



Purpose 2.0 Notes: Session Seven

“Holiness consists simply in doing God’s will, and being just what God wants us to be.”
— St. Thérèse of the Little Flower

Dear Purpose 2.0 Parents:

Please use these notes to guide you through each week’s ALIVE session.

Video Format

Each week’s ALIVE session includes a video for your family to watch and engage in together to learn more about our Catholic Faith. These episodes challenge your family to **play, learn, pray, and discuss** together.

Play: Each ALIVE session begins with a short and spontaneous family game and short humorous videos to engage your family in laughter and fun together!

Learn: This core teaching segment communicates a core faith teaching in an engaging way to touch your minds and hearts.

Pray: This segment prompts families to engage in prayer in different ways.

Discuss: Discussion questions allow your family to engage in meaningful dialogue about the core faith teaching.

Resources

ALIVE Resource Guide: Accessible by clicking a button beneath each ALIVE video.

Previous Purpose 2.0 Notes: notes from past ALIVE sessions can be found at:

<https://littleflowertoledo.org/nextgen/middle-school/>

This Week’s Lesson - Session 7

We hope you have received your book distributed during recent Masses called **Purpose: 100 Saints**. If not, please stop by the Parish Office to get your family copy! We encourage you and your family to learn about **one new saint each week**. The readings are short; perhaps you could read about a selected saint during a shared meal? During a car ride? During a moment of unexpected downtime? During quiet time before bed? Begin your journey learning about our holy men and women!

We encourage you to focus on the **LEARN** segment of the **Session 7** video (core teaching). This section begins at **21:44 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire. In particular, we encourage you to view the short 6 minute segment beginning at **15:50 minutes** as the Damascus missionaries personally reflect on who they are as Sons and Daughters of God!

After viewing the **LEARN** segment, please **DISCUSS** the following questions:

1. What qualities do you have that God loves about you?
2. Do you ever believe things about yourself that aren’t true to what God says about you? What are some of those lies? (Remember how much God loves **you** as His beloved Son or Daughter!).