

Session Lead Sheet Overview

SUGGESTED DURATION: 90 MINUTES



STEP 1: PREPARATION - ATTENDING TO THE SOIL

Suggested duration: 10 minutes (Same for 60 minutes)

Goal: Prepare the hearts of participants; focus on connection, not teaching.

1. Welcome

- Personally welcome each family.
- Create a warm, joyful, and inviting environment.
- Play soft instrumental or praise background music.
- Provide light refreshments/snacks if appropriate.
- Display a curiosity sparker (question/phrase/word/image/object).
- Help families feel that their presence matters.

2. Wonder

- Display in a visible location: a Curiosity Sparker (a question, image, object, phrase, or symbol connected to the session theme.).

3. Proclaim, Pray & Praise

- Invite families into prayer.
- Use the Scripture passage, prayer, or response that helps families become attentive to God.
- Keep this prayer simple, reverent, and accessible.
- Sing a song of praise together.



STEP 2: PROCLAMATION - PLANTING THE SEED

Suggested duration: 10 minutes (Same for 60 minutes)

Goal: Joyfully proclaim the session theme, using the Scripture passage and connecting it to a simple personal witness.

1. Recap

- Briefly reconnect with the previous session.
- Invite families to remember or share something from their previous Mission Action.
- Keep the recap short and relational.

2. Scripture Proclamation

- Proclaim the chosen Scripture slowly and reverently.
- Invite families to listen for a word or phrase that stands out.
- Allow a brief moment of silence.
- Invite brief sharing, without immediately explaining everything.

3. Joyful Proclamation & Witness

- Use the Proclaim to bridge from Scripture passage to personal witness.
- Share a short personal witness to connect with the theme.
- Speak from lived faith rather than simply giving information.
- Use language that is hopeful, simple, and accessible to the



STEP 3: EXPLANATION - HELPING THE PLANT GROW

Suggested duration: 30 minutes (For 60 minutes suggested duration is 15 minutes)

Goal: Deepen understanding and connect Scripture, Church teaching, and daily life.

1. Guided Explanation

- Bring attention back to the Curiosity Sparker.
- Unpack and reveal : Relate the theme to Scripture, Church teaching, and everyday life.
- Diving Deeper: Unpack the selected **Y4K** & **Y** questions for the Profession of Faith and Prayer Pillars. Give families time to read and discuss the questions and answers together. Invite larger group sharing when possible.
- Pray: Move into prayer by sharing the prayer experience with families.

2. Family Reflection

- Invite them to reflect on challenges, blessings, and opportunities for growth in faith.

3. Saint Highlight

- Highlight the theme Saint.
- Encourage families to reflect on the Saint's life and example.
- Sing a song of praise together.



STEP 4: APPLICATION - GROWING ROOTS

Suggested duration: 30 minutes (For 60 minutes suggested duration is 15 minutes)

Goal: Families apply faith to life through reflection, discussion, and small commitments.

1. Family Discussion

- Invite families to connect the session teaching to their daily lives.
- Encourage parents and children to listen, reflect, and share together.

2. Practical Challenge & Mission Action

- Invite each family to choose one simple, concrete action to live out during the week.
- Encourage families to share their experience at the next session.

3. Creative Response

- Offer a hands-on creative activity that reinforces the session's theme message.
- Use one of the suggested activities or **Y4K** & **Y** supplemental resources and have families create together.



STEP 5: CELEBRATION - BLOSSOMS AND FRUITFULNESS

Suggested duration: 10 minutes (Same for 60 minutes)

Goal: Give thanks and send families out joyfully!

1. Mission / Action Sending

- Remember: remind families of the session's theme message.
- Encourage them to live and share what they have received.
- Provide a copy of the family handout.

2. Gather for Gratitude & Sharing

- Invite families to share something for which they are thankful.
- Affirm their participation and recognize God's goodness in their lives.
- Proclaim the Kerygma together.

3. Closing Prayer / Song

- Invite families into prayer.
- Send families out with a simple invitation to see and share Jesus in their daily lives.
- Sing a song of praise together.