

What Would I tell My 20 Year Old Self Now

Objective: If you could go back and be 20 again what would you say to yourself? Reflection. It can be difficult and rewarding at the same time. To look back at your life, place yourself at the age of 20 or whatever age you choose and see where you were as a Christian man and how you can use your past to change YOUR present and future.

Song Suggestion: Amazing Grace

Bible and Catechism Readings:

Matthew 3:16

"As soon as Jesus was baptized, He went up out of the water. At that moment Heaven was opened, and He saw the Spirit of God descending like a dove and alighting on Him."

Corinthians 6:14

"And God raised the Lord and will raise us up by His power."

Catechism 2012

"All Christians in a any state or walk of life are called to the fullness of Christian life and to the perfection of charity". All are called to holiness: "Be perfect, as your heavenly Father is perfect"

Saint: St. Elizabeth Ann Seton - Patron Saint of New Beginnings

Vignette: – Since I have been going on my silent retreats I have thought about this a lot. If I could go back in time, at what age would I go back to and what would I change. The question I ask myself is...How much different would my life be if I asked for God's advice and help first? And not thought of myself first or asked other people in my life. And waited for His answer. I would go back to 18, my Freshman year at Miami University. A new beginning. A fresh start after high school. If I was able to go back and talk to me I would tell myself to be more patient and complain less. This is what God has told me on my retreats.

Questions for Large and Small Group Discussion:

If you could change one thing about yourself what would it be?

Do you need to go back to 20 years old to talk to yourself?

Would you be pleased with yourself?

Would you be kind to yourself?

Action Plan:

You are where you are supposed to be. Maybe it isn't where you think you should be. Take time to listen to God and see how He can help you where you are today. As you are, as He created you. Start your new beginning.

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