus Christ!



# ASK YOURSELF

The Scripture and Me?



Which character do you identify with the most?

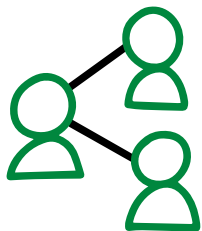
The paralytic couldn't get in because of the crowd. What do you think the crowd could mean? In what situations can "the crowd" be seen in today's society?

In what situations are you a part of this "crowd"?

What is the attitude of the men who carry the paralytic?

What is missing in order for me to be like these men?

# SHARE



Share some aspect of your reflection. Give that gift to your group.

# RECEIVE



## Let's listen to Pope Francis

The world lives and grows thanks to the power of God whom these servants attract with their prayer. It is not at all a boisterous chain, and rarely makes headlines, yet it is so important to restoring trust to the world! [...] Prayer is always a chain of life: many men and women who pray sow life. [...] The journey of God in the history of God is conveyed through them: it has passed through a "remainder" of humanity that has not conformed to the law of the fittest, but has asked God to perform his miracles, and above all to transform our hearts of stone into hearts of flesh (cf. Ez 36:26). And this helps prayer: because prayer opens the door to God, turning our often-stony hearts into a human heart. And this demands a lot of humanity, and with humanity one can pray well.

**Pope Francis,**  
General  
Audience  
27.05.2020

## Sister Marta Mendes shares with us:

**From Fátima in Lucia's Own Words:** Jacinta also liked to pick up the white lambs, sit with them on her lap, hug them, kiss them and, at night, carry them home, so that they would not get tired. One day, on her way home, she walked into the midst of the flock. – Jacinta - I asked her - why are you going there, in the middle of the sheep? – To do like Our Lord, who, in that little prayer card they gave me, is also like this, in the middle of many lambs, with one in His lap. "In this story, Jacinta presents herself as someone who is driven by God's love: "To do like Our Lord." As Christ Jesus gave himself without measure for men, Jacinta too spent her life, however brief, "doing like Our Lord", giving her whole life, her prayer, sacrifices, her illness, for those who needed it most. Certainly, Jacinta Marto is an image of those men who carry the paralytic and place him before Jesus without asking for anything in return. She just wants everyone to be healed and transformed by Christ, whom she called the Hidden Jesus".

**Sr. Marta  
Mendes, ASM**





## RISE UP



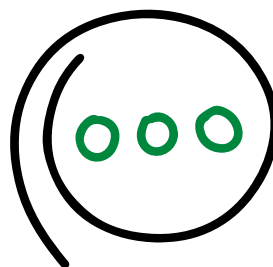
Like Saint Jacinta who found in prayer a source of intercession for sinners, you can also intercede for the “paralytics of today”, for those who need your prayer and make sacrifices for them.

Saint Jacinta also liked to pray for the Holy Father. If on the one hand the Christian is called to intimacy with God, on the other hand he is called to bring his brothers and sisters, by prayer, to that same God.

Prepare, with your group, a moment of prayer of the Rosary for the whole Christian community, bearing in mind the needs of the whole world.

*Rise up and ask God for those who suffer.*

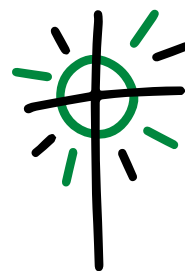
## CONTINUE



Continue this path by making a commitment to someone in your community who needs you (the elderly and the sick). Think of a way to get close to these people. This is the proposal that this encounter offers you to rise up! Take it!

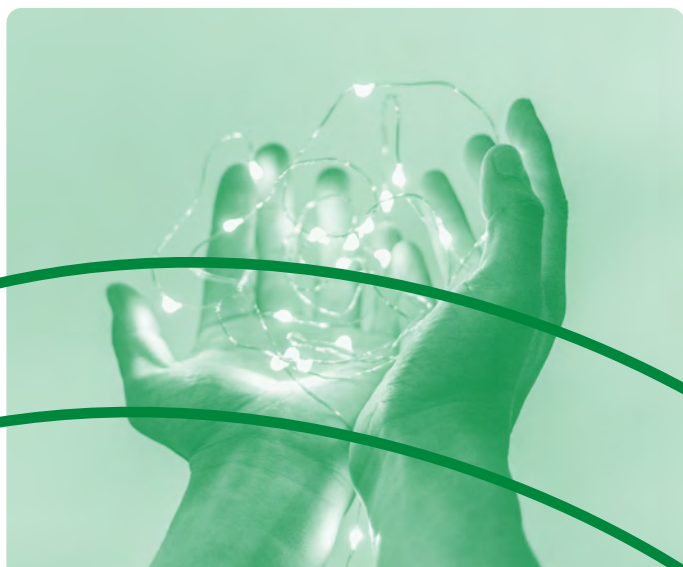
## YES, I BELIEVE!

† The Catechism of the Catholic Church



The prayer of intercession

**2634** Intercession is a prayer of petition which leads us to pray as Jesus did. He is the one intercessor with the Father on behalf of all men, especially sinners. [Cf. Rom 8:34; 1 Jn 2:1; 1 Tim 2:5-8] He is “able for all time to save those who draw near to God through him, since he always lives to make intercession for them.” [Heb 7:25] The Holy Spirit “himself intercedes for us... and intercedes for the saints according to the will of God.” [Rom 8:26-27]



# MY PERSONAL PROJECT

Step 4: I pray and offer up for others

"...SOME MEN, WHO BROUGHT A PARALYTIC ON A MAT, AND TRIED TO TAKE HIM INTO THE HOUSE TO LAY HIM BEFORE JESUS". (LK 5, 18)

The fourth step of our pilgrimage reminds us that true joy is in the gift we make of ourselves for others.



Who can I pray for during the next few days?  
(Write down the names of some people who need your prayer)

How's my Concrete Conversion Step? Evaluate it.



Add to your CCS a sacrifice that you can offer for those who are suffering.

*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)*

