



Purpose 2.0 Notes: Session Twenty-Eight

“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 28

We encourage you to focus on the **LEARN** segment of the **Session 28** video (core teaching). As you open the video, this section begins at **23:22 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire. In particular, we urge you to view the brief testimonies of the Damascus missionaries, Chris and Megan, at **5:40**.

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

1. What was a time in your life when you felt suffering? How did you get through it?
2. How has Jesus helped you through suffering and difficult times? Be specific.
3. Have you experienced a sacrament of healing? Describe what it was like.
4. **Family Prayer** - As a family, think of any person who is sick or suffering. Think of a way that you can love and support them this week. Perhaps you might say a prayer, call, visit or perform an act of kindness for them.

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 up and click on **MARK COMPLETE**. This will allow you to view the next week's video.