



REVIVE

Adolescent Formation

June 28, 2025

9:00am – 1:00pm

St Charles Borromeo, Tunapuna
Parish Hall



OFFICE OF YOUTH MINISTRY



Workshop Programme

Opening Prayer

424 Music

Workshop Introduction

Youth vs Adolescence

Session 1

BREAK

Discipleship & Adolescent Formation

Session 2

Overcoming Parish Obstacles

Session 3

ANGELUS

Announcements

LUNCH

Scripture of the Day

Ezekiel 37:1-14

The Valley of Dry Bones

The hand of the Lord was upon me, and he brought me out by the Spirit of the Lord, and set me down in the midst of the valley;[a] it was full of bones. And he led me round among them; and behold, there were very many upon the valley; and lo, they were very dry. And he said to me, “Son of man, can these bones live?” And I answered, “O Lord God, thou knowest.” Again he said to me, “Prophecy to these bones, and say to them, O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: Behold, I will cause breath to enter you, and you shall live. And I will lay sinews upon you, and will cause flesh to come upon you, and cover you with skin, and put breathe in you, and you shall live; and you shall know that I am the Lord.”

So I prophesied as I was commanded; and as I prophesied, there was a noise, and behold, a rattling; and the bones came together, bone to its bone. And as I looked, there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, “Prophecy to the breath, prophecy, son of man, and say to the breath, Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live.” So I prophesied as he commanded me, and the breath came into them, and they lived, and stood upon their feet, an exceedingly great host.

Then he said to me, “Son of man, these bones are the whole house of Israel. Behold, they say, ‘Our bones are dried up, and our hope is lost; we are clean cut off.’ Therefore prophecy, and say to them, Thus says the Lord God: Behold, I will open your graves, and raise you from your graves, O my people; and I will bring you home into the land of Israel. And you shall know that I am the Lord, when I open your graves, and raise you from your graves, O my people. And I will put my Spirit within you, and you shall live, and I will place you in your own land; then you shall know that I, the Lord, have spoken, and I have done it, says the Lord.”



Session 1



Adolescence

Adolescence is the transitional stage of development between childhood and adulthood, typically occurring between the ages of 10 and 19. It is marked by significant physical, psychological, emotional, social, and cognitive changes as individuals move toward maturity and independence.

Early adolescence (10–13 years): onset of puberty, emerging identity, beginning of abstract thinking.

Middle adolescence (14–16 years): increased independence, exploration of relationships, identity formation.

Late adolescence (17–19 years): greater emotional stability, clearer sense of self, and preparation for adult roles.

When faith formation does not align with the cognitive, emotional, and social development of adolescents, it can lead to significant disengagement.

Early adolescents, who think concretely, may feel overwhelmed or confused by abstract theology if lessons aren't simplified and relatable.

Middle adolescents, who are naturally questioning and forming their identity, may feel dismissed or judged if doubts aren't welcomed, pushing them to reject Church teaching or community altogether.

Late adolescents, who are ready for deeper reflection and ownership, may become bored or unchallenged by overly basic content.

Failing to meet youth where they are developmentally risks reducing faith to rules or rituals, rather than nurturing a dynamic, personal relationship with Christ. Developmentally inappropriate formation can unintentionally alienate young people at the very moment they are most open to authentic encounter, exploration, and belonging. Faith formation must grow with them, or it may not grow at all.



Session 2



The Purpose of Formation

Missionary discipleship is the call of every baptized person to follow Jesus closely and share His love with others. Rooted in a personal encounter with Christ, it involves ongoing conversion, living in communion with the Church, and boldly proclaiming the Gospel in daily life. Missionary disciples are joyful witnesses who serve others, especially the poor, and bring Christ to every corner of society. This way of life is not reserved for specialists—it belongs to all, including youth. Forming missionary disciples means helping young people encounter Jesus, grow in faith, and go forth to evangelize through words, actions, and authentic love.

The Aparecida Document is the 286-page Concluding Document of the Fifth General Conference of the Bishops of Latin America and the Caribbean (CELAM), held 13–31 May 2007 at the Marian shrine of Nossa Senhora Aparecida in Brazil. Pope Benedict XVI opened the conference and, after reviewing the text, authorized its publication on 29 June 2007

The Documento de Aparecida devotes an entire subsection (no. 278) to five tightly linked and mutually nourishing aspects of Christian growth. They form a spiral rather than a straight line—the believer revisits each step over a lifetime, ever deepening the encounter with Christ.

Missionary Discipleship

Mission

As disciples go to the world to proclaim Jesus Christ & practice love & service

Encounter

with Jesus Christ who calls us to follow him

Communion

no Christian life except in community and with its pastors, to mature in life of the spirit

Conversion

to following him through the Action of the Spirit

Discipleship

maturing in love & following Jesus, enabling us to persevere in Christian life and mission

How Aparecida Describes the Five-Step “Missionary-Disciple” Process



Disciples “already seek him,” yet Christ takes the initiative—“Follow me” (Mk 1:14; Mt 9:9).

The encounter “gives birth to Christian initiation” and must be constantly renewed through personal witness, the kerygma, and the missionary action of the community

Practical Examples

- Proclaim the kerygma in every pastoral activity.
- Create spaces where young people meet Christ in Word and sacrament.

How Aparecida Describes the Five-Step “Missionary-Disciple” Process



Conversion

to following him through
the Action of the Spirit

The first response of one who “has listened with admiration,” believes through the Spirit, and decides to be Christ’s friend, “changing his way of thinking and living” and embracing the cross. Baptism and Reconciliation actualise this redemption in us

Practical Examples

- Preach metanoia as joyful freedom, not mere moralism.
- Offer frequent, well-prepared opportunities for Confession.

How Aparecida Describes the Five-Step “Missionary-Disciple” Process



Discipleship

maturing in love & following Jesus,
enabling us to persevere in
Christian life and mission

Continuous maturing “in knowledge, love and following of Jesus the Master,” deepening in his mystery, example and teaching. Permanent catechesis and a vigorous sacramental life strengthen the initial conversion and enable perseverance in a challenging world

Practical Examples

- Build long-term catechetical tracks, not one-off courses.
- Link learning to real-life missionary experiences.

How Aparecida Describes the Five-Step “Missionary-Disciple” Process



Communion

no Christian life except
in community and with its pastors,
to mature in life of the spirit

“There can be no Christian life except in community.” Families, parishes, consecrated communities, small groups—all are places where the disciple encounters brothers and sisters and “lives Christ’s love in fraternal solidarity.” The community and its pastors accompany growth in the Spirit.

Practical Examples

- Foster small Christian communities and youth cells.
- Teach that belonging to the Church is itself evangelising witness.

How Aparecida Describes the Five-Step “Missionary-Disciple” Process

Mission

As disciples go to the world
to proclaim Jesus Christ &
practice love & service



As love for the Lord deepens, the disciple “feels the need to share with others the joy of being sent,” announcing Christ crucified and risen, serving the needy, and building the Kingdom. Mission is inseparable from discipleship; it is not a “post-graduation” stage but inherent to every moment of growth

Practical Examples

- Embed service and proclamation in every formation programme.
- Help each person discern his or her concrete missionary vocation.

Thresholds of Discipleship

The Thresholds of Discipleship outline stages adolescents move through on their journey towards mature Christian faith, and its aligned closely with the vision of missionary discipleship articulated in the Aparecida Document. These thresholds offer practical guidance for pastoral ministries aiming to form missionary disciples who embody Aparecida's call to joyful, authentic evangelization. By recognizing these thresholds, Catholic youth ministers can accompany young people with patience, intentionality, and joy on their journey to Christ.



Margins



Openness



Belonging



Encounter



Commitment



Missionary

Describe as a percentage of your community what proportion of youth in your area are in each of the six thresholds.

Threshold 1: Margins



- Loosely affiliated with a parish community
- Sees religious practices as irrelevant to his/her daily life
- Doesn't feel a need for faith practices
- Might be skeptical about God's existence

Threshold 2: Openness



- Is not closed off to conversations about their life and purpose
- Has relationships with believers that s/he respects
- Would accept an invitation to something that is related to the faith
- Enjoys a conversation about God and life

Threshold 3: Belonging



- Has felt welcomed and feels comfortable with church members
- Feels s/he can be him/herself with church members
- Time with church members raises among the priorities
- Is encouraged and feels encouraged to ask questions

Threshold 4: Encounter



- Doesn't fully understand, but feels comfort during the group's prayer time
- Begins to examine life more closely
- Is able to identify moments of feeling loved by God
- Jesus is experienced as a real person

Threshold 5: Commitment



- Is able to describe a personal relationship with Jesus
- Has committed to an interior journey with the Lord
- Able to describe the importance of personal prayer and seeking to develop a prayer life
- Is seeking God's will for his/her life

Threshold 6: Missionary



- Desires to grow in holiness
- Comfortable being known as a committed disciple by peers
- Able to tell their story of faith
- Actively seeking to live the Church's social teaching



Session 3



Obstacles to Formation in Our Parish

Set aside a day with your parish youth ministry team. Rate on a scale of 1-10 how severe are each of the obstacles to adolescent formation in your parish, for each stage of adolescence.

Use your ratings to identify 1 action your team can take to improve your ministry between July - December 2025.

Adolescence

Early

Middle

Late

Community

Parish

Parish Leaders

Family

Adolescents

Prayer for Youth

We offer to you, loving God, the gifts and needs of youth.
Bless them with your guiding grace as they face the challenges
and opportunities in their lives.
Touch their hearts with the gentleness of your love, that they
may know they are valued and valuable beings.
Send your Spirit of hope to their lives, that they may believe in
themselves and know they are needed in this world.
Grace them with the gift of joy that they may celebrate life
through laughter and tear alike.
Guide us, as we continue to grow in appreciation of the many
gifts of young people,
in the ministry opportunities, we offer to them;
in the journey of faith, we walk with them;
in our shared mission as a community
called to discipleship in the world.
Amen.

Prayer for Persons who Accompany Youth

Heavenly Father,
You call people from all walks of life to You.
You have called me to walk with young people and accompany
them on their journey of faith.
Nourish me by your Body and Blood.
Sustain me through your Body the Church
Encourage me through Your Word.
Help me to be your hands, feet and voice to
all young people I meet.
I ask this in the name of
your Son Jesus Christ.
Amen.

Notes