



Prayer for Growing in Love

Leader: Creating and loving God, out of the water of the womb you birth us. In the Spirited waters of baptism, we are reborn. You bless us with the gift of sexuality and draw us to union with one another and with you. May this sprinkling of water remind us of your protection and care. We ask this through Christ our Lord.

All: Amen.

Leader: (*Sprinkle all participants with water.*)

Reader: A reading from the first letter of Paul to the Corinthians. (*Read 1 Corinthians 13:4-7.*) The word of the Lord.

All: Thanks be to God.
(*Reflect: What is God's word saying today?*)

Leader: (*Lead all participants in praying the Prayer of Saint Francis.*)

All: Lord, make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.
Grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love;
for it is giving that we receive;
it is in pardoning that we are
pardoned;
and it is in dying that we are born
to eternal life.

Expressing Our Sexuality

Openness and trust are important qualities of a human relationship. Think about your relationships with others. Then tell what role openness and trust play in your relationships. Next name two other qualities that help you express your sexuality responsibly.

Openness

People who are open are both givers and receivers. They share tears and laughter, the good and the bad.

Trust

People who trust each other feel confident and safe with each other. They are able to reveal and share feelings.

Quality	Role in My Relationships	How It Helps Me Responsibly Express My Sexuality
Openness		
Trust		
Other Qualities		

With your group, compile a list of personal qualities that can help young people express their human sexuality responsibly.



Consider your own personality and identify some of your strengths. Describe how those strengths help you build open, trusting relationships.

