

# FOLLOW ME

*Follow Me*



AUGUSTINE INSTITUTE  
TRANSFORMING CATHOLICS FOR THE NEW EVANGELIZATION

In this session your teen encountered the reality of God's invitation to him/her. God's call isn't a general one—it's intensely personal. He doesn't just want all of us, but each of us. In this study, your teen learned that Jesus is inviting him/her to "follow me."

## CONNECT

Even though God's invitation is intensely personal, it doesn't usually seem that way to us. Many people grow up thinking of Christians as boring, unhappy people who can't do anything fun in the world. It can be hard to see the benefits of actually following Jesus. But if we think being a Christian will rob us of our happiness, then really we just have a misunderstanding of who God is and what He is inviting us to. And the truth is, whatever the world is offering us will never make us truly happy. But God wants to fulfill all of our desires for happiness—and He will, if we choose to follow Him.

How does God fulfill all of our desires for happiness? By inviting us to what our hearts truly want—*friendship* with Him. To follow Jesus is simply to be His friend. We don't need the world to validate us or to choose us, because the King of the universe chooses us. God wants friendship with *you*.



*"For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life."*

– John 3:16



*“Put on Christ!’ in your life, and you will find a friend in whom you can always trust; ‘put on Christ’ and you will see the wings of hope spreading and letting you journey with joy towards the future; ‘put on Christ’ and your life will be full of his love; it will be a fruitful life.”*

– Pope Francis



*“Jesus offers His lifelong, faithful, and personal friendship, embracing us in tenderness and love.”*

– Blessed Teresa of Calcutta



*“If Christ Jesus dwells in a man as his friend and noble leader, that man can endure all things, for Christ helps and strengthens us and never abandons us. He is a true friend.”*

– St. Teresa of Avila



**PARENT TIP:** You have access to Formed.org and can view the videos from: Follow Me – Follow Me. They are located in the “Programs” tab.



## DISCUSS

Here are some conversation starters for this week. Remember to share your perspectives as well.

- » What kind of person do you want to be?
- » Do you feel like you have found what you're looking for yet? Are you happy and content?
- » Have you ever thought of Jesus as a friend? How does it feel to know that He wants to be friends with *you*?

## COMMIT

The invitation of Jesus to follow Him is an invitation of friendship. Just like any real friendship, there are times when we can hurt this friendship with our words or actions. The Sacrament of Reconciliation repairs that relationship with Jesus Christ by reconciling us to God and reconciling us to our neighbor.

This week we asked your teen to commit to asking for forgiveness of Jesus by confessing their sins in the Sacrament of Reconciliation. We also asked them commit to praying this prayer of consecration to Jesus throughout the week. A great way to encourage your teen to celebrate the Sacrament of Reconciliation is to attend with them or suggest they attend with other teens from their discipleship group.



*Lord Jesus Christ, I consecrate myself today anew and without reserve to Your divine Heart. I consecrate to You my body with all its senses, my soul with all its faculties, my entire being. I consecrate to You all my thoughts, words and deeds, all my sufferings and labors, all my hopes, consolations and joys. In particular I consecrate to You this poor heart of mine so that it may love only You and may be consumed as a victim in the fire of Your love.*

*I place my trust in You without reserve and I hope for the remission of my sins through Your infinite mercy. I place within Your hands all my cares and anxieties. I promise to love You and to honor You till the last moment of my life, and to spread, as much as I can, devotion to Your most Sacred Heart.*

*Do with me what You will, my Jesus. I deserve no other reward except Your greater glory and Your holy love. Take this offering of myself and give me a place within Your divine Heart forever. I ask this in Jesus' name. Amen.*