

What Would I tell My 20 Year Old Self Now

Headline: If I knew then what I know now ... what would I do differently? Although we cannot change the past, we (with guidance of the Holy Spirit) can affect the present and the end of our story ... or that of someone close to us.

Objective: Think back to when you were 20 ... where were you and what were you doing? What was important to you then? ... now? Where were you on your Faith journey then? ... now? What one thing can you take from your Past to have a positive impact on your Present and Future!

Song Suggestion: Amazing Grace.

Bible and Catechism Readings:

1 Kings 19; 11-13

Then the Lord said, "go outside and stand on the mountain before the Lord; the Lord will be passing by." A strong and heavy wind was rending the mountains and crushing rocks before the Lord – but the Lord was not in the wind. After the wind there was an earthquake – but the Lord was not in the earthquake. After the earthquake there was a fire – but the Lord was not in the fire. After the fire there was a tiny whispering sound.

Proverbs 26:16

A sluggard is wiser in his own eyes than seven people who answer discreetly.

Ecclesiastes 12:9

Not only was the Teacher wise, but he also imparted knowledge to the people. He pondered and searched out and set in order many proverbs.

Luke 15:7

I tell you that in the same way there will be more rejoicing in heaven over one **sinner who repents** than over ninety-nine righteous persons **who** do not need to repent.

Catechism 2012

"All Christians in 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. Carlos Acutis - Carlo Acutis, a 15 year old Italian when he died of leukemia - known for his deep devotion to the Catholic faith and his adept use of technology to share religious content, became the first millennial saint. His life showed it is possible to do God's will at a young age. Possible references:

https://en.wikipedia.org/wiki/Carlo_Acutis

Vignette: – Joe was your average high school student who did not know what he wanted to do with his life upon graduation. He went to college because that's what his friends were doing; ended up majoring in business; and landed a good job upon graduation. A conscientious worker; got promotions; did well according to this world's standards. He got married and raised a nice Family. Throughout, he "practiced" his Catholic faith ... went to church on Sundays; etc. Went along with the crowd "to fit in". Never did anything real bad or got into trouble. Although Life was good there was always "something missing."

Fast forward to retirement; kids are grown and off on their own. Life is still good but ... something still feels missing. Joe joined a group of men at church who discusses various aspects of their Faith. It was there he

discovered what was missing. A true, deeper relationship with God. Not just praying more but a REAL relationship with ... Father; Son; and Holy Spirit. When he looks at a crucifix now and realizes that it REALLY happened; it changes how he lives now. He would have done some things differently in the past but is grateful to be able to do things better in the present and future.

Questions for Large and Small Group Discussion:

1. Knowing what you know now ... what is the one thing you would have done differently when you were in your 20s?
2. How can you use the benefit of the above hindsight for the benefit of your remaining life or that of another Family member or friend?
3. Learning from our past should be a positive experience and not judgmental. How can you make it a positive experience?

Step it up!:

What can you do over the next week/month to make a step change in bettering yourself or someone around you:

1. Do not beat yourself up over what was done/not done in the past. Rather, what is one small positive thing you can do going forward to enrich your life? Ex. 5 minutes a day just talking to God.
2. Ask God what is the one thing you can do today to please Him.
3. What is the one thing you can do to make yourself a better person today.

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