
LIFE TEEN PARENT LETTER

Thank you for allowing your teen to join us tonight at Life Teen. Below you'll find some information about tonight's topic. Please dialogue with your teen and encourage them to share what they learned.

LIFE NIGHT: OVERFED YET STARVING

CONTENT OVERVIEW

The Ache

God is love. We were created from this love and we were made to receive this love. By living in a relationship with God, we can be completely satisfied in His love. Without God, we are left with an ache and yearn to be satisfied.

Unfortunately, many of us do not know how to respond to the ache. Instead of turning to God and being satisfied in Him, we turn to lesser substitutes. We consume; we eat, drink, shop, stream TV, and by the end of the day, we find that we are overfed yet still starving.

God Satisfies

In the Gospel of John, we read the story of the Woman at the Well. During Jesus's public ministry, He passed through the town of Samaria and stopped at a well for a drink. There He met a woman. In their conversation, it becomes clear that she had several previous relationships with men that served as substitutes for a relationship with God. This woman struggled with responding to her ache for God and was wounded from living a life without God.

Jesus offers her a solution. He gives her the opportunity to drink living water, "everyone who drinks this water will never thirst again." Jesus offers to fill her with His very self and be satisfied in Him. Like the woman at the well, we must learn how to respond to the God-ache. We respond well through prayer and recreation. (John 4:7-41, CCC 32,33, Romans 1:19-20)

At its core, prayer is the raising of our minds and hearts to God from the depths of a humble, yearning heart. We are beggars before God. (CCC 2559)

The stem of the word, "recreation", is "create." Recreation literally means, re-create. Recreation is differing than consuming. Recreation renews us. Consuming wears on us. We consume in hopes of filling, and because we are trying to fill an infinite desire with finite goods, we find ourselves in an unending cycle that only makes us more tired.

CONVERSATION STARTERS

During the Life Night, the teens set limits on their use of social media, streaming TV, Internet browsing, and then brainstormed recreational and prayer activities to do instead. Ask your teen...

1. What limits did you set for yourself and how can I help you meet them?
2. What recreational and prayer activities are you interested in trying?
3. How do we encounter the presence of Christ when we recreate?
4. How does God satisfy us in prayer?