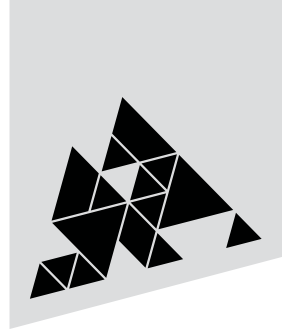


# WELCOME TO SUMMIT



Welcome to Life Teen's resource for high school teens, *Summit*. This lectionary-based discipleship group is designed to help teens gain 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, so small groups can choose to meet once each week 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 group members focus on the main theme of the week while building community.

During the second part, group members discuss 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, group members read 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, group members are given time to silently journal and reflect. 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. During the discussion, group 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. Group members should alternate who closes the session in prayer and are encouraged to come up with a prayer of their own. The weekly challenge provides opportunities for group members to live out their faith during the week. Be sure to follow up on each challenge during the next *Summit* session.

## SETTING UP SUMMIT GROUPS

*Summit* is designed to be used in small groups of six to eight teens. When forming a small group, keep the six to eight rule in mind. Invite your friends to join your group or journey with the small group you are a part of during Life Nights at your parish. Another option is to create a gender-specific small group, so you can dive deeper into the topics through the lens of your specific gender.

Each small group should have one facilitator, who leads, mentors, and guides the small group. Consider alternating who is the facilitator each session to empower more people to be leaders within the small group.

### **MEETING IN SUMMIT GROUPS**

Given the Coronavirus pandemic, it is recommended that *Summit* groups meet digitally. Find a platform that works for all group members, and establish a set time when the *Summit* group will meet.

### **LEADER GUIDE**

The leader guide provides detailed instructions, so you can lead your small group through the *Summit* session. Review this guide prior to the session, so you are able to lead your small group well.