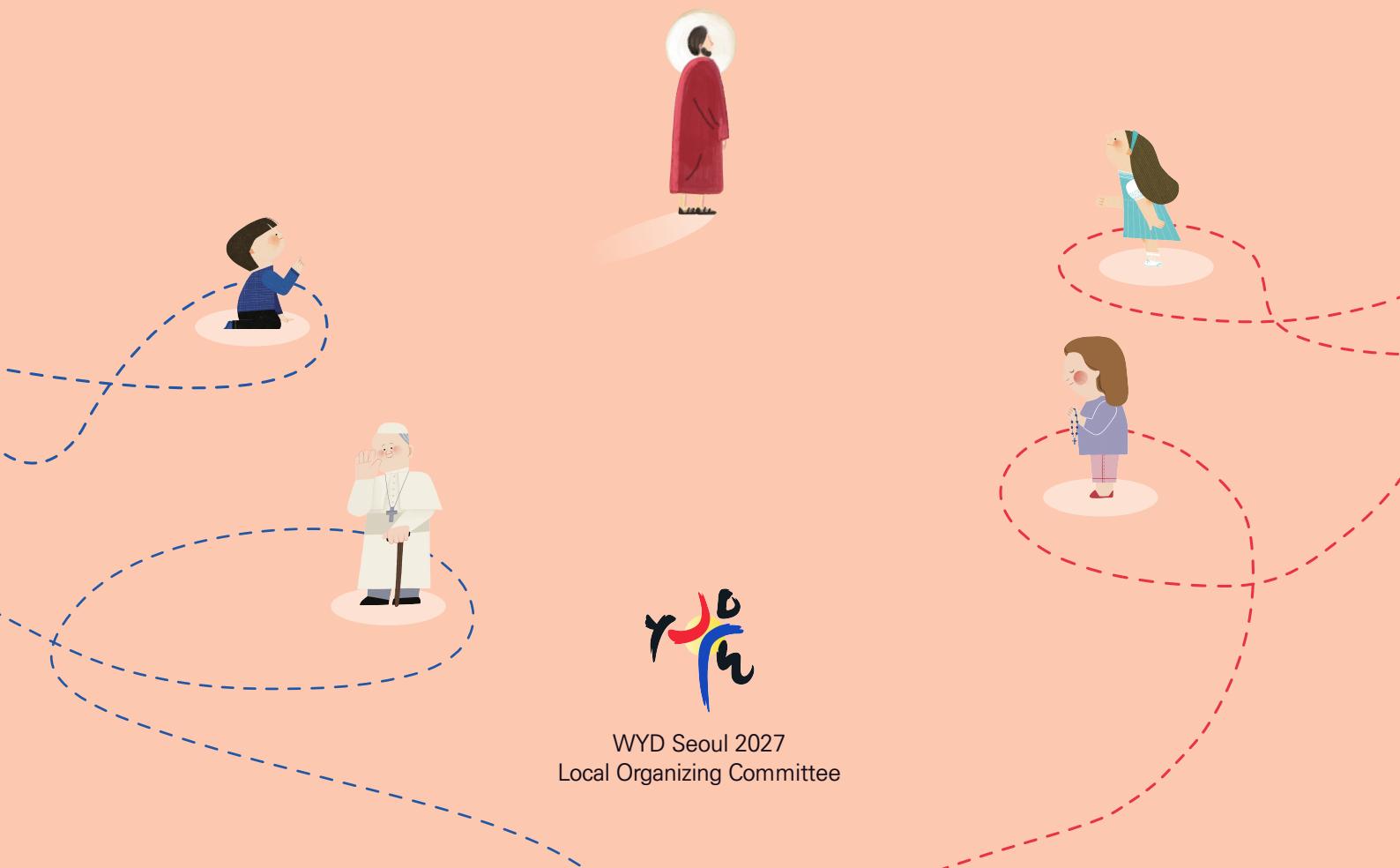


Workbook

CHRIST IS ALIVE

CHRISTUS
VIVIT



WYD Seoul 2027
Local Organizing Committee

How Are We “Now”?

Don't let them rob you of hope and joy. [...]

Dare to be more,
because who you are is more important than any possession.

Pope Francis, *Christus Vivit*, 107





Let's Read

Read chapters 3 and 4 of *Christus Vivit* carefully. If any passage touches your heart, pause for a moment and reflect on what moved you and why. Write down your thoughts below.

If you are young in years, but feel weak, weary or disillusioned, ask Jesus to renew you. With him, hope never fails. You can do the same if you feel overwhelmed by vices, bad habits, selfishness or unhealthy pastimes. Jesus, brimming with life, wants to help you make your youth worthwhile. In this way, you will not deprive the world of the contribution that you alone can make, in all your uniqueness and originality.

Pope Francis, *Christus Vivit*, 109





Let's Reflect

- What is my greatest fear or anxiety at this moment?
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- How do I try to overcome fear and anxiety? Have I tried to overcome
hardships within the Lord?
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- What are the various hardships and struggles young people around
the world are facing today?
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Opening Prayer

Pray the “Prayer for the Synod” together.

Share and Listen

Choose a topic from “Let’s Reflect” to share. Each person should share their reflections based on their faith and life experiences for three to five minutes. The other participants should listen with an open mind.

Listen to the Holy Spirit I

Take three minutes of silence to listen to what the Holy Spirit is saying to the group through the stories that have been shared. Refrain from any distractions, such as flipping through the book or taking notes, and focus entirely on the Holy Spirit.

Open Your Heart

Take three to five minutes each to share the insights that resonated most deeply, how you felt God’s presence and action, and what continues to echo in your hearts.

Listen to the Holy Spirit II

Take three minutes of silence to reflect on where the Holy Spirit is leading the group through today’s session.

Move Forward Together

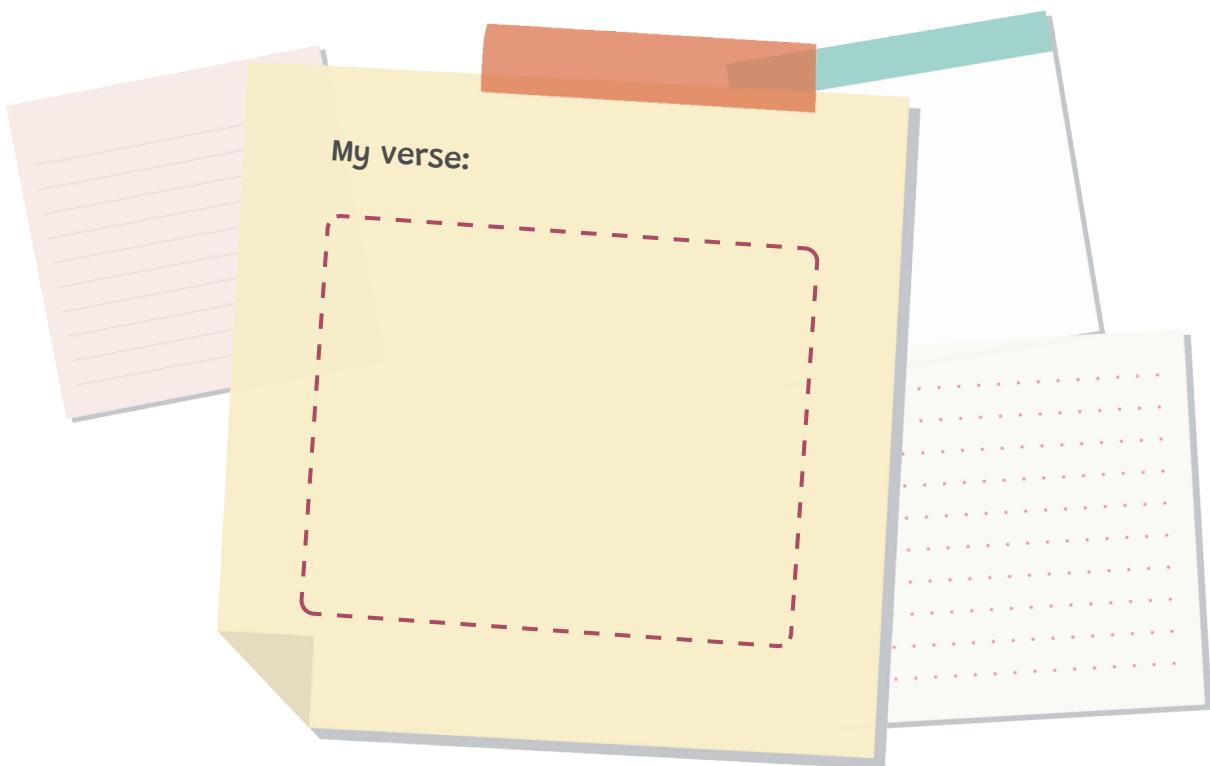
Discuss what important Gospel values the group has discovered through today’s listening and prayer. How can we live them out? What concrete efforts should we, as individuals or as a group, make to practice these values in our daily lives?





Let's Take Action

Write down a verse from the Bible that gives you strength on a sticky note and explain why it speaks to you. Gather the notes together, take a photo of them, and upload it to your social media with the hashtag **@wydseoul2027**.





Unity in the Eucharist

If possible, conclude the session by celebrating Mass together to affirm our unity in the Eucharist. If attending Mass is not an option, spend time in silent prayer in front of the Blessed Sacrament and pray together with the “Prayer for the Youth”, the official prayer for the preparation for WYD Seoul 2027. If this is also difficult, conclude the gathering by reciting the following “Prayer of Unity in the Eucharist”.



Prayer of Unity in the Eucharist

O Lord Jesus Christ, truly present in the Most Holy Sacrament,
though we cannot now receive You sacramentally,
we fervently pray to welcome You into our hearts.
Together with the Immaculate and Holy Heart of Mary,
come at least spiritually into our hearts,
and grant us the grace to be united as one in You.
We are members of Your Body;
Let us never forget that we are one in You.
May we always be instruments of Your glory,
revealing Your presence to the world.
All this we ask through Christ our Lord. Amen.



One Step Further

Should you become disturbed, do not lose heart and do not be pained by it, but, having recognized the situation, calmly humble yourself before God and attempt to restore your mind to peace. Say to your soul: “Now, friend, we have made a misstep, let us proceed more carefully.” And each time you fall, do the same thing. [...] Above all, do not lose your courage, but be patient, watchful, and ready with a spirit of compassion. God will hold you in his hand, and if he lets you stumble, it will be only so that you realize that you would collapse entirely if he did not hold you, and thus to make you tighten your grip upon his hand.

St. Francis de Sales, *Roses Among Thorns*, pp. 43–44, Catholic Publishing House