



Purpose 2.0 Notes: Session Twenty-Two

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

Dear Purpose 2.0 Parents:

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

You can log in at: damascus.net/alive/

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 22

We encourage you to focus on the **LEARN** segment of the **Session 22** video (core teaching). As you open the video, this section begins at **15:13 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire.

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

1. What are some ways that you feel called to love others? Who do you feel called to love?
2. Holiness starts in small ways. What are some ways you can make your everyday life look like the one that Jesus wants you to live?
3. Post this list in your home to remind you and your family how to live a life of holiness:
 - a. Pray everyday
 - b. Participate in the sacraments (Mass and Reconciliation)
 - c. Serve others

EXTEND YOUR THINKING: If you would like to engage in more discussion, please consider the following:

1. There are more discussion questions found at the end of each video.
2. Use the ALIVE RESOURCE GUIDE tab found below each week's video. Use this resource in advance of each weekly video to consider how you might use these resources to enhance discussion with your child.
3. While watching each week's video, do not hesitate to pause the video if an opportunity for discussion arises. Pause, discuss, and build faith along the way!

IMPORTANT: After viewing each week's video, please scroll down and click on **MARK COMPLETE**. This will allow you to view the next week's video.