

Stephen Quinn

*Be The Change you wish
you want to see in
The World*

Retreat: Change

Topic: Change you bring about
Within yourself and the world

Goals:

- Recognize that change can be brought about by doing the littlest thing
- To put trust in yourself and God to bring change
- Describe how change can impact others around you

Main Ideas/ Understandings:

- For change within yourself, you must be able have positive thoughts and ideas. Only then will you be able to bring about change in yourself and the world.
- Sometimes you need help with change and lack the power to do so. This is where God come in. By putting your faith and believing in him, you can accomplish what you set out to do.
- Even the smallest thing that you do to bring change, whether notable or not, will leave a mark.
- The choices you make will ultimately affect the world around you, so always take that into consideration.

Do Now: Clothes peg Cross

At the beginning of your event pass around 3-5 clothes pegs for each person that arrives. During your event there is only one rule and it's called the "Cross Over Rule." This rule basically states that anyone who is caught crossing their arms, legs, feet, hands, or anything else, must give up one of their pegs to the person who caught them.

At the end of your event the person with the most pegs wins. They have a lot of fun catching each other!

Motivation:

Everyone has habits/ things they do. Some of them are positive, some negative. By making yourself aware to what you do you can bring about change in your own life.

Activities/ Questions/ Transitions:

1. The lineup game. There are eight people needed. (Jesus, main person, parent, coach, friend, sibling, girl/boy friend, teacher). Youth will put Jesus in the beginning, and gradually move him back as time passes. At the end, Jesus will be at the end of the line. Objective is to put faith in God, in which everything else will fall into place.
2. The Cause Simulation. Youths are to write down one cause. This could be a personal one, or one to help people. Once they are written down they will be collected and disbursed among everyone. When the writers are found, they will ask the person who penned it some questions

- a. What is the purpose of this cause?
- b. What is the reason you are doing it?
- c. How do you plan on accomplishing it?
- d. Are there ways that we can help you?

Afterward, the interviewers will share the causes within the group in which others will share how they will help.

3. Mother Teresa. Have several youth read parts of biography of Mother Teresa. Discuss afterward. Talk about how she changed the world around her.
4. Lead into smaller situation. Talk about young people getting involved in changing lives. Use Metafilter story of human trafficking. Everyday people making the change to get involved.
5. Discuss the two stories, discuss how getting involved makes the difference.
6. Hand out the seven habits to change your life. Read over them. How would you adapt them to your own life?
7. Small group questions.
 - a. What are changes you would like to bring about in your own life?
 - b. Are they changes that will affect yourself? Others?
 - c. How will you bring about them?
 - d. What impact could it have?
 - e. What is one change you could not do? Why?
 - f. Why do we have a hard time bringing about change?
 - g. How do know the change we are making is beneficial?

Summary Question/ Application:

1. Clothes pin game will end and explained.
2. Wrap up. What is stopping you?
3. Youths will be given a quote: Be the change that you want to see in the world. Mohandas Gandhi. They will reflect on it and write a journal entry based on the quote.