



WITH
FAITH & LOVE
DRAW NEAR

CONSISTORY OFFICE
YOUTH & YOUNG ADULT MINISTRY
UKRAINIAN ORTHODOX CHURCH
OF THE USA

Liturgy part 4

Liturgy after the Liturgy

Praxis Objective: Youth and parishioners take time to meditate on how the Divine Liturgy effects their daily lives and their role in the world.

Let Get Ready!

Watch the designated video. Discuss these questions with your youth and share with your parish.

Video - After the Liturgy - A Light in the World
with Fr. Vasyl Sendeha

<https://youtu.be/3m1PJGBhwdI>

Challenge your youth and parish family to deepen their understanding of the Liturgy and their own participation in the Liturgy. Provide the worksheet for their use or use within your youth ministry.

Utilize UOC Youth! Winter 2024 Magazine to further the discussion. For our "mini" aged youth, we recommend using the resources - Lesson on Kindness from Orthodox Pebbles which you may find here

<https://orthodoxpebbles.com/orthodox-basics/holy-communion/> and Being Kind from Ancient Faith Kids https://youtu.be/rH90C6BtSrg?si=iC6bkR8hr_ULa7cG

Utilize these resources for our Minis (ages 4-8) to discuss how the Divine Liturgy and Holy Communion prepares us to be Christ in the world - giving love and kindness.

Additional Resources may also be found for all ages at www.uocyouth.org/withfaithandlove



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A Light in the World

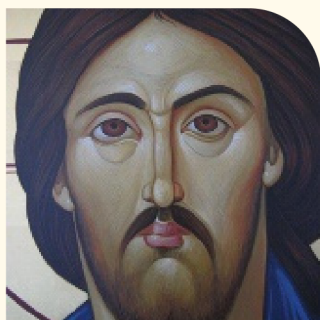


In John 8:12 Christ tells us, “Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.” Then later he tells us in Matthew 5:14-16 “You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”



What do you think this means? In what way does Christ light up the darkness in the world and in your life? How do you show His light to the world? When we participate in the Divine Liturgy and especially Holy Communion, we fan the flame, the light of Christ that lives within us. You’re probably familiar with the song based on this passage called “This Little Light of Mine.” We aren’t supposed to hide or hoard God’s light. When we leave the Divine Liturgy, we should show God’s light to everyone we meet.

In His Image



We are made in the image and likeness of Christ. Does that just mean that we look like Him? It reminds us that we are made to be like Jesus, to live in His way of love; love for Him and for one another in all we do and say. God made each of us uniquely US! He gave us talents and gifts that we may use to manifest or make real His love in the world.



How can we live in His image? How does the Divine Liturgy help us do this? What are my gifts and talents?



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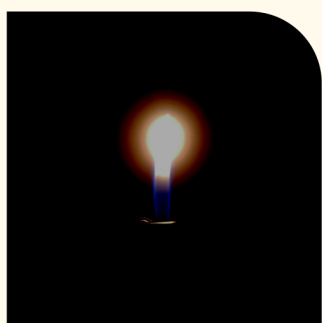


...You do unto Me...

Read Matthew 25: 34 - 45. Christ tells us, “Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.” Christ also tells us that He came to serve not be served. (Matthew 20:28) The Liturgy gives us the strength and guidance we need to go out into the world and serve its needs, especially the needs of the poor, the lonesome, the helpless, and the infirm.



How can your light, being in Christ’s image, serve others? Does your parish have any programs to do this important work? Do you take part? How? Are there simple things you can do daily to serve other people?



Lights get Dim

There are six days between Sundays. Most of us are unable to attend Divine Liturgy more than just once a week. Keeping the light of Christ bright within us can get hard. We have so much stress, work, activity and temptations. However, the Church provides us many tools and gifts to keep our lamp lit. Prayer, fasting, scripture reading, silence, church music, podcasts about our faith, icons, incense, our family, friends, just to name a few!



How can I recharge my liturgical batteries during the week? Can I take home antidoron or holy water to have in between?



Liturgy

LITURGY AFTER THE LITURGY

What can I apply to me?

Below you will find suggestions for how you can actively learn from and keep the essence of the Liturgy going after you have walked out of the church doors. Check the ways you will try to grow in the faith!

- Take the time to read the *Prayers in Preparation for or after Communion*. Read them the night before/after Liturgy or in the morning before you leave your home.
- Rule of Prayer** - a rule of prayer is your daily commitment to prayer. If you do not already have one, talk to your priest and/or parents to get you started! You can start small!
- Fasting** - Do you and your family fast on Wednesdays, Fridays or during fasting periods? Talk about it and see how you can start or deepen your fasting.
- Serving our Neighbor** - Showing God's love in the world can take many forms: using kind words, being a good friend, listening to and respecting our parents and those in charge in our life, donating to a charity, volunteering for a community outreach, etc. What can you come up with?
- A Light in the World - An Icon of Christ** - just being you can affect the world around you. Being joyful, kind, loving, faithful, sincere, peaceful, patient, good, gentle and having- self control - just your actions can make a difference. St. Francis of Assisi tell us, "The deeds you do may be the only sermon some person will hear today." How can your actions be a living gospel or sermon today?



Use the area below to note any questions you have for your priest or youth ministry leader/teacher.