



Purpose 2.0 Notes: Session Twenty-Six

“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 26

We encourage you to focus on the **LEARN** segment of the **Session 26** video (core teaching). As you open the video, this section begins at **17:30 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. **Chastity** refers to our **ACTIONS**. Your actions with your body should show that you love God, love yourself and love others. Discuss with your parent actions that are chaste and actions that are not.
2. **Purity** refers to **LOOKS & THOUGHTS**. What you look at and think about should be pure. Discuss with your parent choices that are pure and those that are not.
3. **Modesty** refers to **DRESS & SPEECH**. How you present yourself to others shows that you reflect Jesus within you and that you are dressing and speaking with dignity. Discuss with your parent choices that are modest and those that are not.

4. **Family Prayer** - each family member should write down 7 things that you love about yourself (not physical characteristics, but about your heart, about your character). Then share and celebrate one another for the gifts God has given you!

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.