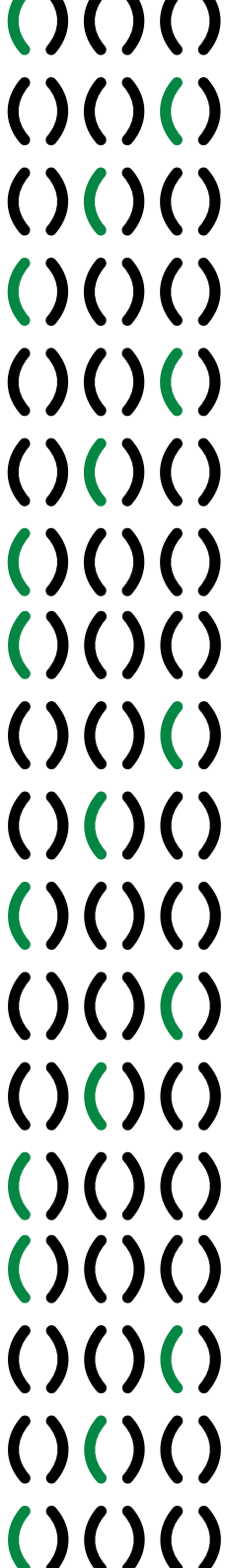


# RISE UP<sup>+</sup>

MEETING #9





# 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

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Cón. Mário José Rodrigues de Sousa (Diocese do Algarve)



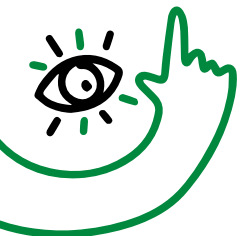
# #9

## RISE UP AND FOLLOW JESUS

*the objectives of this meeting are:*

- To find out who Jesus is for the world and for you.
- To deepen the criteria for following Jesus Christ.
- To witness in life to your personal faith in Jesus Christ.

# GET READY



The calls to rise up have been a constant factor during this journey. It recalls the various ways of “living while standing” that you were invited to take on this path.

Today you will be invited to live firmly in the faith. This was the title of the anthem of the World Youth Day in Madrid in 2011.

## Firmes na Fé

Music:

**Enrique**

**Vázquez, pbro.**

Lyrics:

**Mons. César**

**Franco**



**Firmes na fé, firmes na fé,  
caminhamos em Cristo nosso amigo,  
nosso Senhor.**

**Glória sempre a Ele, glória sempre a Ele,  
caminhamos em Cristo firmes na fé.**

**Glória sempre a Ele, glória sempre a Ele,  
caminhamos em Cristo firmes na fé.**

Teu amor nos edifica e enraíza, tua cruz nos consolida e fortalece, tua carne nos redime e nos abraça, teu sangue nos renova e purifica. Ó Cristo nosso irmão, ó Cristo nosso amigo, nosso Senhor, faz-nos firmes em Ti, faz-nos firmes em Ti!

Tuas mãos acariciam nossas chagas, teus olhos purificam o olhar, teus lábios comunicam mil perdões, teus pés nos encaminham para a vida. Ó Cristo nosso irmão, ó Cristo nosso amigo, nosso Senhor, faz-nos firmes em Ti, faz-nos firmes em Ti!





«é necessário  
O FILHO DO HOMEM  
SOFRER MUITO, SER REJEITADO  
PELOS CHEFES  
E PELOS DOCTORES  
SER MORTO E

seitar.»

...pe a sua vida  
...aquele que perder a  
...há de salvá-la.



# LISTEN

The gospel of Saint Luke (9, 18-25)

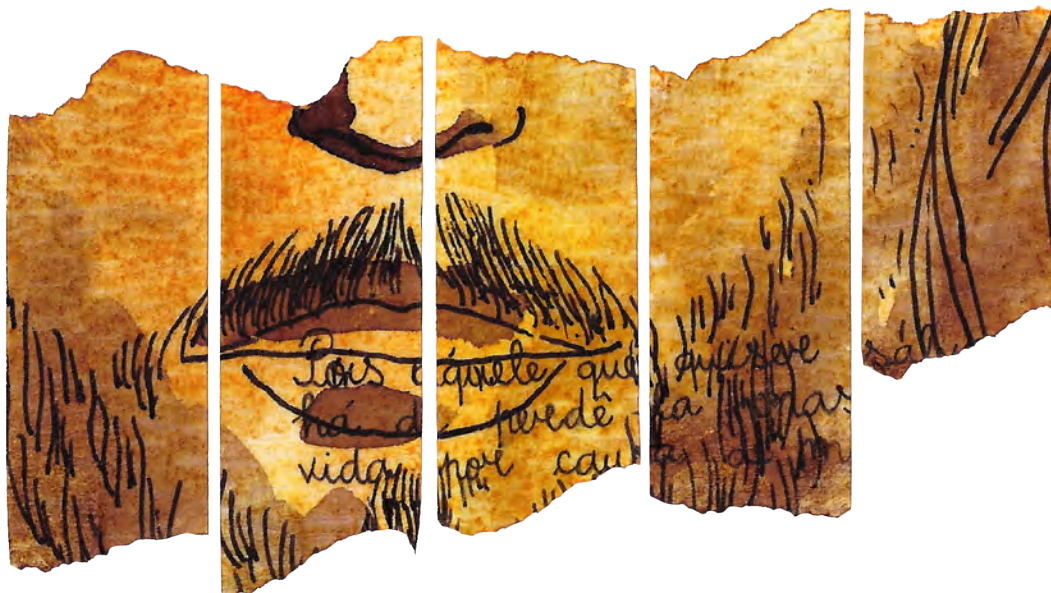


<sup>18</sup> Once when Jesus was praying in private and his disciples were with him, he asked them, "Who do the crowds say I am?" <sup>19</sup> They replied, "Some say John the Baptist; others say Elijah; and still others, that one of the prophets of long ago has come back to life". <sup>20</sup> "But what about you?" he asked. "Who do you say I am?" Peter answered, "God's Messiah". <sup>21</sup> Jesus strictly warned them not to tell this to anyone. <sup>22</sup> And he said, "The Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to life". <sup>23</sup> Then he said to them all:



"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.<sup>24</sup> For whoever wants to save their life will lose it, but whoever loses their life for me will save it.<sup>25</sup> What good is it for someone to gain the whole world, and yet lose or forfeit their very self?

The Gospel of the Lord.  
R/ Praise to you, Lord Jesus Christ!

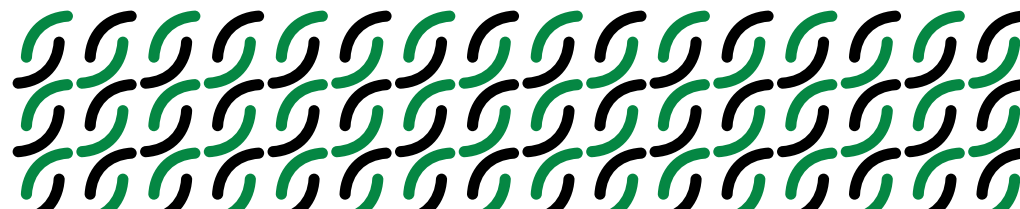


The two questions, “Who do the crowds say that I am? And you, who do you say I am?” point to a distinction between the way the crowds and the disciples see Jesus. What is the reason for this difference?

Some look at Jesus from the outside, others see him from the inside, from the intimacy and relationship they have with Him. How do you relate these two levels to the interviews you did?

It is the first time that the verb “rise” applies to Jesus. Where do you find it?

In the text, what is said about the identity of Jesus? And of the identity of the disciple?



# RECEIVE



## 1<sup>st</sup> Text

Dear young people, today Christ is asking you the same question which he asked the Apostles: "Who do you say that I am?" Respond to him with generosity and courage, as befits young hearts like your own. Say to him: "Jesus, I know that you are the Son of God, who have given your life for me. I want to follow you faithfully and to be led by your word. You know me and you love me. I place my trust in you and I put my whole life into your hands. I want you to be the power that strengthens me and the joy which never leaves me". (...)

Dear young friends, as the Successor of Peter, let me urge you to strengthen this faith which has been handed down to us from the time of the Apostles. Make Christ, the Son of God, the centre of your life. But let me also remind you that following Jesus in faith means walking at his side in the communion of the Church. We cannot follow Jesus on our own. Anyone who would be tempted to do so "on his own", or to approach the life of faith with that kind of individualism so prevalent today, will risk never truly encountering Jesus, or will end up following a counterfeit Jesus.

Having faith means drawing support from the faith of your brothers and sisters, even as your own faith serves as a support for the faith of others. I ask you, dear friends, to love the Church which brought you to birth in the faith, which helped you to grow in the knowledge of Christ and which led you to discover

the beauty of his love. Growing in friendship with Christ necessarily means recognizing the importance of joyful participation in the life of your parishes, communities and movements, as well as the celebration of Sunday Mass, frequent reception of the sacrament of Reconciliation, and the cultivation of personal prayer and meditation on God's word.

Friendship with Jesus will also lead you to bear witness to the faith wherever you are, even when it meets with rejection or indifference. We cannot encounter Christ and not want to make him known to others. So do not keep Christ to yourselves! Share with others the joy of your faith. The world needs the witness of your faith, it surely needs God.

**Pope Benedict XVI**, Homily of the final Eucharist of the 26th World Youth Day, 2011





## 2<sup>nd</sup> Text

Today's Gospel passage (...) turns to the question, (...): who is Jesus? But this time Jesus himself poses it to his disciples, helping them to gradually address the question of his identity. Before asking them, the Twelve, directly, Jesus wants to hear from them what the people think about him, and he is well aware that the disciples are very sensitive to the Teacher's renown! Therefore, he asks: "Who do men say that I am?" (v. 27). It comes to light that Jesus is considered by the people as a great prophet. But, in reality, he is not interested in the opinions and gossip of the people. He also does not agree that his disciples should answer the questions with pre-packaged formulas, quoting well-known individuals from Sacred Scripture, because a faith that is reduced to formulas is a short-sighted faith.

The Lord wants his disciples of yesterday and today to establish a personal relationship with him, and thus to embrace him at the center of their life. For this reason, he spurs them to face themselves honestly, and he asks: "But who do you say that I am?" (v. 29). Today, Jesus addresses this very direct and confidential question to each of us: "You, who do you say that I am? All of you, who do you say that I am? Who am I for you?". Each person is called to respond, in his or her heart, allowing each one to be illuminated by the light that the Father gives us in order to know his Son Jesus. And it can also happen to us, as it did to Peter, that we passionately

affirm: "You are the Christ". However, when Jesus tells us clearly what he told the disciples, that is, that his mission is fulfilled not on the wide road to success, but on the arduous path of the suffering, humiliated, rejected and crucified Servant, then it can also happen that we, like Peter, might protest and rebel because this contrasts with our expectations, with worldly expectations. (...).

Brothers and sisters, the profession of faith in Jesus Christ cannot stop at words, but calls to be authenticated by practical choices and gestures, by a life characterized by God's love; it calls for a great life, a life with an abundance of love for neighbour. Jesus tells us that to follow him, to be his disciples, we must deny ourselves (cf. v. 34), that is, the demands of our own selfish pride, and take up our own cross. Then he gives everyone a fundamental rule. And what is this rule? "For whoever would save his life will lose it" (v. 35). Often in life, for many reasons, we go astray, looking for happiness only in things, or in people whom we treat as things. But we find happiness only when love, true love, encounters us, surprises us, changes us. Love changes everything! And love can also change us, each one of us. The witnesses of Saints proves it.

May the Virgin Mary, who lived her faith by faithfully following her Son Jesus, help us too to walk on his path, generously spending our life for him and for our brothers and sisters.

**Pope Francis,**  
*Angelus*, 16  
 September 2018

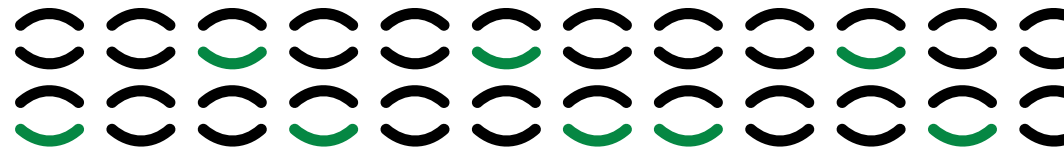
What main challenges are presented in the text?

How do they present to me the true face of Jesus?

How do these challenges invite me to put into practice the theme of this meeting, rise up and follow Jesus?

## ASK YOURSELF, PRAY AND SHARE

Who do you say I am?



Who is Jesus for me?

What relevance does He have in my life, in my decisions?

Is my life different because I know and follow Jesus?

In my day-to-day life is there any difference because I am a Christian?

How do I live following the Risen Jesus Christ, the "raised One"?

## Prepare to pray

### **I choose the place of prayer**

I stand before the Lord, becoming aware of His presence here and now.

I ask Him for the grace to be attentive to what He wants to tell me and to be available for what He asks of me.

## Tips for prayer

### **And it happened that, as He was praying alone, His disciples were with Him. He asked them therefore...**

It is often that we find Jesus in prayer, in direct relation to the Father. And that always happens at significant moments in His life, in moments of big decisions, choices to make. I let myself be found by Him here and now. I will also enter in prayer, letting Him question me just like He did the disciples...





What does His prayerful attitude say to my own life?

How and with whom am I making my decisions?  
What times and spaces of my day do I reserve  
for my encounter with Him?

**And he said to them: "And who do you say that I am?". Peter, responding, said: "The Christ of God".**

Perhaps Jesus also needed to be accompanied by the question "Who am I?" An existential question, one that we too have asked ourselves throughout

our lives. A question never completely answered about the knowledge of oneself. But as disciples of Jesus, incorporated into Him through our Baptism and therefore, incorporated into His own identity, the question concerning us thereby is also: "But who do you say That I am?" Who is the Lord for me? It is the question that places us on the path of following him.

With the example of Peter, the disciple who represents us, we know that it is possible to give a timely answer, a formally correct answer, an answer that says exactly what the identity of Jesus is. But we also know that this answer may not be an expression of sincere faith, it may be pure rhetoric. Therefore, it is a question that must always be reformulated so that the life of the disciple becomes ever more aligned with the identity of the Lord.

Today, who do I say that the Lord Jesus is? What does it mean to me to be a disciple of a Lord who is "the Christ of God"?

**«It is necessary for the Son of Man to suffer greatly, to be rejected by the elders, by the heads of priests and by the doctors of the law, to be killed and on the third day to be resurrected».**

Jesus is clear in his message; He does not deceive us by showing an easy path that pleases us. He knows what life contains: suffering, rejection, death and resurrection!

What experience do I have of suffering in my life? What experience do I have of being rejected? What experience do I have of turning around, getting up and moving on with life? Speak with Jesus about these experiences...

**And he said to everyone: “If anyone wants to come after me, deny yourself, take your cross every day and follow me. For he who wants to save his life will lose it, but he who loses his life because of me will save it.”**

These are the three radical demands placed by Jesus to those who want to follow him: to deny himself, to take his cross every day and to lose his own life. They are, in fact, the aspects of the movement that He himself, when coming into the world, assumed upon Himself to give us life. In reality He does not ask us for anything that He has not lived first.

Denying oneself is the challenge of renouncing to live centered on ourselves, to save ourselves, with our own strength. The denial of self that Jesus asks of us is to surrender ourselves with all our heart and all our strength to His love which is stronger than death. It means to move on from being self-centered

in our own interests to an ever-greater gift of ourselves to others. And this is living firmly in the faith, lifted up, risen...

Taking up your daily cross is learning to love, in the simplicity of the day-to-day, to live according to the values of the Gospel, to have the same attitudes as Jesus in concrete situations that crop up. And this is living firmly in the faith, lifted up, risen...

Losing one's own life means letting Him act in us and through us, until we can say like Saint Paul: “It is not I who live, but Christ who lives in me” (Gal 2:20) And this is living firmly in the faith, lifted up, risen ...

It is true that it is a demanding path, this way that Jesus proposes, but it is also profoundly liberating...



How do I feel before these challenges of Jesus?

Which of these challenges do I feel are addressed to me personally at this time?

What difficulties, resistances and fears do I experience?

Talk with the Lord about His challenges... what is the most challenging... about the desire for freedom I carry in my heart...

Finish this personal time by writing a short prayer to share with your group...



## Song

Community  
of Taizé

**O Christe Domine Iesu**  
**Ó Cristo, Filho de Deus.**

**Leitor 1:** Acreditar em Jesus, o Filho unigénito do Pai é viver firme na fé, levantado, ressuscitado.

**Leitor 2:** Ser discípulo de Jesus é viver firme na fé, levantado, ressuscitado.

**Leitor 3:** Professar que Jesus é o Cristo é viver firme na fé, levantado, ressuscitado.

**Leitor 4:** Negar-se a si mesmo é viver firme na fé, levantado, ressuscitado.

**Leitor 5:** Tomar a cruz de cada dia é viver firme na fé, levantado, ressuscitado.

**Leitor 6:** Perder a própria vida é viver firme na fé, levantado, ressuscitado.

**O Christe Domine Iesu**  
**Ó Cristo, Filho de Deus.**

## LEVANTA-TE

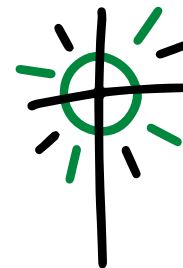


This encounter challenges you to rise up and profess your faith in the parish community.

**Rise up and profess your Faith!**

## YES, I BELIEVE!

**+ From the Catechism of the Catholic Church**



Faith is a grace

**153.** "When St. Peter confessed that Jesus is the Christ, the Son of the living God, Jesus declared to him that this revelation did not come "from flesh and blood", but from "my Father who is in heaven". [Mt 16:17; cf. Gal 1:15; Mt 11:25.] Faith is a gift of God, a supernatural virtue infused by him. "Before this faith can be exercised, man must have the grace of God to move and assist him; he must have the interior helps of the Holy Spirit, who moves the heart and converts it to God, who opens the eyes of the mind and 'makes it easy for all to accept and believe the truth.'"

# MY PERSONAL PROJECT

Step 9 - I share my faith



*"YOU, HOWEVER, WHO YOU  
SAY THAT I AM?" (LK 9, 20)*

Arriving at the end of a first stage of the journey, ask yourself about the relationship with Jesus that you have been strengthening.

Who is Jesus for me?

Do I want to be like Him? How?

How do I want to follow Him? What steps do I want to take to be more like Him??

Final evaluation of the 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)*

