



Retreat for Senior Students during Lent

Retreats are a great way to engage young people. In a study by Philip Hughes, a group of Australian youth in a Catholic school were asked what was the most fun they ever had. They unanimously responded it was a retreat which had focused on relationships and had helped them express themselves to each other. Hughes concluded that there were opportunities for churches to be involved in the networking of young people and would do well in offering a range of activities through which young people could connect with one another. Young people find in weekend away retreats an opportunity to move away from their workaday world, and the experience to suddenly hear and think, in nature.

So our youth ministry download for the month of February is a complete weekend retreat. Running it during the Lenten Season is a good time, as it helps young people prepare and focus during this Season of the death and resurrection of Jesus.

Youth Retreat

Theme: Our Journey - Who Leads?

Programme

Friday night

- 8:30 pm Arrive & Introduction
9:00 Dinner – vegetarian pizza
9:30 Session 1: Ritual – Our Journey

Saturday

- 7:30 am Mass
8:00 Breakfast
9:00-10:30 Session Two: Our Life Journey – Our Conversions
10:30-11:00 Morning tea and free time
11:00-12:15 Session Three: Our Journey – Led through the Cross
12:15 Lunch
1:00-4:00 Recreation & Afternoon Tea
4:00-5:30 Session Four: Our Journey – Leading Others
5:30 Free Time
6:00 Dinner
7:00-9:00 Session Five: Reconciliation: Our Journey – Our Falls
9:15 Stations of the Cross (optional)

Sunday morning

- 7:30 am Rosary (Optional)
8:00 Breakfast and pack up
9:00-10:30 Session Six: Affirmation: Our Journey – Setting out Anew
10:30-11:00 Morning tea & Preparation
11:00-12:15 Eucharistic Liturgy
12:15 Lunch
2:00 Depart

Forgetting what lies behind
and straining forward to what lies ahead,
I press on towards the goal
for the prize of the heavenly call of God in Christ Jesus.

Phil 3:14

Groups

<u>The Corinthians</u>	<u>The Colossians</u>	<u>The Philippians</u>
<u>The Ephesians</u>	<u>The Antiocheans</u>	<u>The Romans</u>

<u>The Galatians</u>	<u>The Athenians</u>	

Session 1: Our Journey - Ritual (Friday 9:30 pm)

Icebreaker - Welcome – Rules – Prayer – Theme - Ritual

Leader: St Paul writes in 1 Cor 13:12: For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known.

As we enter this retreat may we come to see ever more clearly the grace of God at work in our lives.

Play a hymn

Introduction

The theme of this retreat is about ‘Our Journey – who Leads?’ Using St Paul as our retreat director to lead us, we are going to embark on a journey: of Conversion; of Carrying our Cross; of Setting out on Mission.

As we commence our retreat it would be wise to recall the words of St Paul in his letter to the Philippians 4:8: ‘Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.’

Prayer: Taken from Col 3:12-17

All: As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.

Reader 1: Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive.

Reader 2: Above all, clothe yourselves with love, which binds everything together in perfect harmony.

Reader 3: And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

Reader 4: Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom;

Reader 5: And with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.

All: And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Leader: In this retreat we will...

Tonight enter the theme of our retreat which is 'Our Journey – who leads?' Tomorrow morning we are going to look at the moments of conversion in our lives.

The mid morning session will focus on the Crosses of our lives.

The afternoon session will focus on the Mission of our lives.

A special Reconciliation will be celebrated in the evening.

Sunday morning we focus on the Grace of God

This is followed by celebration of the Divine Liturgy. So we commence....

WHO IS PAUL?

Reader 6: Paul (originally named Saul) was born to Jewish parents in Tarsus in Cilicia about 10 CE of a Jewish family of the tribe of Benjamin. Although he was trained in the Jewish Pharisaic tradition, he was aware of Greek culture and held Roman citizenship. His rigorous approach to Jewish law led him to persecute the early Christian Church and he was present at the martyrdom of Stephen. Let us read his testimony:

PAUL'S PERSONAL TESTIMONY (ACTS 26:1-9)

Reader 7: Agrippa said to Paul, 'You have permission to speak for yourself.' Then Paul stretched out his hand and began to defend himself... 'All the Jews know my way of life from my youth, a life spent from the beginning among my own people and in Jerusalem. They have known for a long time, if they are willing to testify, that I have belonged to the strictest sect of our religion and lived as a Pharisee... Indeed, I myself was convinced that I ought to do many things against the name of Jesus of Nazareth. And that is what I did in Jerusalem; with authority received from the chief priests, I not only locked up many of the saints in prison, but I also cast my vote against them when they were being condemned to death. By punishing them often in all the synagogues I tried to force them to blaspheme; and since I was so furiously enraged at them, I pursued them even to foreign cities.'

Leader: Paul publicly admits his decision to persecute the Christians, because of his zeal and fervour for the Jewish Law. Yet after his conversion, Paul set Christianity on a new path. He became the greatest Christian missionary, Christian theologian and the author of the first Christian Epistles (letters). He died a martyr (beheaded) in Rome in 67CE under Nero.

Titles of Paul

Pillar of the Church (Peter and Paul)

Second Founder of Christianity

Founder of the Church

Apostle to the Gentiles

Greatest Missionary

Saint

Yet despite his heroic achievements, Paul remained ever aware of his lowliness before Christ: 'For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God' (1 Cor 15:9).

Ritual: Starting on our journey

We have heard St Paul's testimony before his dramatic conversion on the road to Damascus (we will read about that tomorrow morning). Our symbol for this retreat is the road – call it the road to Damascus if you want. We have placed a long piece of material across the room. Along this material (which represents our road) we have placed a few objects. At the start of our road is an empty basket, to place all our unwanted obstacles in our life. Next there is a box which is titled 'Moments of Grace'. For St Paul God's grace was enough and we too will come to recognise that, on our journey. Later on down the road you will see a cross, which St Paul says is a stumbling block for others but our power. Then we have the Bible representing our mission. Further down the road are rocks, which symbolise all the things that block our journey. The end of the road leads to God. Throughout this retreat we will be travelling down the road, heading towards our goal. So we recall the words of St Paul, 'Forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus' (Phil 3:14)

You are asked for the next few minutes, in contemplative silence, to draw something that symbolizes you. You may want to draw yourself, or write your name or draw some sort of image. Take your time. Then when you are ready you are asked to place it at the start of the road we have laid out for this retreat.

All (1 Cor 12:4-11)

Now there are varieties of gifts, but the same Spirit;
and there are varieties of services, but the same Lord;
and there are varieties of activities,
but it is the same God who activates all of them in everyone.
To each is given the manifestation of the Spirit for the common good.
To one is given through the Spirit the utterance of wisdom,
and to another the utterance of knowledge according to the same Spirit,
to another faith by the same Spirit,
to another gifts of healing by the one Spirit, to another the working of miracles, to
another prophecy,
to another the discernment of spirits, to another various kinds of tongues,
to another the interpretation of tongues.
All these are activated by one and the same Spirit,
who allots to each one individually just as the Spirit chooses.

Let us pray together 'Our Father...'

End with a hymn

Session 2: Our Life Journey – Our Conversions (Sat. 9:00 – 10:30 am)

Ritual: In the next few minutes of quiet time, when you are ready, please take your symbol that you drew last night and move it further down the road. Place it at the stop called 'Moments of grace'.

Paul's moment of grace

Reader 1: Around 34 CE Paul had a vision of Christ that would change his life. He was dramatically converted to Christianity while on the way to the city of Damascus. The risen Lord opened his mind to the truth of the Christian faith and revealed that he had chosen him to be the apostle to the Gentiles. Paul spent some time after this event in Arabia (possibly 3 years) where he underwent a transformation and then returned to Damascus. From then on Paul dedicated his life to serving Christ.

Let us read the account of his conversion in Acts 9:1-22

Reader 2: Meanwhile Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, 'Saul, Saul, why do you persecute me?' ⁵He asked, 'Who are you, Lord?' The reply came, 'I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do.' The men who were travelling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank.

Now there was a disciple in Damascus named Ananias. The Lord said to him in a vision, 'Ananias.' He answered, 'Here I am, Lord.' The Lord said to him, 'Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight.' But Ananias answered, 'Lord, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; and here he has authority from the chief priests to bind all who invoke your name.' But the Lord said to him, 'Go, for he is an instrument whom I have chosen to bring my name before Gentiles and kings and before the people of Israel; I myself will show him how much he must suffer for the sake of my name.' So Ananias went and entered the house. He laid his hands on Saul and said, 'Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit.' And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, and after taking some food, he regained his strength. For several days he was with the disciples in Damascus, and immediately he began to proclaim Jesus in the synagogues, saying, 'He is the Son of God.' All who heard him were amazed and said, 'Is not this the man who made havoc in Jerusalem among those who invoked this name? And has he not come here for the purpose of bringing them bound before the chief priests?' Saul became increasingly more powerful and confounded the Jews who lived in Damascus by proving that Jesus was the Messiah.

Small group reflection and discussion

Based on the activity below, please start with time for individual reflection followed by group sharing.

As you reflect upon your personal journey of faith, can you discern distinctive moments of ‘conversion’ times, when you have been truly ‘turned around’ by God’s grace?

Were they moments of dramatic change or of more gradual transformation? Or both?

Write these down and reflect on how they have transformed you. Then share in your group.

Times of Transformation or Grace

Ritual:

When you are ready, go the box marked ‘Moments of Grace’ and pull out a fruit of the Spirit, that will remind you how you have been graced by God. The fruits are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control and peace.

Prayer: Taken from Philippians 2:2-11

Make my joy complete:

be of the same mind, having the same love,
being in full accord and of one mind.

Do nothing from selfish ambition or conceit,
but in humility regard others as better than yourselves.

Let each of you look not to your own interests,
but to the interests of others.

Let the same mind be in you that was in Christ Jesus,
who, though he was in the form of God,
did not regard equality with God as something to be exploited,
but emptied himself, taking the form of a slave,
being born in human likeness.

And being found in human form,
he humbled himself and became obedient to the point of death—
even death on a cross.

Therefore God also highly exalted him
and gave him the name that is above every name,
so that at the name of Jesus every knee should bend,
in heaven and on earth and under the earth,
and every tongue should confess that Jesus Christ is Lord,
to the glory of God the Father.

End with a hymn

Session 3: Our Journey – Led through the Cross (Saturday 11:00 – 12:15)

1 Cor 1:18 For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Ritual: In the next few minutes of quiet time, when you are ready, please take your symbol and move it further down the road. Place it around the Cross.

Our struggles

Leader: In this session we are going to look at the times we have struggled. What stops us from becoming who we really are and what can help us overcome these obstacles. St Paul mentions many forms of suffering, the hardships of his work, being driven out of cities, the hardships of journeys (including shipwreck), being beaten and even imprisoned:

Reader 1: Are they ministers of Christ? I am talking like a madman—I am a better one: with far greater labours, far more imprisonments, with countless floggings, and often near death. Five times I have received from the Jews the forty lashes minus one. Three times I was beaten with rods. Once I received a stoning. Three times I was shipwrecked; for a night and a day I was adrift at sea; on frequent journeys, in danger from rivers, danger from bandits, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers and sisters; in toil and hardship, through many a sleepless night, hungry and thirsty, often without food, cold and naked. And, besides other things, I am under daily pressure because of my anxiety for all the churches. Who is weak, and I am not weak? Who is made to stumble, and I am not indignant? (**2 Cor 11: 23-29**)

We may very well and justifiably ask, ‘Was Paul never tempted to give up?’

Small group reflection and discussion

Based on the activity below, please start with time for individual reflection followed by group sharing.

Suffering is part of the human condition. There are causes of suffering that are unjust. Other types of suffering are caused by our own failures. Suffering can also be a result of natural calamities. Paul was no stranger to suffering. In proclaiming the truth, Paul is aware that it can lead to much suffering and rejection.

Make a list of ‘sufferings’ that are part of your life. Do you see them as a weakness? Are there ways they have made you strong?

My Sufferings	Weaknesses	Strengths

Reader: Paul writes in his letter to the Romans (5:3-5): And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.

Prayer: Rm 8:35, 38-39

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Close this session with a hymn

Session 4: Our Journey – Leading Others (Saturday 4:00 – 5:30)

Ritual: In the next few minutes of quiet time, when you are ready, please take your symbol and move it further down the road. Place it around the Bible: The Word of God that sends us out on Mission.

Leader: Having mapped out our journey so far, our conversion experiences and the crosses we bear, ultimately our journey through life becomes a mission. This session we will be examining what draws us. Where does our passion lie and how do we pursue it?

Reader 1: But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you (**2 Cor 4:7-12**)

Small group reflection and discussion

Based on the activity below, please start with time for individual reflection followed by group sharing.

St Paul writes in his letter to the Romans (10:14-15): But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

Reflect over how you have been a bearer of good news to others. There may be more ways than one. These may be small and/or large acts.

How could you be more of a leader in your parish community, to your family and at work?

Bearer of Good News

Prayer: From Romans 12:9-18

All: Let love be genuine; hate what is evil, hold fast to what is good;

Side A: love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord.

Side B: Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers.

Side A: Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep.

Side B: Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are.

All: Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all.

Close the session with a hymn

Session 5: Reconciliation: Our Journey – Our Falls (Saturday 7:00pm)

Hymn: Be Near by [Shane Barnard](#)

You are all, big and small, beautiful and wonderful, to trust in grace through faith. But I'm asking to taste.

*For dark is light to you, depths are height to you, far is near,
but Lord I need to hear from you.*

Be near oh God, be near oh God of us.

Your nearness is to us our good. (2x)

Your fullness is mine. Revelation divine. But oh to taste, to know much more than a page. To feel your embrace.

All: I do not understand my own actions. For I do not do what I want, but I do the very thing I hate (Rom 7:15).

Leader: I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God (Eph 3:18-19).

Reader 1: Therefore, to keep me from being too elated, a thorn was given to me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, 'My grace is sufficient for you, for power is made perfect in weakness.' So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. (2 Cor 12:7-9)

Pause

We pray from **the First letter of St Paul to the Corinthians (4:10-13)**

Side A: We are fools for the sake of Christ, but you are wise in Christ.

Side B: We are weak, but you are strong. You are held in honour, but we in disrepute.

Side A: To the present hour we are hungry and thirsty, we are poorly clothed and beaten and homeless, and we grow weary from the work of our own hands.

Side B: When reviled, we bless; when persecuted, we endure; when slandered, we speak kindly.

All: We have become like the rubbish of the world, the dregs of all things, to this very day.

Ritual

Let us read over the following passage from **St Paul's letter to the Galatians (5:19-26)**:

Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.

In tonight's special Sacrament of Reconciliation you will have noticed that on our road there are a bundle of rocks that lie in our path. These are the sins that hold us back. When you are ready, pull out one of these bundles of rocks and reflect over your sins (pictures of a bundle of rocks with the words impurity, idolatry, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, conceit). You may write on the paper if you want.

When ready confess your sins. Upon your return place the rocks in the basket at the start of the road – symbolic of leaving our sins behind. Then place your symbol of yourself further along the road – a reminder that we continue our journey. Take a reflection card to read.

Our sins can block the road of our journey toward God

**Yet on our journey we are strengthened
by the fruits of the Spirit, freely given to us**

Reconciliation Reflection Card

1 Cor 13:1-8, 11-13

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do

not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends... When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. For now we see in a mirror, dimly, but then we will see face to face. Now I know only in part; then I will know fully, even as I have been fully known. And now faith, hope, and love abide, these three; and the greatest of these is love.

Session 6: Affirmation: Our Journey – Setting out anew (Sunday 9:00am)

St Paul writes in **1 Thessalonians 5:11**

Therefore encourage one another and build up each other, as indeed you are doing.

It is good to encourage others and in this session that is exactly what we are about to do!

Take the symbol of yourself that you drew on the first evening. Write your name on it. This is your affirmation card. Pass it around for others to write something on it about you.

The Mass (Sunday 11:30-12:30)

A Reading from St Paul's first letter to the Philippians 4:4-9

Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about* these things. ⁹Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Gospel Reading of your choice – usually the Sunday Gospel

Thanksgiving: Hand out quotes taken from the Letters of Saint Paul

Our Father

All: Our Father who art in heaven

Reader 1: Help me to believe this day that there is a power to lift me up which is stronger than all the things that hold me down. **(Pause)**

All: **Hallowed be your Name**

Reader 2: Help me to be sensitive to what is beautiful, and responsive to what is good, so that day by day, I may grow more sure of the holiness of life. **(Pause)**

All: **Your kingdom come**

Reader 3: Help me to be quick to see, and ready to encourage, whatever brings the better meaning of God into the day. **(Pause)**

All: **Your will be done on earth as it is in heaven**

Reader 4: Help me to believe that the ideals of the spirit are not a far off dream, but a power to command my loyalty and direct my life. **(Pause)**

All: **Give us this day our daily bread**

Reader 5: Open the way for me to earn an honest living without anxiety; but let me never forget the needs of others, and make me want only that benefit for myself which will also be their gain. **(Pause)**

All: **Forgive us our trespasses as we forgive those who trespass against us**

Reader 6: Make me patient and sympathetic with the shortcomings of others, especially of those I love; and keep me sternly watchful only of my own shortcomings. **(Pause)**

All: **Lead us not into temptation but deliver us from evil**

Reader 7: Let me not go carelessly this day within the reach of any evil I cannot resist, but if in the path of duty I must go where temptation is, give me strength of spirit to meet it without fear. **(Pause)**

All: **For yours is the kingdom, the power and the glory, now and forever.**

And so in my heart may I carry the knowledge that your grace is sufficient for all my needs. Amen

Quotes to be given out for Thanksgiving

Rom 5:8 But God proves his love for us in that while we still were sinners Christ died for us.

Rom 8:14-15 For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption, when we cry, 'Abba! Father!'

Rom 10:9 If you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

Rom 12:2 Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect.

Rom 12:21 Do not be overcome by evil, but overcome evil with good.

1 Cor 2:16 'For who has known the mind of the Lord so as to instruct him?' But we have the mind of Christ.

1 Cor 3:16 Do you not know that you are God's temple and that God's Spirit dwells in you?

1 Cor 9:24 Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it.

1 Cor 10:13 God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

1 Cor 10:31 So, whether you eat or drink, or whatever you do, do everything for the glory of God.

1 Cor 13:11 When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways.

2 Cor 1:3-4 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God.

2 Cor 3:3 And you show that you are a letter of Christ, prepared by us, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human heart

2 Cor 5:7 For we walk by faith, not by sight.

2 Cor 5:17 So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

2 Cor 10:17 Let the one who boasts, boast in the Lord.

Gal 4:6-7 And because you are children, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So you are no longer a slave but a child, and if a child then also an heir, through God.

Gal 6:14 May I never boast of anything except the cross of our Lord Jesus Christ.

Eph 2:19 So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God,

Eph 5:8 For once you were darkness, but now in the Lord you are light. Live as children of light.

Eph 6:14 Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness.

Phil 1:9-10 And this is my prayer, that your love may overflow more and more with knowledge and full insight to help you to determine what is best, so that on the day of Christ you may be pure and blameless

Phil 1:21 For to me, living is Christ and dying is gain.

Phil 3:14 Forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

Phil 4:13 I can do all things through him who strengthens me.

Col 3:2 Set your minds on things that are above, not on things that are on earth,

1 Thess 5:5 For you are all children of light and children of the day; we are not of the night or of darkness.

1 Thess 5:8 But since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation.

1 Thess 5:16-19 Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit.

2 Thess 3:13 Brothers and sisters, do not be weary in doing what is right.

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