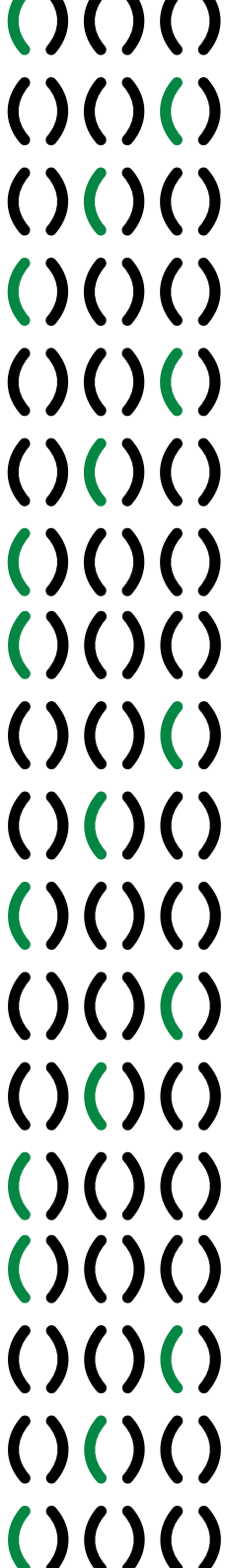


RISE UP⁺

MEETING #7





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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#7

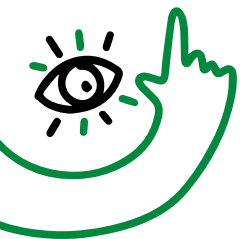
RISE UP AND LIVE

the objectives of this meeting are:

- To deepen your knowledge of the Pope's message for WYD 2020.
- To experience how Jesus is present in the situations of life and death of one's own existence.
- To confront yourself with the real experience of your dreams and how you strive for them.

GET READY

The Cross of WYD



"My dear young people, at the conclusion of the Holy Year, I entrust to you the sign of this Jubilee Year: the Cross of Christ! Carry it throughout the world as a symbol of Christ's love for humanity, and announce to everyone that only in the death and resurrection of Christ we can find salvation and redemption."

In the Holy Year of Redemption (1983-1984) John Paul II asked that a cross be placed near the main altar in St Peter's Basilica, where it could be seen by all. A large wooden cross, 3.8 meters high, was placed there according to the Pope's wishes. At the end of the Holy Year, after the Pope closed the Holy Door, he entrusted this same Cross to young people from all over the world, represented by the young people of the Youth Centre of St. Lawrence in Rome.

One of the highlights of a WYD is the celebration of the Way of the Cross, in which we are confronted with this mystery of the life, passion, death and resurrection of Jesus Christ. Let us also welcome the Cross of our Savior with the anthem of The World Youth Day of Rome 2000.

Pope John Paul II's Homily,
April 22nd, 1984

Emmanuel

Marco Brusati,
Mauro Mammoli,
Massimo Versaci



No horizonte uma grande luz viaja na história
Ao longo dos anos venceu as trevas,
fazendo-se Memória
E, iluminando a nossa vida, ela nos revela
que não vive quem não procura esta Verdade.

De mil caminhos chegámos a Roma, guiados pela fé,
sentindo o eco da Palavra que ressoa agora
destes muros, deste céu para o mundo inteiro:
Cristo é o Homem Verdadeiro, vivo em nós!

**Nós aqui, sob esta mesma luz,
sob os braços da cruz,
cantamos numa voz:
é o Emanuel, o Emanuel, o Emanuel.
É o Emanuel, o Emanuel.**

Um grande dom que Deus nos deu é Cristo,
o seu Filho,
a humanidade é renovada e n'Ele resgatada.
Verdadeiro homem, verdadeiro Deus,
é o Pão da Vida,
que a todo o Homem no seu irmão transformará.

Vencida a morte, a vida é plena, é Páscoa
em todo o mundo,
um vento sopra em cada homem,
o Espírito fecundo
que leva em frente na História a Igreja sua esposa,
sob a guarda de Maria, comunidade.



Os q... transportavam
par... e Ele disse:
"Jovem, Eu te digo: **LEVANTA-TE!**"

LISTEN

The Gospel according to St. Luke (7, 11-17)



¹¹ Soon afterward, Jesus went to a town called Nain, and his disciples and a large crowd went along with him. ¹² As he approached the town gate, a dead person was being carried out—the only son of his mother, and she was a widow. And a large crowd from the town was with her. ¹³ When the Lord saw her, his heart went out to her and he said, “Don’t cry.”

¹⁴ Then he went up and touched the bier they were carrying him on, and the bearers stood still. He said, “Young man, I say to you, get up!” ¹⁵ The dead man sat up and began to talk, and Jesus gave him back to his mother.

¹⁶ They were all filled with awe and praised God. “A great prophet has appeared among us,” they said. “God has come to help his people.” ¹⁷ This news about Jesus spread throughout Judea and the surrounding country.

The Gospel of the Lord.

R/ Praise to you, Lord Jesus Christ!



Pope Francis' Message for World Youth Day 2020

The gestures of Jesus

That passage from the Bible tells us how Jesus, upon entering the town of Nain in Galilee, came upon the funeral procession of a young person, the only son of a widowed mother. Jesus, struck by the woman's heartrending grief, miraculously restored her son to life. The miracle took place after a sequence of words and gestures: "When the Lord saw her, he had compassion for her and said to her, 'Do not weep'. Then he came forward and touched the bier, and the bearers stood still" (Lk 7:13-14).

1. Seeing suffering and death

Jesus, upon entering the city of Nain in Galilee, comes to a funeral procession that accompanies to his grave a young, the only son of a widowed mother.

Jesus keeps a watchful, undistracted eye on the funeral procession. In the crowd, he sees the face of a woman marked by extreme suffering. His gaze generates the encounter, the source of new life. There's no need for too many words.

2. Having compassion

The Scriptures often speak of the feelings experienced by those who let themselves be touched "viscerally" by the pain of others. Jesus' own feelings make him share in other people's lives. He makes their pain his own. That mother's grief became his own. The death of that young son became his own.

3. Getting closer and "touching"

Jesus stops the funeral procession. He draws near, he demonstrates his closeness. Closeness thus turns into a courageous act of restoring life to another. A prophetic gesture. The touch of Jesus, the living One, communicates life. It is a touch that pours the Holy Spirit into the dead body of that young man and brings him back to life.

That touch penetrates all hurt and despair. It is the touch of God himself, a touch also felt in authentic human love; it is a touch opening up unimaginable vistas of freedom and fullness of new life. The effectiveness of this gesture of Jesus is incalculable. It reminds us that even one sign of closeness, simple yet concrete, can awaken forces of resurrection.

4. «Young man, I tell you, rise up!»

The Gospel does not tell us the name of the young man whom Jesus restored to life in Nain. This invites each reader to identify with him.

Pope Francis,
Message for
the 35th World
Youth Day 2020



RECEIVE

The Pope's word



1. Seeing suffering and death

I think too of all those negative situations that people of your age are experiencing. Some stake everything on the present moment and risk their own lives in extreme experiences. Others are “dead” because they feel hopeless. One young woman told me: “Among my friends I see less desire to get involved, less courage to get up”. Sadly, depression is spreading among young people too, and in some cases even leads to the temptation to take one’s own life. How many situations are there where apathy reigns, where people plunge into an abyss of anguish and remorse! How many young people cry out with no one to hear their plea! Instead, they meet with looks of distraction and indifference on the part of people who want to enjoy their own “happy hour”, without being bothered about anyone or anything else.

Others waste their lives with superficial things, thinking they are alive while in fact they are dead within (cf. Rev3:1). At the age of twenty, they can already be dragging their lives down, instead of raising them up to the level of their true dignity. Everything is reduced to “living it up” and seeking a morsel of gratification: a minute of entertainment, a fleeting moment of attention and affection from others... And what about the widespread growing digital narcissism that affects young people and adults alike. All too many people are living this way! Some of them have

perhaps bought into the materialism of those all around them who are concerned only with making money and taking it easy, as if these were the sole purpose of life. In the long run, this will inevitably lead to unhappiness, apathy and boredom with life, a growing sense of emptiness and frustration.

Negative situations can also be the result of personal failure, whenever something we care about, something we were committed to, no longer seems to be working or giving the desired results. This can happen with school or with our ambitions in sports and in the arts... The end of the “dream” can make us feel dead. But failures are part of the life of every human being; sometimes they can also end up being a grace!

2. Having compassion

As young people, you have shown over and over again that you are capable of com-passion. I think of all those of you who have generously offered help whenever situations demanded it. No disaster, earthquake or flood takes place without young volunteers stepping up to offer a helping hand. The great mobilization of young people concerned about defending the environment is also a witness to your ability to hear the cry of the earth.

Dear young people, do not let yourselves be robbed of this sensitivity! May you always be attentive to the plea of those who are suffering, and be moved by those who weep and die in today's world. "Some realities of life are only seen with eyes cleansed by tears" (Christus Vivit, 76). If you can learn to weep with those who are weeping, you will find true happiness. So many of your contemporaries are disadvantaged and victims of violence and persecution. Let their wounds become your own, and you will be bearers of hope in this world. You will be able to say to your brother or sister: "Arise, you are not alone", and you will help them realize that God the Father loves us, that Jesus is the hand he stretches out to us in order to raise us up.

3. Get closer and touch

You too, as young people, are able to draw near to the realities of pain and death that you encounter. You too can touch them and, like Jesus, bring new life, thanks to the Holy Spirit. But only if you are first touched by his love, if your heart is melted by the experience of his goodness towards you. If you can feel God's immense love for every living creature – especially our brothers and sisters who experience hunger and thirst, or are sick or naked or imprisoned – then you will be able to draw near to them as he does. You will be able to touch them as he does, and to bring his life to those of your friends who are inwardly dead, who suffer or have lost faith and hope.

4. «Young man, I tell you, rise up!»

We are very aware that, as Christians, we constantly fall and have to get up again. People who are not on a journey never fall; then again, neither do they move forward. That is why we need to accept the help that Jesus gives us and put our faith in God. The first step is to let ourselves get up and to realize that the new life Jesus offers us is good and worth living. It is sustained by one who is ever at our side along our journey to the future. Jesus helps us to live this life in a dignified and meaningful way.

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Pope Francis,
Message for
the 35th World
Youth Day 2020



PRAY AND ASK YOURSELF

Seeing myself in the light of the cross

Taizé



Per crucem et passionem tuam.
 Libera nos Domine, libera nos Domine,
 libera nos Domine, Domine.
 Per crucem et passionem tuam.
 Libera nos Domine, libera nos Domine,
 libera nos Domine, Domine.
 Per sanctam resurrectionem tuam.
 Libera nos Domine, libera nos Domine,
 libera nos Domine, Domine.

Reflection



- How do I see? Do I truly see with attentive eyes or is it in the same way I glance at the thousands of photos on my phone or social profiles?
- The young man of the Gospel came back to life because he was seen by Someone who wanted him to live. Have you ever been looked at by someone like that?
- I often face the realities of death: physical, spiritual, emotional, social. Do I realize that or do I just merely suffer the consequences? Is there anything I can do to restore life?
- That young man died too soon. He certainly had many dreams that remained unfulfilled. How do you react when your dreams don't come true?

Letter to the Philippians 2, 5-11

First Reader: In your relationships with one another, have the same mindset as Christ Jesus:

Second Reader: Who, being in very nature[a] God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature[b] of a servant,

All: In your relationships with one another, have the same mindset as Christ Jesus:

Third Reader: being made in human likeness. And being found in appearance as a man,

Fourth Reader: he humbled himself by becoming obedient to death— even death on a cross!

All: In your relationships with one another, have the same mindset as Christ Jesus.

Fifth Reader: Therefore, God exalted him to the highest place and gave him the name that is above every name,

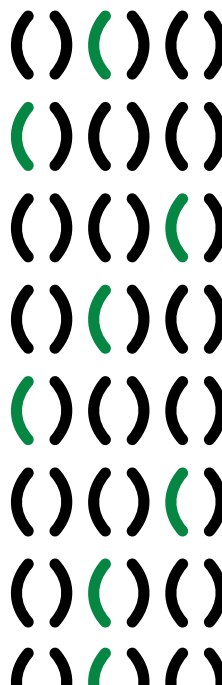
Sixth Reader: that at the name of Jesus every knee should bow,

All: In your relationships with one another, have the same mindset as Christ Jesus.

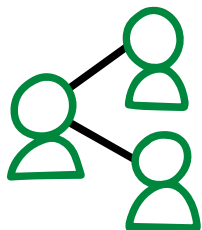
Seventh Reader: and every tongue acknowledge that Jesus Christ is Lord!”,

Eighth Reader: to the glory of God the Father.

All: In your relationships with one another, have the same mindset as Christ Jesus.



SHARE



The Gospel says that the young man “began to speak” (Lk 7:15). The first reaction of a person who has been touched and restored to life by Christ is to express himself, to manifest without fear or difficulties what he has inside: his personality, his desires, his needs, his dreams.

Talking also means getting into a relationship with others. When one is “dead”, the individual closes in on himself: relationships are interrupted or superficial, false, hypocritical. When Jesus gives back his life to us, he “restores us” to others (cf. Luke 7:15).

“Rising up” also means “dreaming”, “risking”, “striving to change the world”, rekindling your desires, contemplating the sky, the stars, the world around you.

Because if you give your life, someone will receive it. And if a young person falls in love with anything, or rather with Someone, he rises up and starts doing great things; and, from the death he came from, he can become a witness of Christ and give his life for Him.

Cf. Pope Francis,
Message for the
35th World
Youth Day 2020

And you, how do you want to rise up after this encounter? Ask God for the inspiration to find out how to do what He is asking you right now?

Make your personal commitment and share it with your group.

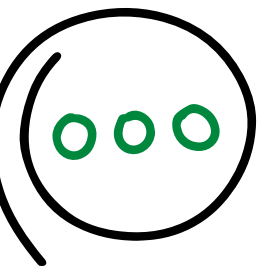
RISE UP



We also challenge you to look for people who have lost a family member and who now live alone. Find ways to support these people.

Rise up and comfort those who are sad!

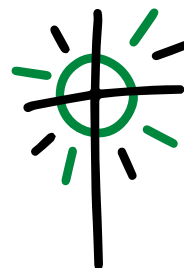
CONTINUE



We propose that you get to know the story of Bethany Hamilton's better by watching one of these movies: *Soul Surfer* or *Bethany Hamilton: unstoppable*.

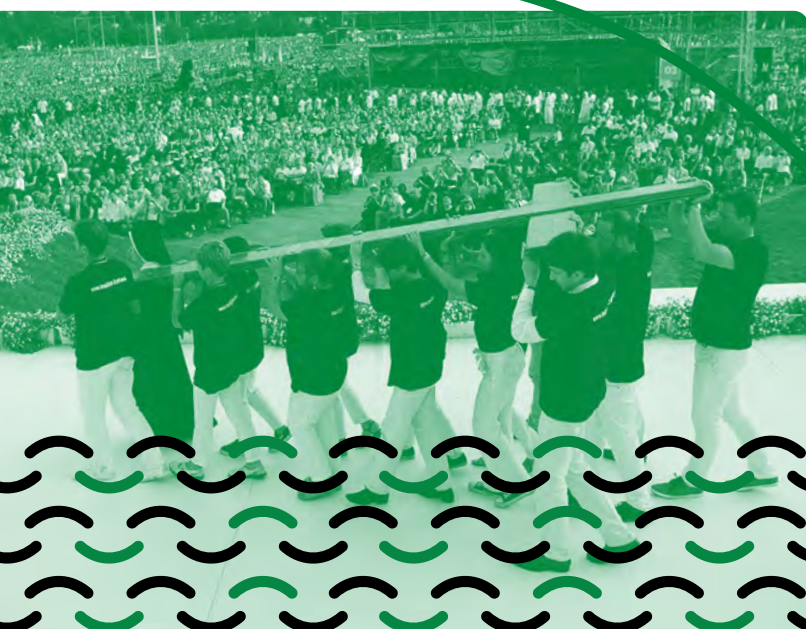
YES, I BELIEVE!

+ From the Catechism of the Catholic Church



The state of Christ's risen humanity

646. Christ's Resurrection was not a return to earthly life, as was the case with the raisings from the dead that he had performed before Easter: Jairus' daughter, the young man of Naim, Lazarus. These actions were miraculous events, but the persons miraculously raised returned by Jesus' power to ordinary earthly life. At some particular moment they would die again. Christ's Resurrection is essentially different. In his risen body he passes from the state of death to another life beyond time and space. At Jesus' Resurrection his body is filled with the power of the Holy Spirit: he shares the divine life in his glorious state, so that St. Paul can say that Christ is "the man of heaven"



MY PERSONAL PROJECT

Step 7 - Receiving the cross



"DON'T CRY" (LK 7, 13)

Suffering and death are realities that characterize our being human, both at the physical and spiritual level. On the seventh step of your path, pray and reflect on the "deaths" that have already happened in your life.

What has caused "death" in me in the present or in the past?

How do I react to losses and deaths (of people, projects, opinion...)

I look at the way Jesus welcomed the Cross. What can I learn from it?

I evaluate my Concrete Conversion Step.



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)

