

SCRIPTURE FOCUS

Psalms 37:4-5 & Jeremiah 29:11-13

CORE REFERENCES

Y4K 5, 6, 138 & **Y** 3, 281, 285, 470

FOR PARENTS & ADULTS

[CCC Paragraphs](#) 27-30, 1718-1725, 1729, 2566-2567, 2591



STEP 1: PREPARATION - ATTENDING TO THE SOIL

1. Welcome!

2. Wonder

Curiosity Sparker: An empty jar with rocks beside it.

Display the question:

What are some things you really want or dream about?

3. Proclaim

Read: Psalm 37:4-5 – “Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act.” (or use [Proclaim Slide](#))

[Pray & Praise](#)

Pray together: “Our Father...”

Sing together: “Be Thou My Vision” CBW III 537



STEP 2: PROCLAMATION - PLANTING THE SEED

1. Recap

Ask: “Last session, we were reminded that we are gifts from God, created out of love and for a relationship with him. What is one gift from God that you noticed this week, and how did it help you grow closer to him?”

2. Scripture Proclamation

Invite families to listen for a word or phrase that stands out as the Scripture is read.

Read: Jeremiah 29:11

or use: [Longing for More Scripture Proclamation Slides](#)

Invite time for brief sharing.

3. Joyful Proclamation & Witness

Proclaim: “In our Scriptures today, we hear that God knows us, loves us, and desires our happiness. He has placed a longing in every human heart that draws us toward him. When we seek God and trust him, he helps us discover what truly satisfies and leads us to lasting joy.”

Witness: Give a short personal testimony.

(Prompt: There have been times in my life when everything seemed fine on the outside, but I still felt restless on the inside. I couldn't always explain why. Through prayer and spending time with God, I began to realize that this restlessness wasn't a problem to fix—it was an invitation from God to draw closer to him.)



STEP 3: EXPLANATION - HELPING THE PLANT GROW

1. Guided Explanation

Return to the Curiosity Sparker:
See *Curiosity Sparker Reveal* p.3

Diving Deeper

Discuss: **Y4K** & **Y** questions for Profession of Faith Pillar and Prayer Pillar, see *YOU CAT Pillars* p.4

Pray: Use the Entrusting Our Desires to God prayer reflection, see *Prayer Experience*, p.5

2. Family Reflection

Ask: “What desire do you think God has placed on your heart today? How can bringing that desire to God help you grow closer to him?” Invite families to share.

Show “[Why does God matter?](#)” Video.

3. Saint Highlight: St. Augustine

“St. Augustine spent many years searching for happiness in the wrong places. He tried to fill his heart with things that could never truly satisfy him. Over time, he discovered that the deepest desire of every human heart is God. When he turned to God, he found the peace and joy he had been searching for all along.”

“St. Augustine reminds us that God has placed a longing for himself in every human heart. When we seek God first, we discover the happiness, purpose, and peace for which we were created.”

“St. Augustine is the patron saint of theologians, teachers, and those seeking truth. His Feast Day is August 28.”

Praise

Sing together.



STEP 4: APPLICATION - GROWING ROOTS

1. Family Discussion

Ask: “Our world often tells us that more things, success, or popularity will make us happy. How is God’s invitation different? What helps you recognize the difference between what you want and what will truly bring you happiness?” Invite families to share.

2. Practical Challenge & Mission Action

“Until next time, choose ONE way as a family to make more room for God, for example: Begin each day saying ‘Lord, help me desire what you desire for me’; add a new prayer intention to your family prayer jar; replace one distraction (screen time, social media, unnecessary noise, etc.) with time for God; as a family,

talk about what matters most and choose one way to live it out this week.”

3. Creative Response

See directions for activity options on *Creative Response* p.6

- 1 - The Search for True Happiness
- 2 - Family Sorting Desires Activity
- 3 - Mini Family Skits

(Find more **Y4K & Y** and Family Activity resources on *Creative Response* p.6)



STEP 5: CELEBRATION - BLOSSOMS AND FRUITFULNESS

1. Mission Sending

“Remember: God has placed a longing for himself in your heart. This week, pay attention to what matters most and invite God to guide your desires toward what is good, true, and lasting.”

Provide families with a copy of the *Family Handout*.

2. Gratitude & Sharing

Invite families to share one thing, one blessing they are thankful for today, or one way they have experienced God drawing them closer to him.

Say simple kerygma together: “Jesus Christ loves you...”

3. Closing: Pray & Praise

Pray: Together pray “Glory be to the Father...”

Say: “Let us go and see Jesus in everyone we meet this week.”

All respond: “Thanks be to God!”

Praise: Sing together.





RETURN TO THE CURIOSITY SPARKER: BRING ATTENTION BACK TO THE DISPLAY

Jar and Rocks Reveal

“Earlier, we talked about things we want, dream about, or hope for. Now I want you to imagine that this jar represents your heart—your life, your hopes, your desires, and everything that makes you who you are.”

“Let’s begin with these large rocks.”

Place rocks into the jar.

“These rocks represent the most important things in life—things we truly need: love, family, health, friendship and food.”

Continue placing rocks into the jar until no more fit.

“Is the jar full or can we put in something more?”

Invite responses.

“Even with these important things, there is still space in the jar. Now let’s add the pebbles.”

Add pebbles, gently shaking the jar.

“These pebbles represent good things that enrich our lives—school, hobbies, sports, activities, achievements, and dreams for the future. These are all good things, but now is there any room left?”

Invite responses.

“Now let’s add the sand.”

Add sand, gently shaking the jar.

“The sand represents the little things that can take up a lot of our attention—screens, social media, entertainment, possessions, or other distractions. The jar sure does look full now, doesn’t it?”

“But there is still something still missing.”

Pause, then lift the container of water.

“Let’s add this water.”

Slowly pour water into the jar.

“This water represents God. Notice how the water flows through every part of the jar. It reaches the rocks, the pebbles, and even the grains of sand. God does not simply want to be one part of our lives. He wants to be present in every part of our lives.”

Hold up the jar for all to see.

“Now notice something else. If we had filled the jar with only sand first, there would not have been room for the rocks. The things that matter most would have been crowded out. The same thing can happen in our hearts.”

“Sometimes we fill our lives with so many things that we leave little room for God. Yet even when we have many good things, we can still feel like something is missing. That is because God created us with a desire that nothing in this world can fully satisfy. Our hearts were made for him.”

“When God is at the center of our lives, everything else begins to find its proper place. He helps us see what truly matters and leads us to the happiness we are really searching for.”



DIVING DEEPER

Present **Y4K** & **Y** questions for Profession of Faith Pillar & Prayer Pillar for family discussion.

Profession of Faith Pillar:

Faith Focus 1: The Longing in Every Human Heart

Give **Y** and **Y4K** questions for families to read and discuss.

Y 3 Why do we seek God?

Y 281 Why do we yearn for happiness?

Y4K 6 Believing in God—how does that work?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“How does it change the way you see your desires if God created your heart to long for him?”

Faith Focus 2: Finding What Is True

Give **Y** and **Y4K** questions for families to read and discuss.

Y 285 What is eternal happiness?

Y4K 5 Can I talk to God?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following questions:

“What caught your interest, surprised or challenged you as you read these questions and answers?”

“What is one desire you might honestly ask God to help you with in your life?”

Prayer Pillar:

Give **Y** and **Y4K** questions for families to read and discuss.

Y 470 What prompts a person to pray?

Y4K 138 Why do people pray?

After families had time to read and discuss the YOUCAT questions, invite sharing with the large group reflection on the following question: “The Fathers of the Early Church said that prayer is nothing other than becoming a longing for God. From what you learned today, how might this idea change the way you pray?”

*Move into Entrusting Our Desires to God, see **Prayer Experience** p.5.*



ENTRUSTING OUR DESIRES TO GOD

This time of prayer provides families the opportunity to reflect on the desires, hopes, and dreams God has placed in their hearts and place them in a family prayer jar. This simple prayer experience reminds us that God knows our hearts and invites us to trust him with all that we carry.

Invite families to gather together at their tables and provide each family with a small jar, slips of paper and pens.

Entrusting Our Desires to God

Introduce: “Today we learned that God has placed good desires in our hearts and that he invites us to bring them to him in prayer. Sometimes we carry our hopes, worries, dreams, and questions by ourselves. But God wants us to place them in his hands.”

Invite each family member to quietly write or draw one desire they would like to entrust to God, for example:

- *To grow closer to God*
- *To be more patient*
- *To help someone in need*
- *To have peace in our family*
- *To trust God more*
- *To make a good decision*
- *To pray more often*

After a few moments, invite family members to place their slips into their family jar.

“God knows the desires of our hearts even before we speak them. Today we place these desires before him, trusting that he loves us and wants what is truly good for us.”

Invite families to make the sign of the cross.

“Lord, help us desire what you desire for us. Teach us to trust you and lead us closer to you each day.”

Invite everyone to respond: “Amen”

Take-Home Connection:

Encourage families to take the jar home and place it somewhere visible.

Remind families they can continue adding prayer intentions, hopes, dreams, worries, or things they wish to entrust to God. At a family meal, bedtime, or prayer time, they can occasionally choose one slip and pray for it together.



FAMILY ACTIVITY SUGGESTIONS

The Search for True Happiness

What You'll Need: Six wrapped gift boxes labeled: Money, Success, Popularity, Entertainment, Shopping, Social Media.

One larger gift box wrapped in gold (or another distinctive paper) labeled True Happiness.

One message strip for each family inside every box. (See link below).

Instructions: Before families begin, place the six labeled gift boxes around the room. Keep the True Happiness gift box hidden.

Explain: “Today we learned that every human heart longs for happiness. Many things in life are good gifts, but none of them can completely satisfy the deepest longing of our hearts. Together, your family will search for clues about where true happiness can—and cannot—be found.”

Invite families to move around the room and visit each gift box. Ask that only one family be at each box at a time. Each family should take one message strip from every box and bring it back to their table.

While families are searching, quietly place the beautifully wrapped True

Happiness gift box on each family's table.

Once everyone has returned, invite families to read the messages they collected. Then ask them to open the True Happiness gift box last. Read the Scripture passage and message together.

Conclude by explaining that while many things in life are good gifts from God, only God can satisfy the deepest longing of the human heart and lead us to lasting happiness.

Family Sorting Desires Activity

What You'll Need: Print out a Family Sorting Activity Page for every Family. Print out sorting cards and cut out for every family. (See link below).

Instructions: Give each family sorting cards with different desires or pursuits and one Family Sorting Activity Page.

Families sort them into:

- Helps me grow closer to God.
- Needs balance.
- Can pull me away from God.

There isn't always one right answer, which creates excellent discussion.

Mini Family Skits

What You'll Need: Paper cards for every family. Props if you want to make it interesting!

Instructions: Give each family a scenario on a paper card. Choose from examples below or create your own!

Scenario 1: A child wants to play video games, but Grandma is lonely and asks them to visit.

Scenario 2: A parent has to choose between working overtime every evening or spending time with the family.

Scenario 3: A teenager wants to fit in with friends who are encouraging poor choices.

Scenario 4: A family planned a fun activity but someone nearby needs help.

Families have 1–2 minutes to prepare a 30-second skit showing:

- What our first instinct might be.
- What choosing God first could look like.

After each skit ask: Which choice brought lasting happiness?

Supplemental Resources:

Family Activities: [Longing For More - Dreams and Desires Creative Response Family Activities](#)

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FOR PARENTS

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DREAMS AND DESIRES

God has placed a deep longing for himself in every human heart. We all search for happiness, hoping that success, possessions, friendships, achievements, or other good things will satisfy us. While these can be wonderful gifts, they can never fill the deepest desire of our hearts. Like St. Augustine wrote, “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.”

God invites us to bring every hope, dream, worry, and desire to him in prayer. As we place him at the center of our lives, everything else begins to find its proper place. The more we seek God and trust his loving plan, the more we discover that true happiness is found not in having more, but in knowing and walking with him.

Family Prayer: Loving Father, you know the deepest desires of our hearts. Help us to seek you above all else, to trust your loving plan for our lives, and to desire what you desire for us. Lead our family closer to you each day, where we find lasting peace, joy, and true happiness. Amen.

MISSION ACTION

Until next time choose ONE way as a family to make more room in your home and life for God:

- Begin each day with: “Lord, help me desire what you desire for me.”
- Add a new prayer intention to your family prayer jar.
- Replace one distraction (screen time, social media, unnecessary noise, etc.) with time for God.
- As a family, talk about what matters most and choose one way to live it out this week.



Saints are ordinary people from all walks of life! They are people who made mistakes, got scared, and faced hard times, but chose to put their faith, hope and trust in God. They lived to know, love and serve him and others.

It is possible to visit a website created by an actual saint of the Catholic Church! Saint Carlos Acutis was canonized in 2025 and as a teenager created a website of Eucharistic miracles: www.carloacutis.com.

