

## How to Use the *Christus Vivit* Workbook

### WYD Seoul 2027 and Youth Ministry



World Youth Day (WYD) is a large-scale international religious and cultural event where the Holy Father invites young people from around the world to embark on a pilgrimage, coming together to celebrate their faith in Christ. When St. John Paul II established World Youth Day in 1985, he encouraged local Churches to develop pastoral initiatives for young people and began issuing an annual message to the youth of the world. In 1986, the first WYD was held, providing a global gathering where young people could reflect on the teachings of Jesus Christ, experience fellowship, and deepen their faith.

At the closing Mass of WYD Lisbon 2023, Pope Francis announced Seoul, South Korea as the host city for World Youth Day in 2027. On September 24, 2024, he proclaimed the theme for WYD Seoul 2027: "Take courage! I have overcome the world" (John 16:33). This verse is linked to the annual World Youth Day messages, which the Pope announces each year on the Solemnity of Our Lord Jesus Christ, King of the Universe.

39th 2024-2025	Those who hope in the Lord will run and not be weary. (cf. Isaiah 40:31)
40th 2025-2026	You also are my witnesses, because you have been with me. (John 15:27)
41st 2026-2027	Take courage! I have overcome the world. (John 16:33)

The local Churches around the world plan and carry out evangelization activities for young people based on these annual themes from Sacred Scripture. WYD Seoul 2027 will take place within this continuity, as Catholic youth from around the world journey to Korea to meet the Holy Father and experience faith and fellowship together. Thus, WYD is not merely a one-time event commemorating a specific day. It is an ongoing pilgrimage prepared by the Church with young people and for young people. From its very foundation, WYD has been a continuous pastoral journey for the evangelization of young people.

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## Purpose of the *Christus Vivit* Workbook

This workbook is designed to help young people prepare spiritually for WYD Seoul 2027. WYD is not merely an international or pastoral event – it is an opportunity for young people worldwide to encounter Christ anew and experience deep love in communion with Him. Through WYD, young people will be empowered to joyfully proclaim the Gospel to the world, drawing from their personal experience of fellowship with Christ. To support this pilgrimage, the workbook encourages young people to gather within their dioceses and parishes to listen to the word of God and reflect on the teachings of the Church. By engaging in the reflections and discussions provided, young people will discern the values of the Gospel relevant to their lives today and be inspired to share the Good News through their lives.

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## Structure of the Workbook

This workbook is designed to guide young people worldwide in their evangelization as they prepare for WYD Seoul 2027. It focuses on reading and reflecting on *Christus Vivit*, the Apostolic Exhortation Pope Francis addressed to young people and all Christians following the Fifteenth Ordinary General Assembly of the Synod of Bishops on “Young People, Faith, and Vocational Discernment”, held at the Vatican in October 2018.

- **Chapters 1–3:** Reflection and discussion on oneself and relationships with others, God, and the Church
- **Chapters 4–8:** Reading and reflecting on *Christus Vivit*, followed by Conversation in the Spirit to deepen the discussion
- **Chapter 9:** Final reflection on the theme of WYD Seoul 2027, discussing how to personally prepare for and joyfully participate in WYD

## Workbook Curriculum

Chapter	Title	Key Themes
Chapter 1	<b>Setting Out on the Journey</b>	<ul style="list-style-type: none"> <li>• Introductions, first meetings</li> </ul>
Chapter 2	<b>God Calls Us</b>	<ul style="list-style-type: none"> <li>• Relationship with God, vocation, and life of faith</li> </ul>
Chapter 3	<b>On the Road: Me, You, and the Lord</b>	<ul style="list-style-type: none"> <li>• Meaning and purpose of life</li> </ul>
Chapter 4	<b>Jesus, Ever Young</b> Reading: <i>Christus Vivit</i> , Chapters 1–2	<ul style="list-style-type: none"> <li>• The meaning of youth</li> <li>• The appeal of Jesus Christ</li> </ul>
Chapter 5	<b>How Are We “Now”?</b> Reading: <i>Christus Vivit</i> , Chapters 3–4	<ul style="list-style-type: none"> <li>• The anxieties of youth and how to overcome them</li> <li>• Overcoming through friendship with Jesus</li> </ul>
Chapter 6	<b>Paths of Youth</b> Reading: <i>Christus Vivit</i> , Chapters 5–6	<ul style="list-style-type: none"> <li>• The true essence of youth</li> <li>• Failure, support, growth</li> </ul>
Chapter 7	<b>Walking Together</b> Reading: <i>Christus Vivit</i> , Chapter 7	<ul style="list-style-type: none"> <li>• Life within the community of faith</li> <li>• Outreach, openness, and the true meaning of service</li> </ul>
Chapter 8	<b>Vocation and Discernment</b> Reading: <i>Christus Vivit</i> , Chapters 8–9	<ul style="list-style-type: none"> <li>• Spiritual strength to fulfill one’s dreams</li> <li>• Purpose of life, prayer, and discernment</li> </ul>
Chapter 9	<b>Let’s Go! To Galilee!</b>	<ul style="list-style-type: none"> <li>• The courage of young people who overcome the world in Jesus</li> <li>• On the road to WYD</li> </ul>

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## Core Approach of Each Stage

In shaping the spiritual journey of each chapter, this workbook follows the **Emmaus journey** (*Christus Vivit*, 237) proposed by Pope Francis as a synodal model for encounter. In accordance with this journey, participants will read and reflect on *Christus Vivit* using the following process.



### First Stage: Observation

Jesus appeared, walked along the two disciples heading to Emmaus, and asked, “What are you discussing as you walk along?” (Luke 24:17). The two disciples explained to him what had happened in Jerusalem over the past few days. Instead of simply describing the incident, they thoroughly confessed their sorrow, despair, and the mixed feelings they felt about the experience, and Jesus listened carefully to their stories.

In this first stage, we carefully read *Christus Vivit*. This apostolic exhortation contains the teachings of Pope Francis for young people, which are essential for their life and faith and address the challenges they face. First, we read the sections of *Christus Vivit* pointed out in each chapter individually. Then, with the proposed questions, we reflect on our experiences and organize our thoughts. Through this process, we can find the essential issues in each of our experiences.

The observation stage is the time when we intently observe the joys and “the hopes, the griefs and the anxieties” (*Gaudium et Spes*, 1) of our lives and share them with Jesus. This stage is a crucial step in freeing ourselves from the worldly distractions, biases, and prejudices that unconsciously influence us. Furthermore, it’s a necessary step so we can examine our experiences and interpret our lives in the light of the Gospel.



### Second Stage: Attentive Listening and Discernment

After listening to the story of the two disciples, Jesus helped them to interpret their experience under the light of Scripture. Similarly, the stage of attentive listening and discernment is the time to open our hearts to the Holy Spirit and attentively listen to how others interpret their experiences through the light of the Gospel.

This is done in small groups of 5-6 young people, following the **conversation in the Spirit** method. This helps us personally encounter the living God, value others as His precious creations, and build a synodal church where we are united within God. The steps are as follows:

1. Share the faith and life experiences you discovered while reading the section of *Christus Vivit*. You can also reflect on and share the answers to the questions found in the chapter.

2. While meditating on what the others shared, listen carefully to the voice of the Holy Spirit with three to five minutes of silent prayer.

3. Share the new discoveries that emerged during your active listening to the other participants. This is a time to experience and share how God is present and active within you.

4. After everyone has shared, listen carefully to the voice of the Holy Spirit again with three to five minutes of silent prayer.

5. After silent prayer, discern how to apply the insights gained to change your life, based on what was shared in step three. Discern the insights through the lens of the Gospel and then consider how to realistically apply them to your life. You can also use the questions in each chapter to help identify values and concrete ways to put your ideas into practice. By discovering the key points in this shared journey, you're helping build a unified community.



### Third Stage: Unity

As the two disciples of Emmaus came closer to the village, they urged Jesus, saying, "Stay with us, for it is nearly evening and the day is almost over" (Luke 24:29). Jesus accepted the invitation and stayed with them to share a meal. Jesus took bread, said the blessing, and as he gave it to the disciples, their "eyes were opened" (Luke 24:31) and they finally recognized Jesus. Just as the disciples' minds and hearts were opened when they met the resurrected Jesus, we can only fully understand how to live as a Christian and gain the power and courage to do so when we become one with the living Jesus Christ in the Holy Eucharist.

As such, **the stage of unity is above all a time when the whole community becomes one with the living Christ in the Eucharist.** Thus, we highly recommend sharing your thoughts before Mass and becoming one with the Lord through the Eucharist afterward. After receiving Communion, give thanks for what you discovered in the meeting and pray for the strength and courage to put it into practice in real life. If it's not possible to attend Mass after the meeting, have a short period of Eucharistic Adoration or say the Prayer of Unity in the Eucharist to unite with the living Christ present in the Holy Eucharist.

#### Fourth Stage: Mission

The disciples on the road to Emmaus were devastated by the death of Jesus and were returning home, back to their old lives. However, their encounter with the risen Christ changed everything. Their experience compelled them to turn back (“repent”) to Jerusalem, the place where they had known Jesus. Despite the risk of persecution as followers of Jesus, they overcame their fear, “set out at once” (Luke 24:33), and returned to Jerusalem, where they shared the good news of their experience with the other disciples.

Similarly, young people who are united with Christ in the Holy Spirit and understand the Gospel’s true value will **return to their own lives, ready to live out their faith with joy**. To aid in this, at the end of each chapter there is a short Church teaching to deepen our understanding of the themes explored in *Christus Vivit*. It is also the time to put into practice the personal and community missions identified earlier. That’s why the final stage is the mission.

Each stage of the Emmaus journey is an opportunity to experience Christ’s love, as revealed in *Christus Vivit*, and to grow in faith. This journey will empower young people preparing for WYD Seoul 2027 to become courageous missionaries, transforming the world through their faith.



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## ● As an Individual



### Observation



#### Let's Read

#### 1. Read

Read the corresponding section of *Christus Vivit*.



#### Let's Reflect

#### 2. Observe

Write down your thoughts on the parts that resonated the most with you and answer the questions in the corresponding chapter.

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## ● With the Community



### Attentive Listening and Discernment: Conversation in the Spirit (Around 60 min)



#### Conversation in the Spirit

#### 1. Opening Prayer

Prayer for the Synod

#### 2. Talk and Listen <Sharing 1> (3 to 5 minutes per person)

Share what struck you the most based on your life experiences or your answers to the questions from the chapter.

#### 3. Listen to the Holy Spirit <Silent Prayer 1>

Listen to the voice of the Holy Spirit you heard in your heart when the other participants were sharing.

#### 4. Hold Space for Others and for the Lord <Sharing 2> (3 to 5 minutes per person)

Share what resonated with you during the first time of sharing and how God was present and active within yourself and the group.

## 5. Listen to the Holy Spirit <Silent Prayer 2>

Listen attentively to the voice of the Holy Spirit you heard throughout the session.



### Let's Take Action

## 6. Move Forward Together <Sharing 3>

Identify the core Gospel values discovered and devise concrete ways to put them into practice.

Carry out a mission to reveal the unity of the community.



### Unity



### Unity in the Eucharist

#### 1. Do Eucharist Adoration together,

pray the **Prayer for Unity in the Eucharist**, or **attend Mass** to achieve unity with the living Jesus Christ and the community.

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## ● In Your Life



### Mission



### One Step Further

#### 1. One Step Further

Read Church teachings to deepen your understanding of *Christus Vivit*.

#### 2. Execute

Return to your normal life and live out the personal and communal mission God has entrusted to you.