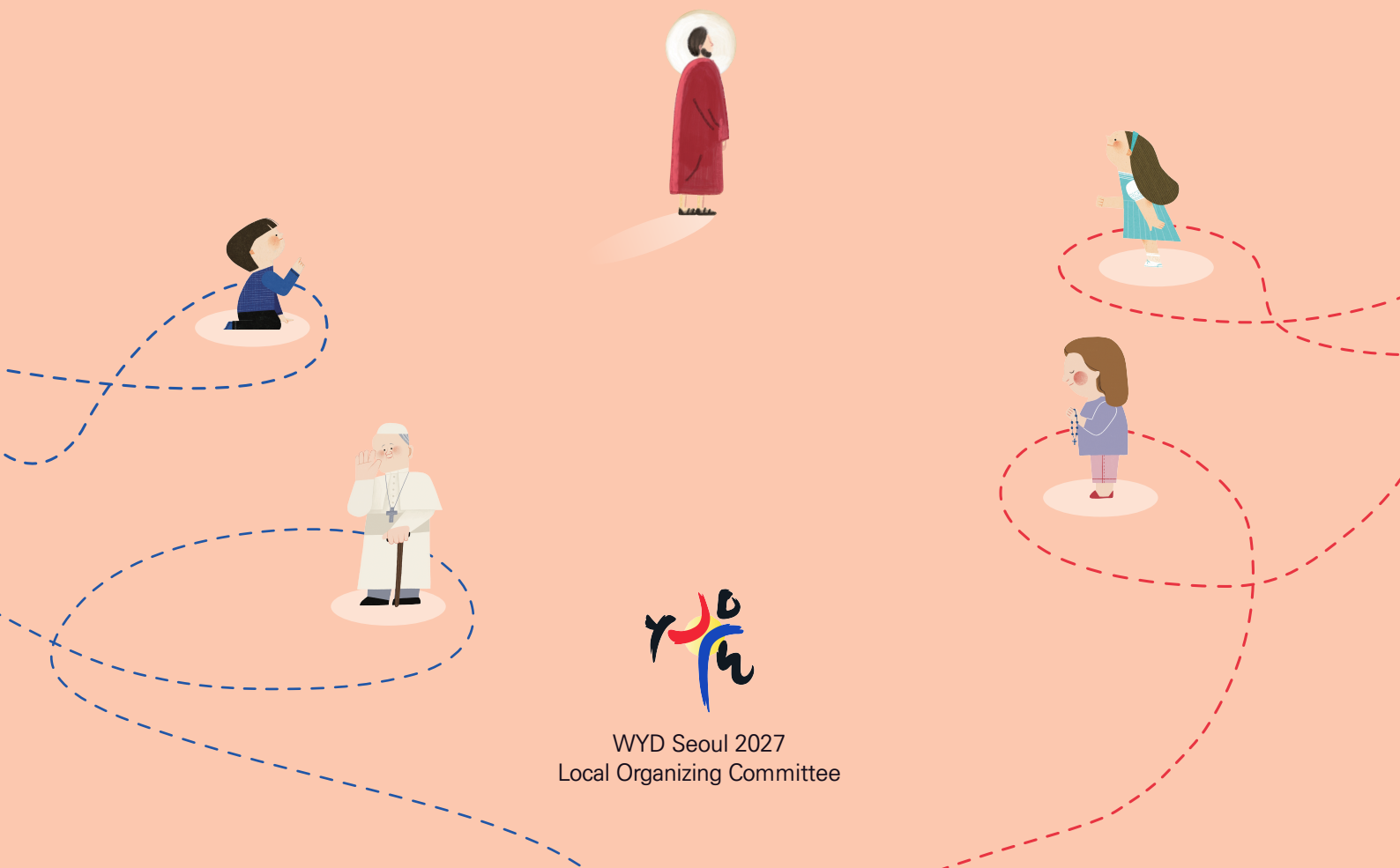


Workbook

# CHRIST IS ALIVE

CHRISTUS  
VIVIT



WYD Seoul 2027  
Local Organizing Committee

## Starting the Pilgrimage

We who are walking together

from  ,  to  ,

on this pilgrimage through *Christus Vivit*,

offer this journey for





## ***Christus Vivit Workbook***

### **Nihil Obstat**

March 6, 2025

### **First published**

May 11, 2025

### **Imprimatur**

Archiepiscopus Seoulsensis Peter Soon-Taick, CHUNG

### **Compilation**

WYD Seoul 2027 Textbook Development Team

### **Illustration**

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### **Published at**

World Youth Day Seoul 2027 Local Organizing Committee

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**Chapter 8** Vocation and Discernment

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## Foreword

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### ***God loves you!***

Dear young people,

I warmly welcome each of you who have gathered here with a desire to love God and rediscover the true meaning and hope of life in Him.

***God loves you.*** (*Christus Vivit*, 112)

Pope Francis urges us to remember this incredible truth: no matter when or where, regardless of what we are going through, God loves us. His love remains constant – not only in moments of joy and laughter but also in times of sorrow and suffering when tears fall.

God, the giver of life, is always present with us, granting us the necessary grace of existence in every moment. If we open our hearts and move even just one step closer to Him without doubting this truth, we will come to realize the immense love of God in ways we have never experienced, and our hearts will be filled with joy. This profound love of God can only be fully understood by encountering Jesus Christ and deepening our relationship with Him. Immerse yourselves in this boundless love, and proclaim with confidence: “**God loves me, and He loves us all!**”

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Your personal proclamations of this love will come together to create World Youth Day Seoul 2027. I hope you will join us at WYD, where you can boldly share the love of God you have experienced and rejoice in communion with young people from around the world who also bear witness to His love.

The *Christus Vivit* Workbook offers young people an opportunity to reflect on and share the love of God, discovered through the Holy Spirit. As you read and reflect on the love letter the Holy Father has sent to you, I pray that you may come to know God's love more deeply and find true happiness. May the power of that love sustain you each day, allowing you to live joyfully as beloved children of God.

Solemnity of Saint Joseph, Spouse of the Blessed Virgin Mary, March 19, 2025  
Archbishop of Seoul  
President, WYD Seoul 2027 LOC

Archbishop **Peter Soon-Taick, CHUNG**



## 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.

---

## ● 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.



## Prayer for the Synod

### **We stand before You, Holy Spirit**

Adsumus, Sancte Spiritus

- ☐ We stand before You, Holy Spirit,  
as we gather together in Your name.
- ☒ With You alone to guide us,  
make Yourself at home in our hearts;  
Teach us the way we must go  
and how we are to pursue it.
- ☐ We are weak and sinful;  
Do not let us promote disorder.  
Do not let ignorance  
lead us down the wrong path  
nor partiality influence our actions.
- ☒ Let us find in You our unity  
so that we may journey together to eternal life  
and not stray from the way of truth  
and what is right.
- ☐ All this we ask You,  
who are at work in every place and time,  
in the communion of the Father and the Son,  
forever and ever.
- ☒ Amen.

## Prayer for the Youth

### Prayer for the preparation of World Youth Day Seoul 2027



- Loving Father of all young people,  
help those whom you created in your image  
come to know the love that led you to give your only Son.
- Give them the grace of meeting Jesus Christ  
so that they may love all they meet in their lives.
- Gather the young people you so love into your Church,  
led by the Holy Spirit,  
so they can experience your mercy.
- Help us be with them in their struggles and pain,  
welcome them into the Church,  
and accompany them in the work of spreading the gospel.
- ◎ Just as you saved the world through the cross and resurrection of your Son,  
use WYD Seoul 2027 to rekindle the flames of their faith,  
renew your Church and the world,  
and spread the gospel to the ends of the earth.  
Amen.
- + Holy Mary, patron of the Catholic Church in Korea,  
◎ pray for our young people.
- + All the martyrs and saints of Korea,  
◎ pray for us.

Approved by Peter Soon-Taick, CHUNG,  
Archbishop of Seoul  
January 23, 2024

## Setting Out on the Journey

So often in life,  
we waste time asking ourselves: “Who am I?”

You can keep asking, Who am I?  
for the rest of your lives.

But the real question is: “**For whom am I?**”

Pope Francis, *Christus Vivit*, 286





## Nice to Meet You

Fill out the Bingo card below to learn more about yourself, and get to know each other by crossing them off with the group members.

1. Answer the questions on the Bingo card.
2. Walk around, finding people who have the same answers as you. Write their name in the box and cross it off.
3. The first person to complete 2 rows is the winner!

## .. B I N G O ..

Hot coffee or iced coffee? [       ] _____	My favorite season is: [       ] _____	If I were to join the consecrated life, I'd be a: [       ] _____	My favorite time for prayer is: [       ] _____
My favorite food is: [       ] _____	My favorite place in the church is: [       ] _____	Baptism: as an adult, a baby, or not yet? [       ] _____	My favorite movie or TV show is: [       ] _____
I usually wake up at: [       ] _____	My MBTI is: [       ] _____	Beach party or ski resort? [       ] _____	Confirmation: I've got the Spirit! or not yet? [       ] _____
Confession: with the screen or face-to-face? [       ] _____	On my day off, I like to: stay at home or hang with friends? [       ] _____	My hobby is: [       ] _____	Pineapple on pizza- yes or no? [       ] _____





## Let's Read

Carefully read the passage, stopping and reflecting if any phrase touches your heart. Write down your thoughts on the passage below.

In both East and West, we may trace a journey which has led humanity down the centuries to meet and engage truth more and more deeply. It is a journey which has unfolded – as it must – within the horizon of personal self-consciousness: the more human beings know reality and the world, the more they know themselves in their uniqueness, with the question of the meaning of things and of their very existence becoming ever more pressing. This is why all that is the object of our knowledge becomes a part of our life. The admonition “Know yourself” was carved on the temple portal at Delphi, as testimony to a basic truth to be adopted as a minimal norm by those who seek to set themselves apart from the rest of creation as “human beings”, that is as those who “know themselves”.

Moreover, a cursory glance at ancient history shows clearly how in different parts of the world, with their different cultures, there arise at the same time the fundamental questions which pervade human life: “Who am I? Where have I come from and where am I going? Why is there evil? What is there after this life?” These are the questions which we find in the sacred writings of Israel, as also in the Veda and the Avesta; we find them in the writings of Confucius and Lao-Tze, and in the preaching of Tirthankara and Buddha; they appear in the poetry of Homer and in the tragedies of Euripides and Sophocles, as they do in the philosophical writings of Plato and Aristotle. They are questions which have their common source in the quest for meaning which has always compelled the human heart. In fact, the answer given to these questions decides the direction which people seek to give to their lives.

St. John Paul II, *Fides Et Ratio*, 1





## Let's Reflect

☐ Who am "I"? What good do others see in me, and what are the strengths and gifts that I see?

☐ Jesus said, "I give you a new commandment. Love one another. As I have loved you, so you also should love one another" (John 13:34). As Jesus says, we were created to love one another, and it is through our love for one another that we obtain true happiness. What kind of relationships do I have with other people? What does it look like to love another person? What do I need to become the "me" that can live well with others?



## Conversation in the Spirit

### 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?





## 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.

Approved by Peter Soon-Taick, CHUNG, Archbishop of Seoul, February 18, 2025



## One Step Further

We can think of all those times in our lives when we have experienced the darkness of night. Yet even then, God does not abandon us, but is there to answer our crucial questions about the meaning of life. Who am I? Where do I come from? Why was I born at this time in history? Why do I love? Why do I suffer? Why will I die? It was to answer these questions that God became man. His closeness brings light where there is darkness and shows the way to those dwelling in the shadow of suffering (cf. Luke 1:79).

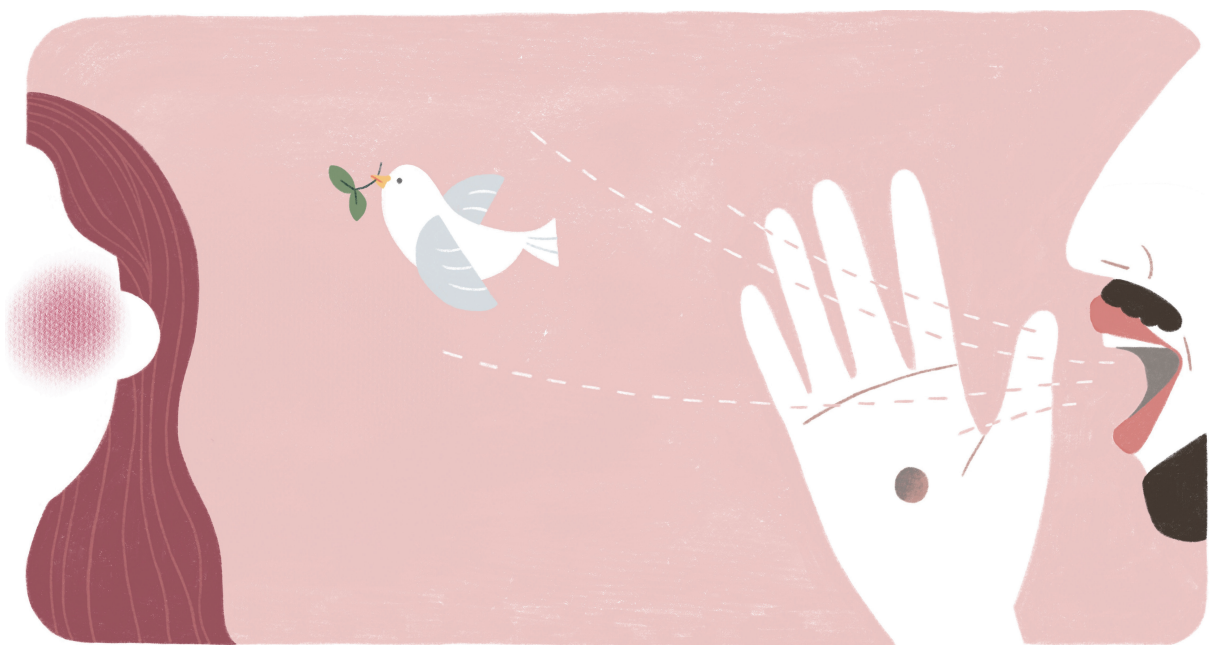
Pope Francis, *Admirabile Signum*, 4

## God Calls Us

The Lord calls each and every one of us, as members of his faithful pilgrim people, to participate in his loving plan and to embody the beauty of the Gospel in different states of life.

Our life finds fulfillment when we discover who we are, what our gifts are, where we can make them bear fruit, and what path we can follow in order to become signs and instruments of love, generous acceptance, beauty and peace, wherever we find ourselves.

Pope Francis,  
Message of His Holiness for the 61st World Day of Prayer for Vocations (2024)





## Let's Read

Carefully read the passage, stopping and reflecting if any phrase touches your heart. Write down your thoughts on the passage below.

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The Gospel passage recounts for us the remarkable experience of Jesus and Peter during a stormy night on the Sea of Galilee (cf. Matthew 14:22-33). After the multiplication of the loaves, which had astonished the crowds, Jesus told his disciples to get into the boat and precede him to the other shore, while he took leave of the people. The image of the disciples crossing the lake can evoke our own life's journey. Indeed, the boat of our lives slowly advances, restlessly looking for a safe haven and preparing to face the perils and promises of the sea, yet at the same time trusting that the helmsman will ultimately keep us on the right course. At times, though, the boat can drift off course, misled by mirages, not the lighthouse that leads it home, and be tossed by the tempests of difficulty, doubt and fear.

Something similar takes place in the hearts of those who, called to follow the Teacher of Nazareth, have to undertake a crossing and abandon their own security to become the Lord's disciples. The risk involved is real: the night falls, the headwinds howl, the boat is tossed by the waves, and fear of failure, of not being up to the call, can threaten to overwhelm them.

The Gospel, however, tells us that in the midst of this challenging journey we are not alone. Like the first ray of dawn in the heart of the night, the Lord comes walking on the troubled waters to join the disciples; he invites Peter to come to him on the waves, saves him when he sees him sinking and, once in the boat, makes the winds die down. [...]

Every vocation is born of that gaze of love with which the Lord came to meet us, perhaps even at a time when our boat was being battered by the storm. Vocation, more than our own choice, is a response to the Lord's unmerited call. We will succeed in discovering and embracing our vocation once we open our hearts in gratitude and perceive the passage of God in our lives.

Pope Francis,  
Message of His Holiness for the 57th World Day of Prayer for Vocations (2020)





## Let's Reflect

☐ When did I start believing in God? How did my faith begin?

☐ Have I had an encounter with God in my faith life? (It doesn't have to be an extraordinary experience. Take a moment to reflect on how God is calling and guiding you in your daily life, and write it down.)





## Conversation in the Spirit

### 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

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### 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

Complete the sentence below about who God is to you. Write the word or phrase that goes in the blank on a sticky note, put your answers together, and take a picture. Upload the photo 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

Many young people today seriously question whether life is something good, and have a hard time finding their way. More generally, however, young people look at the difficulties of our world and ask themselves: is there anything I can do? The light of faith illumines this darkness. It helps us to understand that every human life is priceless because each of us is the fruit of God’s love. God loves everyone, even those who have fallen away from him or disregard him. God waits patiently.

Pope Benedict XVI, Message of His Holiness for the 28th World Youth Day (2013)

## On the Road: Me, You, and the Lord

There are certain questions we ought to ask. We should not start with wondering where we could make more money, or achieve greater recognition and social status. Nor even by asking what kind of work would be most pleasing to us. If we are not to go astray, we need a different starting point.

We need to ask: Do I know myself, quite apart from my illusions and emotions? Do I know what brings joy or sorrow to my heart? What are my strengths and weaknesses? These questions immediately give rise to others: How can I serve people better and prove most helpful to our world and to the Church? What is my real place in this world? What can I offer to society?

Pope Francis, *Christus Vivit*, 285





## Let's Read

Carefully read the passage, stopping and reflecting if any phrase touches your heart. Write down your thoughts on the passage below.

---

In thinking of my own youth, I realize that stability and security are not the questions that most occupy the minds of young people. True enough, it is important to have a job and thus to have firm ground beneath our feet, yet the years of our youth are also a time when we are seeking to get the most out of life. When I think back on that time, I remember above all that we were not willing to settle for a conventional middle-class life. We wanted something great, something new. We wanted to discover life itself, in all its grandeur and beauty. [...]

So we wanted to break out into the open, to experience the whole range of human possibilities. I think that, to some extent, this urge to break out of the ordinary is present in every generation. Part of being young is desiring something beyond everyday life and a secure job, a yearning for something really truly greater. [...]

Saint Augustine was right when he said “our hearts are restless till they find their rest in you.” The desire for a more meaningful life is a sign that God created us and that we bear his “imprint”. God is life, and that is why every creature reaches out towards life. Because human beings are made in the image of God, we do this in a unique and special way. We reach out for love, joy and peace. So we can see how absurd it is to think that we can truly live by removing God from the picture! [...]

In some parts of the world, particularly in the West, today’s culture tends to exclude God, and to consider faith a purely private issue with no relevance for the life of society. Even though the set of values underpinning society comes from the Gospel – values like the sense of the dignity of the person, of solidarity, of work and of the family –, we see a certain “eclipse of God” taking place, a kind of amnesia which, albeit not an outright rejection of Christianity, is nonetheless a denial of the treasure of our faith, a denial that could lead to the loss of our deepest identity.

For this reason, dear friends, I encourage you to strengthen your faith in God, the Father of our Lord Jesus Christ. You are the future of society and of the Church! As the Apostle Paul wrote to the Christians of Colossae, it is vital to have roots, a solid foundation!

This is particularly true today. Many people have no stable points of reference on which to build their lives, and so they end up deeply insecure. There is a growing mentality of relativism, which holds that everything is equally valid, that truth and absolute points of reference do not exist. But this way of thinking does not lead to true freedom, but rather to instability, confusion and blind conformity to the fads of the moment. As young people, you are entitled to receive from previous generations solid points of reference to help you to make choices and on which to build your lives: like a young plant which needs solid support until it can sink deep roots and become a sturdy tree capable of bearing fruit.

Pope Benedict XVI, Message of His Holiness for the 26th World Youth Day (2011)





## Let's Reflect

☐ What is the most valuable thing to me right now?

☐ What is the ultimate dream or goal I want to achieve by the end of my life?

☐ While I work toward my dreams and goals, what might God expect from me?



## Conversation in the Spirit

### 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?

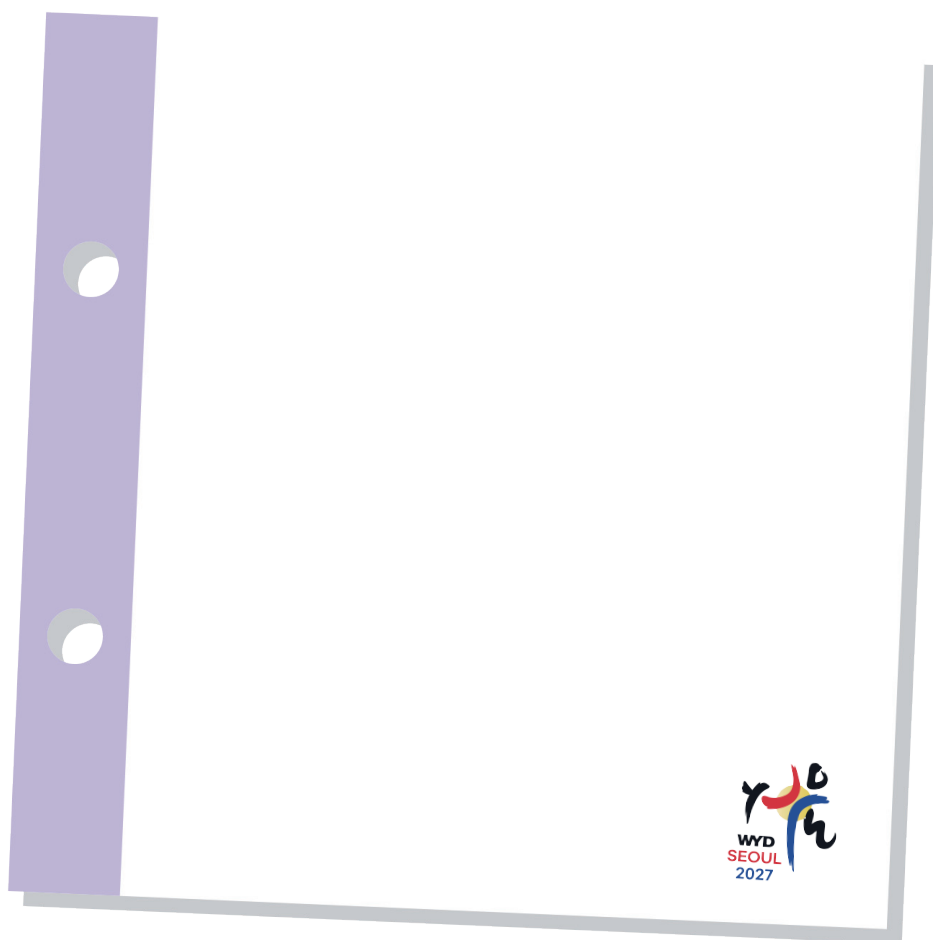






### Let's Take Action

On a single sheet of paper, draw each person's life goal to create a unified world. Take a picture of the drawing and upload the photo 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

What, then, will become of us after death? With Jesus, beyond this threshold we will find eternal life, consisting in full communion with God as we forever contemplate and share in his infinite love. All that we now experience in hope, we shall then see in reality. We are reminded of the words of Saint Augustine: “When I am one with you in all my being, there will be no more pain and toil; my life shall be true life, a life wholly filled by you”. What will characterize this fullness of communion? Being happy. “Happiness” is our human vocation, a goal to which all aspire.

But what is happiness? What is the happiness that we await and desire? Not some fleeting pleasure, a momentary satisfaction that, once experienced, keeps us longing for more, in a desperate quest that leaves our hearts unsated and increasingly empty. We aspire to a happiness that is definitively found in the one thing that can bring us fulfillment, which is love.

Pope Francis, *Spes Non Confundit*, 21

## Jesus, Ever Young

He is in you, [...]  
He calls you  
and he waits for you to return to him  
and start over again.

When you feel you are growing old  
out of sorrow, resentment or fear, doubt or failure,  
he will always be there to restore your strength and your hope.

Pope Francis, *Christus Vivit*, 2





## Let's Read

Read chapters 1 and 2 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.

Handwriting practice lines consisting of multiple sets of horizontal dotted lines for writing.



**Head of Christ**, Rembrandt, 1645-1650



## Let's Reflect

☐ What does “youth” mean to me?

☐ Pope Francis emphasized that it is very important to “contemplate the young Jesus” (*Christus Vivit*, 31). Among the images of Jesus in the Bible, which one comes to mind first? Has there ever been a time I felt particularly loved by Jesus?

☐ “Even though to many young people, God, religion and the Church seem empty words, they are sensitive to the figure of Jesus when he is presented in an attractive and effective way” (*Christus Vivit*, 39). What does the Church need in order to present “the attractive parts of Christ” to the youth today?



## Conversation in the Spirit

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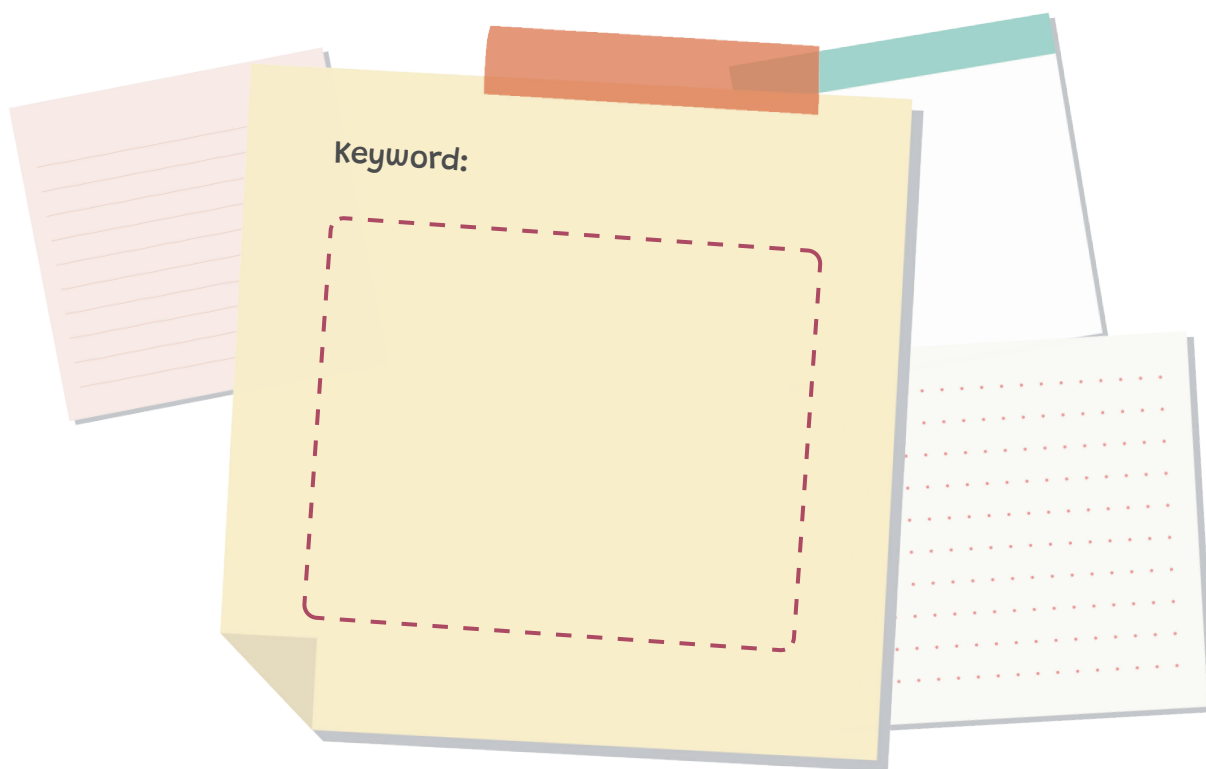
Discuss what important Gospel values the group has discovered through today’s listening and prayer. How can we live them out? What concrete efforts should we, as individuals or as a group, make to practice these values in our daily lives?





### Let's Take Action

Choose a keyword from today's gathering that resonated with you. Write it on a sticky note, gather them together, and take a photo. Upload the photo 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”.



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### One Step Further

The first saint of the 21st century is about to be canonized. Pope Francis has officially recognized the miracle needed for the canonization of Blessed **Carlo Acutis**\*. [...] Devoted to Our Lady, Blessed Carlo Acutis prayed the Rosary every day in front of the Eucharist. “The Eucharist is my highway to heaven, he wrote. When people sit in the sun, they become tan, but when they sit before Eucharistic Jesus, they become saints.” He lived an ordinary teenage life and passed away from leukemia in 2006.



*Catholic Times of Korea, June 2, 2024*

**Carlo Acutis**\* (1991-2006): A young Italian Blessed venerated as the “patron saint of the Internet”. A self-taught coder, he created a website cataloging Eucharistic miracles worldwide and returned to the Lord at the age of 15.



## 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



Pope Francis, *Christus Vivit*, 109



## Let's Reflect

☐ What is my greatest fear or anxiety at this moment?

☐ How do I try to overcome fear and anxiety? Have I tried to overcome hardships within the Lord?

☐ What are the various hardships and struggles young people around the world are facing today?



## Conversation in the Spirit

### Opening Prayer

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### Share and Listen

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### Move Forward Together

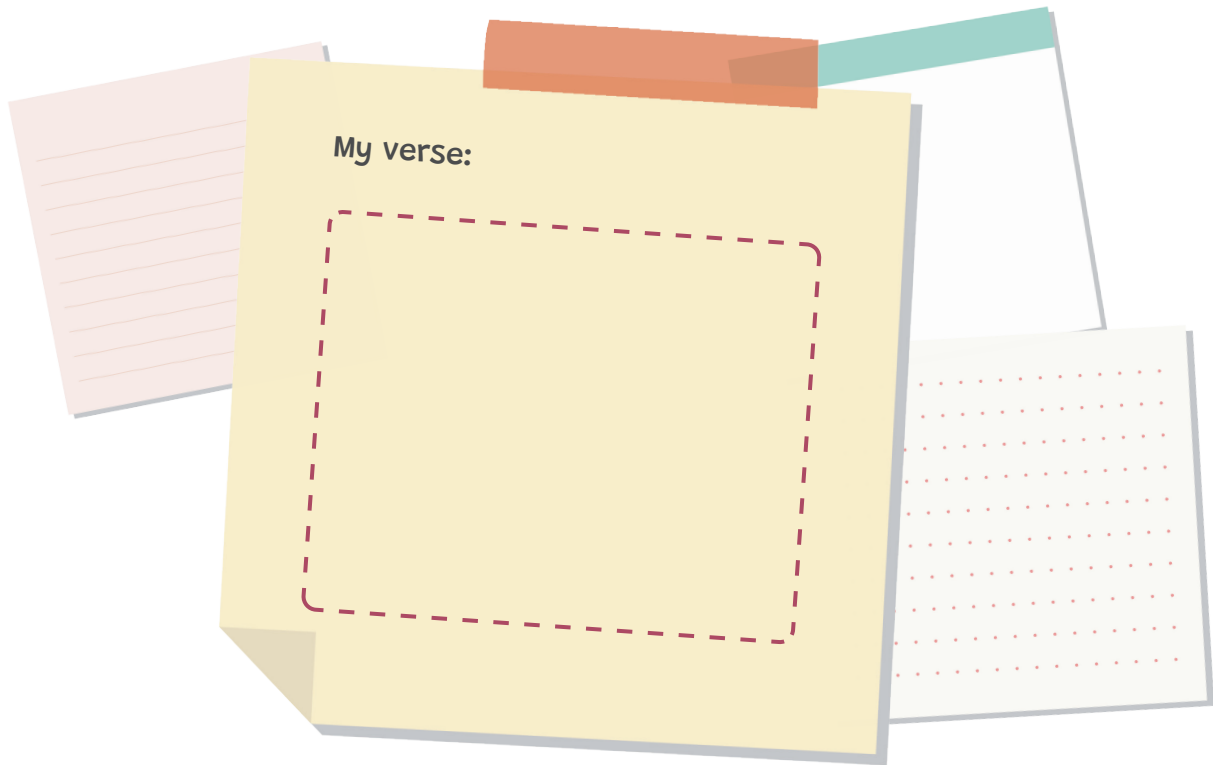
Discuss what important Gospel values the group has discovered through today’s listening and prayer. How can we live them out? What concrete efforts should we, as individuals or as a group, make to practice these values in our daily lives?





### 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”.



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## 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

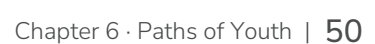
## Paths of Youth

You need to stay connected to Jesus, to “remain online” with him,  
since you will not grow happy and holy  
by your own efforts and intelligence alone.  
Just as you try not to lose your connection to the internet,  
make sure that you stay connected to the Lord.  
That means not cutting off dialogue,  
listening to him, sharing your life with him and,  
whenever you aren’t sure what you should do, asking him:  
“Jesus, what would you do in my place?”

Pope Francis, *Christus Vivit*, 158





Pope Francis, *Christus Vivit*, 167





## Let's Reflect

☐ God has placed many people around us to help us realize who He is and how much love He gives us in order to have a deep friendship with us. Who are the people in my life who passed on the faith to me or helped my faith life?

☐ Have I ever encouraged my friends in their faith?



## Conversation in the Spirit

### Opening Prayer

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### 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 a short prayer, thinking of someone who passed on the faith to you or helped you grow in your faith. Once everyone has completed their prayer, put them together to create a group prayer. Take a photo of your prayers and upload it to your social media with the hashtag **@wydseoul2027**.



### Unity in the Eucharist

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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

#### The Story of Pope Francis and His Grandma Rosa

Pope Francis has often spoken of the wisdom of the elderly, especially grandparents, and the “great mission” they have in passing on the faith, emphasizing that their witness and practice of the faith through their lives is of the utmost importance. This idea of the Holy Father is also expressed in the pamphlet “You Have a Great Mission” (Avete un compito grande) by Aldo Maria Valli. In this work, Pope Francis beautifully describes how his grandmother Rosa taught him the faith when he was a child. It reads as follows:

I was blessed to grow up in a family that practiced faith in a simple and concrete way. Above all, it was my father’s mother, my grandmother, who showed me the path of faith. [...] Every Good Friday evening, my grandmother always took us to a candle-light procession. The procession culminated with the recumbent Jesus. My grandmother, when she arrived in front of Jesus, knelt down with us and whispered to us: “Jesus died, but tomorrow He will rise again!” It was from this woman, my grandmother, that I first heard the proclamation of the Good News of the Gospel! How beautiful it was! To hear the first proclamation at home, with my family! And it makes me think of the love of many mothers and grandmothers who pass on the faith. It is they who show us the faith.

[...] It was my grandmother, Rosa, who taught me to pray. She taught me the faith. She also told me about the lives of the saints. When I was thirteen months old, my little brother was born, and my mother was unable to care for two young children. So my grandmother, who lived a few steps away, would pick me up in the morning and take me back home in the evening.

When I confessed my desire to enter the seminary, my grandmother said: “If God calls you, that is very good, but do not forget that this home is always open. If you change your mind, no one will blame you.”

Another saying of Grandma Rosa, which the Pope relayed, is: When I was in the seminary, my grandmother told me: “If you become a priest, do not forget that the most important thing is to celebrate Mass. And she often told us, as children, There are no pockets in a shroud.”

In his breviary, Pope Francis still has the testament that Grandma Rosa wrote to her grandchildren: “May my grandchildren, to whom I have given the best of my heart, have a long and happy life. But if there are days of pain or illness, or if the loss of a loved one fills them with despair, may they remember that if they look to Mary, who sighs in the tabernacle where the greatest and most noble martyr is buried and stands at the foot of the Cross, it is as a drop of balsam on even the deepest and most painful wounds.”

Aldo Maria Valli, *Avete un compito grande*



## Walking Together

Youth ministry has to be synodal;  
it should involve a “journeying together  
that values the charisms that the Spirit bestows  
in accordance with the vocation  
and role of each of the Church’s members,  
through a process of co-responsibility...  
Motivated by this spirit,  
we can move towards a participatory and co-responsible Church”.

Pope Francis, *Christus Vivit*, 206







## Let's Reflect

☐ In 211 of *Christus Vivit*, the Holy Father stresses what is necessary when trying to reach young people. What do we need to put into practice the “grammar of love” he talks about?

☐ What do we need to make our communities truly welcoming to young people?





## Conversation in the Spirit

### Opening Prayer

Pray the “Prayer for the Synod” together.

### Share and Listen

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### 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

Take a photo of the group expressing hospitality. Upload the photo to your social media with the hashtag **@wydseoul2027**.



### Unity in the Eucharist

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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

Human beings are so made that they cannot live, develop and find fulfilment except “in the sincere gift of self to others”. Nor can they fully know themselves apart from an encounter with other persons: “I communicate effectively with myself only insofar as I communicate with others”. No one can experience the true beauty of life without relating to others, without having real faces to love. This is part of the mystery of authentic human existence. “Life exists where there is bonding, communion, fraternity; and life is stronger than death when it is built on true relationships and bonds of fidelity. On the contrary, there is no life when we claim to be self-sufficient and live as islands: in these attitudes, death prevails”.

Pope Francis, *Fratelli Tutti*, 87

## Vocation and Discernment

The word “vocation” can be understood in a broad sense as a calling from God, including the call to life, the call to friendship with him, the call to holiness, and so forth. [...]

It makes us realize  
that nothing is the result of pure chance  
but that everything in our lives  
can become a way of responding to the Lord,  
who has a wonderful plan for us.

Pope Francis, *Christus Vivit*, 248



Pope Francis, *Christus Vivit*, 257



## Let's Reflect

☐ What is the greatest gift I have received from God?

☐ Who does God, in His deep love for me, wish for me to be? What kind of effort can I make to become my "true self" as God desires?



## Conversation in the Spirit

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### Let's Take Action

Draw a large heart on a piece of paper. Inside the heart, draw or write the most precious gifts you have received from God to fill it with your gratitude. Take a picture and upload the photo to your social media with the hashtag **@wydseoul2027**.



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Let us never forget that we are one in You.  
May we always be instruments of Your glory,  
revealing Your presence to the world.  
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### One Step Further

Christ has no body but yours.  
No hands, no feet on earth but yours.  
Yours are the eyes through  
which he looks compassion on this world.  
Yours are the feet with which he walks to do good.  
Yours are the hands with which he blesses all the world.

St. Teresa of Avila

A traditional Black Forest crucifix without arms



## Let's Go! To Galilee!

He has been raised from the dead,  
and he is going ahead of you to Galilee;  
there you will see him. (Matthew 28:7)



We have read, meditated upon, and shared insights from the apostolic exhortation of Pope Francis, *Christus Vivit*, which he has lovingly prepared for young people everywhere. It is now time to conclude the time of reflection on ourselves, our community, and the Church we began with the help of God.

After His resurrection, Jesus sent an angel to inform the disciples that He would go ahead of them to Galilee. In obedience to the Lord's words, we too, must set out for Galilee to encounter Him. Here, Galilee symbolizes our everyday lives – our families, schools, workplaces, the many people we meet, and the various experiences of love we share. It is here we fully encounter the living Jesus Christ, who loves us and leads us toward the path of true happiness. Returning to our place in life to practice and proclaim all that we have seen, heard, and felt is the final fruit of our journey and, at the same time, a new beginning.



### Let's Write a Thank You Note to God

Open your workbook, where you recorded your thoughts and experiences throughout this journey. Reflect on what has been the most memorable part of this journey and why. With a heart full of gratitude, write a letter of thanks to Jesus for all these experiences.

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## Let's Reflect

☐ World Youth Day will be held in Seoul in 2027. For this pilgrimage, Pope Francis has proclaimed the theme: **“Take courage! I have overcome the world”** (John 16:33).

As we prepare for WYD, we must engrave these words in our hearts. We must pray and seek their profound meaning. Why did the Holy Father choose these words for us? What do we need to do now to live out this message? Reflect and share.



## Conversation in the Spirit

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### 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

Thinking of the friends with whom you have shared this journey, write a short note for each person. Write their name at the top of the paper and pass it around so each person can write a message of gratitude or encouragement. After everyone has written their notes, take a picture with your workbooks 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

The pilgrimage of WYD Seoul 2027 will be more than just a large gathering. It will be a meaningful journey where young people, united with Jesus Christ, reflect on and discuss the modern challenges and injustices they face. [...] It will also be an opportunity to immerse in and share the dynamic and passionate culture that Korea's youth have created. Furthermore, through this celebration, Korean young people will gain the invaluable chance to exchange and engage with the concerns and passions of their peers. Through this collective journey, WYD pilgrims will become "courageous missionaries", inspired to live out the joy of the Gospel they have found. The Church, united through this period, will listen carefully to the young voices and accompany the youth throughout the pilgrimage. I pledge my utmost commitment to ensuring that the youth from around the world may experience the profound joy of being the integral members of the Church.

President, WYD Seoul 2027 LOC,  
Archbishop Peter Soon-Taick, CHUNG  
during the "Towards World Youth Day Seoul 2027" press conference

## Concluding the Journey with a Prayer



**Take courage!**  
**I have overcome the world.**  
(John 16:33)



## My Journey Toward WYD Seoul 2027

Let's document our journey from our preparation to WYD itself!

