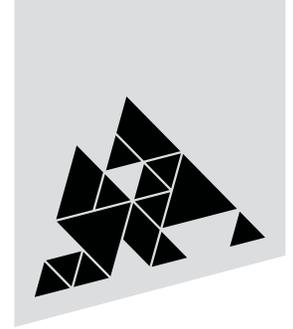


# WELCOME TO SUMMIT



*Summit* is a resource that was initially created by Life Teen for high school teens, but it has been adapted for family use. This lectionary-based discipleship group is designed to help you, as a parent, lead your teen (and family) into a deeper understanding and appreciation for Scripture and the Mass.

## HOW SUMMIT WORKS

Every *Summit* session is modeled after key themes from the readings of the lectionary and designed around the four movements of lectio divina (*lectio, meditatio, oratio, and contemplatio*). There is a *Summit* session for every Sunday of the liturgical year to prepare for the upcoming Sunday readings or process the readings from the previous Sunday.

There are five parts to each *Summit* session:

The first part introduces the theme for the session. It includes a welcome and game or activity to help your family focus on the main theme of the week while building community.

During the second part, your family discusses questions that are relevant to the theme before watching a reflection video. The videos can be found on the Life Teen YouTube channel under the Summit Teaching Videos playlist. Each video is short but challenging and offers content for continued discussion. After the video, one of your family members reads one of the weekly readings (proclaimed three times) as they listen for God's voice resonating through Scripture.

After discussing a key theme, watching the reflection video, and listening to one of the readings, older family members are given time to silently journal and reflect (additional activities are given for younger children during this time). There is at least one journal question in every *Summit* session to help guide the reflection. This time of introspection allows for deeper discussion later in the session.

The bulk of the session is spent in discussion. Depending on the ages of your children, we encourage you to consider doing the bulk of the discussion with your older teen(s) after the younger children have gone to bed. During the discussion, family members break open key themes of the Sunday readings, share their journal reflection, and are challenged to connect the Word of God to their daily lives.

Each *Summit* session closes in prayer and a weekly challenge. You should alternate who closes the session in prayer; this person is encouraged to come up with a prayer of their own. The weekly challenge provides opportunities for your family to live out their faith during the week. Be sure to follow up on each challenge during the next *Summit* session.

## LEADER GUIDE

The leader guide provides detailed instructions, so you can lead your family through the *Summit* session. Review this guide prior to the session, so you are able to lead your family well. Encourage your family members to write down any questions that come up as you go through each session. If you are able to answer the questions, great, but do not feel like

you have to have all the answers. If you do not have specific answers, research and find the answers later.

Consider calling other families in your community and encouraging them to take part in *Summit*, as well. Share your experiences with these families as you work through each week. Also consider using FaceTime or another video chat platform to discuss the questions with other families and grow in community with one another.