



*HÀNH TRÌNH THẮNG TIẾN HIỆP SĨ  
CHUYÊN ĐỀ: LÃNH ĐẠO*

***KNIGHT OF EUCHARIST – ROAD TO LEADERSHIP***

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Miền Tây

*To my “Đoàn” - **Chúa Cứu Thế** (Louisville, KY), and **Theresa Hải Đồng** (San Jose, CA), who all demonstrated their simple faith in the own ways and have shown me Christ’s Love in action.*

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*To my wonderful little angels - **Tri Ân** and **Minh Quân**, my greatest inspiration.*

*And to my husband, **Trưởng Phạm Đình Minh Trung** – one who always gives.*

*Nature forms us*

*Sins deform us*

*School informs us*

*But only Christ can transform us*

*- **Benjamin R. Dejong***

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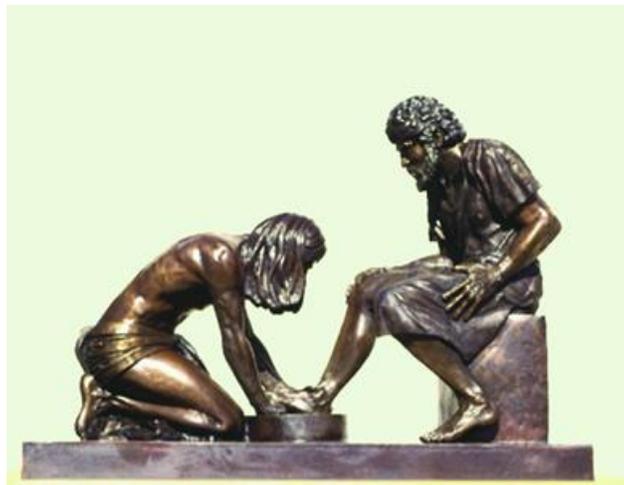
## 1. Welcome to the Knight of Eucharist Leadership Program

A voice came from heaven, “You are My beloved Son; I take delight in You!”  
Mark 1:11

*Dear Knight of Eucharist Leaders,*

*As a leader, you are also a catalyst! You live, speak, and breathe to spark and grow relationships with God and others. God has divinely appointed you to help youth leaders by reaching out to the youths and shaping their lives by understanding who God is and how they can come to know and serve Him to the fullest. You lead in the Vietnamese Eucharistic Youth Society and your heart is called to serve.*

*Being a leader is not a matter of having a title, a position, or an overwhelming personality. Youth leader is first and foremost a matter of the heart. May God bless you through this journey; May your ministry always be a song of prayer to praise God and His love.*



## 2. Lesson Format

### A. Format A – 40 minutes

1. The Point (Objective)
2. The Point Unwrapped (Description)
3. *Where in The World (Bible Quotes)*
4. *Discussion*
5. Team Building
6. Team Study
7. Summary
8. Spiritual Challenge (Optional)

### B. Format B- 40 minutes

1. The Point (Objective)
2. The Point Unwrapped (Description)
3. *Where in The World (Bible Quotes)*
4. *Team Building*
5. Discussion
6. Team Study
7. Summary
8. Spiritual Challenge (Optional)

## **Training Approach**

### **Process of developing leadership for Knight of Eucharist**

#### **Level: 1 – Observed Leadership – I do, you watch**

##### **A. Life of the Knight of Eucharist Team Leader – Awareness Stage - 16<sup>th</sup> Years Old**

- Becoming a Leader
- God Lives in Me
- God Relies on Me
- Discover My Spiritual Gifts
- The Self-Esteem of a Leader – Attitude Check
- A Knight of Eucharist Leader’s Devotional Life – The Bible
- A Knight of Eucharist Leader’s Devotional Life – Mary, Mother of God
- A Knight of Eucharist Leader’s Devotional Life – Living an Eucharistic Day

#### **Level: 2 – Shared Leadership – I do, you do**

##### **B. Life of a Knight of Eucharist Team Leader – Interaction Stage - 17<sup>th</sup> Years Old**

- Unity and Diversity – Dealing with Conflicts
- Who Gets the Glory
- Helping a Friend in Crisis – Listening Skills
- Helping a Friend in Crisis – Counseling Skills
- Facing Temptation
- Sharing Faith with Your Friends
- Teamwork
- Becoming a Praying Team

#### **Level 3 - Trained Leadership – You do, I watch**

##### **C. Life of a Knight of Eucharist Team Leader – Mastery Stage – 17 Years Old**

- God's Model for Leadership: Greatness through Serving
- Witnessing Your Faith
- Leading with Excellence
- Additional Resources: Leading a Meeting
- Additional Resources: Leading Activities



Life of a Knight of Eucharist Leader  
**Awareness**

## Session 1: BECOMING A LEADER

### THE POINT

Who is the leader? What a leader's faith should be? Peter, as the perfectly imperfect example.

### THE POINT, UNWRAPPED

Explore:

1. The qualities God looks for in leaders
2. Faith of a leader

### WHERE IN THE WORLD

#### Jesus Walks on the Water - Matthew 14:22-33 (Listen from Bible audio or watch a clip)

<sup>22</sup>Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. <sup>23</sup>After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone, <sup>24</sup>but the boat was already a considerable distance<sup>[a]</sup> from land, buffeted by the waves because the wind was against it.

<sup>25</sup>During the fourth watch of the night Jesus went out to them, walking on the lake. <sup>26</sup>When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

<sup>27</sup>But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

<sup>28</sup>"Lord, if it's you," Peter replied, "tell me to come to you on the water."

<sup>29</sup>"Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. <sup>30</sup>But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

<sup>31</sup>Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

<sup>32</sup>And when they climbed into the boat, the wind died down. <sup>33</sup>Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

### DISCUSSION

- Why did God choose Peter?
- What can we learn from Peter so we can lead our team well?
- What traps did Peter fall into that we should avoid?
- What do we need to do to strengthen our faith in God?

### TEAM BUILDING

Jesus on Deck

This team building activity is based on the scripture of Jesus walking on water while the apostles were in the boat. Jesus asked Peter to come to him but Peter fell in the water because the waves are too high and his faith wasn't strong enough. What about you? How is

your faith for God? One side of the room is the BOAT that the apostles are on; the other side of the room is JESUS. The middle (in between space) is WATER.

1. When the moderator yells out "HEY, THERE'S JESUS!" Everyone run towards the side of the room that has Jesus. When the moderator yells out "THE WAVES ARE TOO HIGH!" Everyone moves to the side of the room that is the BOAT.
2. When the moderator yells out "PRAYER ON THE BOAT" Find a partner (2 people per group) and have Partner A kneel on the floor with 2 hands touching the ground while Partner B climbs on the back of Partner A to kneel with hands clap together in a praying position.
3. When the moderator yells out " \*# of people\* ROWLING TOWARDS JESUS" People will get in groups of \*# of people\*, sit on the floor connecting with each other and do a paddling motion.
4. When the moderator yells out "JESUS ON DECK!" Everyone by themselves stands up straight and do the TNTT salute saying "WHAT'S UP JESUS!"
5. When the moderator yells out " \*# of people\* AT JESUS' DINNER" People will get in groups of \*# of people\*, make a circle, squad, and pretend like they're eating.

\*People who are not in groups will be eliminated.

### TEAM STUDY

Each team is to read the following Bible segment on the life of Peter and be prepared to make a two-minute report to the entire group.

<p><b>Becoming a Leader – Peter Denies God and Repents - Matthew 26:69-75</b></p> <ul style="list-style-type: none"> <li>❑ Why did Peter deny Jesus</li> <li>❑ What leadership qualities did Peter exhibit in this story?</li> <li>❑ Rate Peter as leader. (1 – 10 as 10 being best)</li> </ul>	<p><b>Becoming a Leader – Peter the Rock! Matthew 16:18</b></p> <p><u>Why did Jesus anoint Peter as the leader of His Church?</u></p> <p>I. What did Jesus see in Peter?</p> <p>J. What did he do well? What didn't he do well?</p>
<p><b>Becoming a Leader – Peter reach out to the Gentiles – Acts 10-1-33</b></p> <ol style="list-style-type: none"> <li>1. What did Peter dream while he was on the roof of a house in the city of Joppa?</li> <li>2. Who was Cornelius, and why was Peter sent to his home?</li> <li>3. Why did Peter know what his dream meant, after he visited the home of Cornelius?</li> </ol>	

## SUMMARY

Peter had ups and downs throughout his discipleship. There are times when he really earned kudos and there are times he made mistakes, but God chose him regardless to be the ROCK of His church. Together with other disciples, Peter has made incredible differences and changed the world.

In order to become Knight of Eucharist leaders God wants us to be, we need to take on the example of Peter's ministry. No matter what successful or failure we face, we will always love and be faithful to God.

Peter demonstrated a great example of faithfulness of God and that will be our main focus as we journey together this year.

Băng Reo

Nguyện xin cho con - Mến Chúa

Nguyện xin cho con - Yêu Người

Nguyện xin cho con - Vững Tin

Mến Chúa - Yêu Người - Vững tin - Nguyện xin!

## SPIRITUAL CHALLENGE

Grab your Bible and journal. After you've taken a look at these stories, take a minute and record your responses to God in your journal, twitter or facebook and tag others Knight of Eucharist to share your responses.

### **Becoming a Leader – Peter, Tend My Sheep - John 21:1-19**

1. What leadership qualities did Peter exhibit in this story
2. How many times did Peter proclaim his faith to Jesus?
3. Why did Peter put on his clothes before jumping into the sea?

## VIETNAMESE WORDS

Leadership – sự Lãnh Đạo

Qualities – phẩm chất, đức tính

Faith – đức tin

## Session 2: GOD LIVES IN ME

### THE POINT

To be a leader means that Jesus needs to be more than just your Savior – He needs to be your All in All.

### THE POINT, UNWRAPPED

Explore:

What is it like for Jesus to be God in a typical day? Do you dare to submit yourself to Him so that He can be your All in All?

### WHERE IN THE WORLD

**Galatians 2:20-20**

I am crucified with Christ: nevertheless I live; yet not I, but Christ lives in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”

**Mathew 16:24-26**

<sup>24</sup>Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. <sup>25</sup>For whoever wants to save his life will lose it, but whoever loses his life for me will find it. <sup>26</sup>What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul?

### DISCUSSION

1. As suggested from the reading, God loves us and He gave His life so that we may have ours. Now, He is within us.
  - In what way does Christ live in you? What can we do as Knights of Eucharist to keep Christ living within us?
2. From the scripture, Jesus gave us concrete examples and directions to follow him.
  - How can we follow Jesus?
  - What is our cross?
  - What can you exchange for your soul?

### TEAM BUILDING

Everyone gets into a circle and one person volunteer to be it in the middle of the circle. The game starts when everyone sings

"Jesus in me, Jesus in you, Jesus in eve/ry/bo/dy" and then clap three times. As the song is sung "Jesus in me" the it person points both index fingers to the self, "Jesus in you" the it person points two index fingers to one person in the circle, "Jesus in eve/ry/bo/dy" the it person points the index finger to another 4 persons standing in the circle starting with the right index and then

left index and then right index and left index that correspond with the "eve/ry/bo/dy" (4). Once after everyone claps three times, all the persons that were pointed to and the it person have to switch places with each other. The one without a spot will be the next it person and the game continues. Variation: there can be multiple it persons.

**TEAM STUDY**

In a group of three, discuss and come to an agreement about the best way to finish the sentence, "Making Jesus Lord of your life means ...", then share the responses to the class.

**WHO IS REALLY IN CONTROL?**

<p><b>List three practical ways a leader's life will be different if Jesus is his or her All and All</b></p> <p>1.</p> <p>2.</p> <p>3</p>	<p><b>Look up these verses ... and answer the questions</b></p> <p><b>Galatians 2:20-20</b></p> <p><b>What does it mean to be crucified with Christ?</b></p> <p><b>How then are we crucified with Christ</b></p> <p><b>Mathew 16:24-26</b></p> <p><input type="checkbox"/> <b>According to these verses, what do we have to do to follow Christ?</b></p>
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	<p><b>2. What do you think it means to deny yourself and take up your cross?</b></p>
<p style="text-align: center;"><b>Get a little transparent ....</b></p> <p><b>K. In what ways are you allowing Jesus to be All and All of your life?</b></p> <p><b>L. In what ways are you keeping some control of yourself?</b></p> <p><b>M. What could God do in our leadership team if everyone chooses to live fully for God?</b></p>	

## **SUMMARY**

“Who is really in control – God or us?” We face decision about who or what will control our lives everyday. If we want to be effective leaders for Christ, we must commit our lives to God. He knows our needs, and He will provide.

## **VIETNAMESE WORDS**

Decision – sự quyết định

Control – sự điều khiển, sự kiềm chế, quyền hành

soul – linh hồn

## Session 3: GOD RELIES ON ME?

### THE POINT

God relies on you to bring others to Him. Yes! He needs you. As imperfect as you are, He chooses you.

### THE POINT, UNWRAPPED

Though not outspoken, not outstanding, not scholarly, nor even in the transfiguration, also called, "Simon Peter's brother" (Jn.1:40).

But he was the first disciple to be selected by Jesus.

### WHERE IN THE WORLD

Matthew 4, 18. <sup>18</sup>As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen.

John 1, 35-40. <sup>35</sup>The next day John was there again with two of his disciples. <sup>36</sup>When he saw Jesus passing by, he said, "Look, the Lamb of God!"

<sup>37</sup>When the two disciples heard him say this, they followed Jesus. <sup>38</sup>Turning around, Jesus saw them following and asked, "What do you want?"

They said, "Rabbi" (which means Teacher), "where are you staying?"

<sup>39</sup>"Come," he replied, "and you will see."

So they went and saw where he was staying, and spent that day with him. It was about the tenth hour.

<sup>40</sup>Andrew, Simon Peter's brother, was one of the two who heard what John had said and who had followed Jesus.

### DISCUSSION

*Would you be an Andrew for Jesus? Where do you see yourself as the leader in the stories below?*

#### **I. ANDREW SPENDS THE NIGHT WITH JESUS** (see Jn.1:35).

Andrew had a friend in the Lord.

#### **II. ANDREW BRINGS HIS BROTHER TO JESUS** (see Jn. 1:41).

Compare Luke 5:3.

#### **III. ANDREW BRINGS A LAD TO JESUS** (Jn. 6:8-9) see also vv.5-7.

Phillip was involved in the sense that he tried to calculate how all of the people would be fed.

#### IV. ANDREW BRINGS GENTILES TO JESUS

Jn.12:20-32. Some people only wanted to bring certain types of people to Jesus.

#### V. ANDREW IS ON THE MOUNT OF OLIVES WITH JESUS

Mk. 13:1-3

#### VI. ANDREW IS IN THE UPPER ROOM WITH JESUS

He is carrying out Jesus' commands. (Acts 1:13-14).

### TEAM BUILDING

Connect! Connect!

Everyone gets in a circle and stand together by group to form small circles. The facilitator yells "connect connect" or "nối kết nối kết" and everyone replies "to what to what" or "kết chi kết chi".

The facilitator yells out two appropriate body parts on the human body (i.e, shoulder, knee, elbow, hip, fingers, ears, etc...). Once the two body parts are announced, each group strives to connect the two locations together as soon as they can. First team connects correctly wins. The connection is either clockwise or counter-clockwise (facilitator decides). The name of the first location is the point connecting to the second location.

The body parts that are called can represent our imperfections; however, God has a plan for those imperfections. Perhaps with the right combination to another piece of imperfection (negative + negative = positive) and teamwork (all disciples, not one), these imperfections can transform to perfection (i.e., complete connection, complete apostolic service).

### TEAM STUDY

Read the passages listed below. For each passage, write the excuse/s the leader gave for not serving God and God's response/s to them.

Verses	Excuses	God's Responses
Exodus 3:10-15		
Judges 6:14-16		
Jeremiah 1:1-4; 2:1; 7-3-1		
Luke 5:4-11		

<p><b>Your Excuses and Fears.</b>  <i>List your fears, concerns, worries, or excuses as they relate to being a Knight of Eucharist Leader.</i></p>		
<p><b>God’s response is “I will be with you!”</b></p>		

## SUMMARY

Leading others in Christ is a huge responsibility. At times we feel as though we are not worthy of such task. We think we are not spiritual enough, not perfect enough, and often, not talented enough; however, the Bible reminds us that Andrew too was also imperfect as we are; yet, he was selected as the very first disciple of Christ.

He heard John the Baptist speaking, Jn1:40, and told his brother Simon Peter “we have found the Messiah”, and he took him to Jesus. These two brothers, both fishermen, were first called to be “fishers of men”. Mt4:18.

As you can see, they were LOOKING for Him and He accepted them, even though they were only fishermen. This story tells us that we too should be reaching out to Jesus and God will use each and every one of us in a special way to accomplish His tasks here on earth. God wants us to confide our doubts in him and trust him as He trusts us as leaders. Do not be afraid.

Con chính con đây  
 Con được Chúa kêu mời  
 Con chính con đây  
 Con là tông đồ của Chúa  
 Con chính con đây  
 Con được ngài sai đi  
 Đi khắp muôn nơi, đem tin mừng cho muôn người

## VIETNAMESE WORDS

Responsibility – trách nhiệm  
 Spiritual – thiêng liêng, thánh thiện  
 Confide – phó thác, giao phó  
 Trust – tin cậy, tín nhiệm

## Session 4: DISCOVER YOUR SPIRITUAL GIFTS

### THE POINT

God has given you something special to build His kingdom with.

### THE POINT, UNWRAPPED

One of the cool perks of following Christ is that when we give our lives to Him, we get presents! Yes, presents! As a leader, God desires that you know how He has gifted you. This will lead you to where He would have you serve as part of His vision and mission for the church.

### WHERE IN THE WORLD

Romans 12:6-8; 1 Corinthians 12:8-10,; Ephesians 4:11; and 1 Peter 4:9-11

#### Romans 12:6-8

<sup>6</sup>We have different gifts, according to the grace given us. If a man's gift is **prophesying**, let him use it in proportion to his faith. <sup>7</sup>If it is **servicing**, let him serve; if it is **teaching**, let him teach; <sup>8</sup>if it is **encouraging**, let him encourage; if it is **contributing** to the needs of others, let him give generously; if it is **leadership**, let him govern diligently; if it is **showing mercy**, let him do it cheerfully.

#### 1 Corinthians 12:8-10

<sup>8</sup>To one there is given through the Spirit the message of **wisdom**, to another the message of knowledge by means of the same Spirit, <sup>9</sup>to another faith by the same Spirit, to another gifts of **healing** by that one Spirit, <sup>10</sup>to another **miraculous powers**, to another **prophecy**, to another distinguishing between spirits, to another **speaking in different kinds of tongues**, and to still another the **interpretation of tongues**.

#### Ephesians 4:11

<sup>11</sup>It was he who gave some to be apostles, some to be **prophets**, some to be **evangelists**, and some to be **pastors** and **teachers**.

### TEAM BUILDING

In a group of 3 or 4, create a structure with index cards. Team may fold the cards once – or stack them flat, one on top of the other. Each group must connect its structure to other structures built by other groups. All groups must do this all without speaking.

### DISCUSSION

1. What are your feelings when doing this activity?
2. What did it take to accomplish this activity?
3. Could you have accomplished this by yourself? Why or why not?
4. Did you find yourself or others serving specific roles in trying to accomplish this task? If so, what roles did people play?
5. How is this activity like working together as a Knight of Eucharist in TNTT?

## TEAM STUDY

As Knights of Eucharist, you have as many talents and gifts as adults do, and usually with more energy. The following activity is designed to help you figure out what your natural strengths are and how you can use them in ministry.

### **Identifying my Strengths, Talents, and Gifts**

Read through the following statements and after each statement write the number from 0 to 3 which best describes to what extent this statement represents you, for example, 0-this statement does not represent me at all, 3-this statement represents me very well.

- 1 I feel good when I can express myself through creativity, design, and/or the plastic arts.
- 2 I have lead other people to make a decision for salvation through faith in Christ
- 3 I enjoy talking with and encouraging people who are upset, discouraged or unsure of themselves
- 4 Others follow me and the examples I set because I have ideas which contribute to the strengthening of my group
- 5 I joyfully help disadvantaged people, even though they may do little, if anything, in response to my help.
- 6 I like the fact that people ask me to do special jobs.
- 7 I enjoy telling Biblical stories and discussing them, knowing that the listeners will be edified because of the power of the word of God
- 8 I derive much joy and satisfaction when I produce art or handicrafts
- 9 I enjoy getting together with unbelievers and sharing with them the joy and peace I have because of Jesus and His love.
- 10 I enjoy helping others work through complicated problems in their lives
- 11 I guide small or large groups of people in decision-making processes.
- 12 I like to do things to comfort people who are sick or are having problems
- 13 I feel satisfaction in doing seemingly insignificant tasks for the glory of God.
- 14 I teach children and/or adults about the love of Jesus and know that their faith is strengthened through my efforts.
- 15 I enjoy it when I can make beautiful things, especially when they benefit others
- 16 I get to know unbelievers in order to introduce them to Jesus.
- 17 I like to share with others Biblical alternatives and truths that help to comfort or direct

- them.
- 18 I motivate others in a positive way, to accomplish the goals of the group
  - 19 I like to work with and help those people who are ignored by the majority of those around me
  - 20 I am content to take orders rather than give them.
  - 21 I enjoy the times I share with children and/or adults my knowledge about understanding and applying God's word.

Fill in the Identifying my Strengths, Talents, and Gifts worksheet and a pencil. Then write the "scores" for each group of questions beneath the corresponding talent and to then add the three scores and fill in the total score using this order:

1-Artistic Creativity (1,8,15) 2-Evangelism (2, 9, 16) 3-Exhortation/Encouragement (3,10,17)  
4-Leadership (4,11,18) 5-Mercy (5,12,19) 6-Service (6, 13, 20) 7-Teaching (7, 14, 21).

Talent	1.	2.	3.	4.	5.	6.	7.
Scores							
Total Score							

In a group of 4, read out loud the definition and the verse(s) on the paper. Next, brainstorm as a group and come up with four concrete ways to show how you use this strength in ministry in the church, and especially in TNTT. Once this is completed, choose one of those four to carry out within your local Charter. For example, from the “teaching” group, instead of saying “we will help teach”, Knights of Eucharist could decide to volunteer and teach an Âu Nhi or Thiệu Nhi class.

Strength	Biblical Base	Definition
Artistic Creativity	Exodus 31:3	The ability to use creativity, especially through the work of your hands to further the Kingdom of God through artistic means.
Evangelism	Acts 2: 37, 38	The ability to share the good news of salvation through Jesus Christ with unbelievers in such a way that they become disciples of Jesus and responsible members of the Body of Christ.
Exhortation/Encouragement	Acts 14: 22	The ability to comfort, console, counsel other Christians so that they feel encouraged and strengthened.
Leadership	Romans 12:8	The ability to set goals and communicate them in such a way that people voluntarily and harmoniously work together to accomplish the goals for God's glory.
Mercy	Acts 9: 36	The ability to feel genuine, concerned, and compassionated for

		people suffering with physical, mental or emotional problems. Also, the ability to turn those compassionated feelings into cheerfully actions to help them.
Service	John 13: 5	The ability to identify unmet needs and to use available resources to meet those needs.
Teaching	Acts 18: 24, 25	The ability to communicate information relevant to the maturity and ministry of the Body of Christ in such a way that its members of all ages will learn and be educated.

*Adapted from "Trenton Spiritual Gifts Analysis" available from Charles Fuller Institute of Evangelism and Church Growth*

## SUMMARY

In his letters to the church, Paul talked about the church functioning as one "body." Just as your physical body possesses many parts, the body of Christ too has many different parts, and they all have different functions. We are given special abilities (or gifts) to get those jobs done. Some of gifts are very practical (teaching, encouraging, serving, giving, leadership, administration), and some are more mystical (wisdom, faith, words of knowledge, healing, tongues).

The tricky thing about discovering our gifts is that when they are developed, they are often hard to recognize. There are tests we can take and books we can read, but the best thing to do is to pray and pay attention. One of the things we have to be really careful about is "gift envy." It is easy to see another person doing something well and want that same ability for ourselves. In the end, we really hurt ourselves by wasting much energy pretending we have certain gifts instead of developing our true gifts.

## VIETNAMESE WORDS

**Prophecy** – tiên tri

**Serving** – phục vụ

**Encouraging** - khuyến khích, cổ vũ, động viên

**Contributing** – đóng góp, góp phần

**Mercy** – lòng thương, lòng khoan dung

**Wisdom** – khôn ngoan

**Healing** – chữa lành

## Session 5 - The Self-Esteem of a Knight of Eucharist Team Leader – Attitude Check

### THE POINT

God never asked us to make ourselves look good, He asked us to be “real”.

### THE POINT, UNWRAPPED

The more “real” you are, the less you have to think about how good you are.  
The stronger you get, the more you become aware of your weaknesses.  
The better you look, the less you care about who is looking at you.  
The more self-esteem you have, the less self-conscious you’ll be.

### WHERE IN THE WORD

#### Luke 9:23-25

"If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it. For what is a man advantaged, if he gain the whole world, and lose himself, or be cast away".

#### Jeremiah 9:23

<sup>23</sup> This is what the LORD says:  
"Let not the wise man boast of his wisdom  
or the strong man boast of his strength  
or the rich man boast of his riches,

<sup>24</sup> but let him who boasts boast about this:  
that he understands and knows me,  
that I am the LORD, who exercises kindness,  
justice and righteousness on earth,  
for in these I delight,"  
declares the LORD.

### DISCUSSION

1. What do you think God meant by “For whosoever will save his life shall lose it”?
2. Have there been instances when you boasted but were unaware of it (at the time)?
3. What do you think it means to “gain the whole world, and lose [yourself]”?

## TEAM BUILDING

### Attitude Labels

Prepare adhesive labels for each student and write an attribute on each label. The attributes should represent positive and negative attitudes: hot-tempered, rude, poor loser, kind, considerate, confident, open-minded, etc. Try to assign the labels so they do not actually match the students own attributes.

No one is allowed to look at his/her own label. Students must stick the label on their own foreheads.

Then give everyone ~10 minutes to walk around the room as many times as they can. Everyone should treat each person according to his/her label.

Finally, tell students that they can now remove their labels. Then discuss questions such as the following:

1. How did people treat you?
2. Was the label what you guessed, or were you surprised by it?
3. Did the treatment from others make you want to change your behaviour?
4. If your attribute was positive, how did you feel?

Discuss with students how they can be aware of their own attitudes based on how others react to them. Explain to them that often times other people are more aware your own attitude and self-esteem, and your attitudes affect how others treat you, whether they respond to you, or want to work with you.

## TEAM STUDY

Complete the Attitude Checklist on the next page. Discuss the results of the checklist with your team.

Were you surprised by any of your own answers?

Were you surprised by the checklist of your teammates?

Which of your attitudes do you need to change in order to be a good leader?

What is your plan for making such a change?

## SUMMARY

Our actions and attitudes play a large role in defining who we are and how others react to us. As a leader, we need to continually reflect on our attitudes and determine if they are healthy for us and for those we lead. We need to recognize that leaders need to have high self-esteem and confidence. A low self-esteem often comes from comparing ourselves to others and trying to be better than they are. A poor attitude usually results from trying to appear as something that we

are not. True self-esteem and good attitudes are a result of understanding your abilities and finding a role in the world; by asking “how can we use what God has given us to serve others?”

## Attitude Checklist

	No	Sometimes	Yes
<b>General Appearance</b>			
1. I am happy with my looks.	_____	_____	_____
2. I am happy with my physical health.	_____	_____	_____
3. I am happy with my height.	_____	_____	_____
4. I am happy with my weight.	_____	_____	_____
5. I am neat in appearance.	_____	_____	_____
<b>Emotional Characteristics</b>			
1. I “act up” when things do not go my way.	_____	_____	_____
2. I easily feel “down.”	_____	_____	_____
3. I get sulky or angry when I lose a game.	_____	_____	_____
4. I easily feel sorry for myself.	_____	_____	_____
5. I cry or get angry over small things.	_____	_____	_____
6. I swear at others or call them names.	_____	_____	_____
<b>Manners</b>			
1. I am courteous to others.	_____	_____	_____
2. I am considerate of the feelings of others.	_____	_____	_____
3. I am courteous to members of my family.	_____	_____	_____
4. I listen when others are talking and do not interrupt.	_____	_____	_____
<b>Parental Relationships</b>			
1. I talk with my parents.	_____	_____	_____
2. I listen when my parents talk.	_____	_____	_____
3. My parents listen to my point of view.	_____	_____	_____
<b>General Style of Behavior</b>			
1. I am shy.	_____	_____	_____
2. I have a need to seek attention.	_____	_____	_____
3. I am the “bossy” type.	_____	_____	_____
4. I let others push me around.	_____	_____	_____
5. I daydream when I am supposed to be paying attention.	_____	_____	_____
6. I enjoy teasing and upsetting others.	_____	_____	_____
<b>Character Traits</b>			
1. I am reliable and follow up on my promises.	_____	_____	_____
2. I am honest.	_____	_____	_____
3. I respect the opinions and beliefs of others.	_____	_____	_____

- |   |       |       |       |
|---|-------|-------|-------|
| 4. I respect the property of others.              | _____ | _____ | _____ |
| 5. I take the initiative to make new friends.     | _____ | _____ | _____ |
| 6. I expect to be treated with respect by others. | _____ | _____ | _____ |
| 7. I take responsibility for my actions.          | _____ | _____ | _____ |

### VIETNAMESE WORDS

**Attitude** – thái độ, điệu bộ

**Respect** – kính trọng, tôn trọng,

**Positive** – quả quyết, khẳng định, chắc chắn, tích cực

**Emotion** – sự cảm động, sự xúc động, sự xúc cảm

**Characters** – tính nết, tính cách; cá tính, chí khí, nghị lực

**Manner** – dáng vẻ, bộ dạng, thái độ, cử chỉ

**Initiative** – bước đầu, sự khởi đầu, sự khởi xướng

**Behavior** – thái độ, cách cư xử

## Session 6 – A Knight of Eucharist Leader’s Devotional Life – The Bible

### THE POINT

God’s Word gives us the truth we need to be an effective leader.

### THE POINT, UNWRAPPED

Explore

- How to be a FAITH FIT Leader by living the words of God; “ for God’s Word is living, active, and sharper than any two edged sword” (Hebrews 4:12)

### WHERE IN THE WORLD

Joshua 1:8

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

### DICUSSION

God was obviously not going to tell Joshua all the details directly by revelation. Instead, Joshua had to learn how to lead the nation by studying his will and his promises in the books of the law. God was going to guide Joshua by his meditation on what God had told his people. And I am sure this went hand in hand with prayer every day.

In this sense we are more like Joshua than Moses: we are to find what God’s will is by careful studying of the Bible, bathed in prayer. There are no direct voices. God wants us to fill our minds with what he has told us already. The usual way is that matters become clearer after meditation of, informed by praying over what we read in Scripture.

1. What is the Bible to you?

1. How do you see it as the Words of God?

### TEAM BUILDING

In a team of 3, see how many books of the bible you can find hidden in the paragraph below. The names are hidden within and among the words; for example: You could find the word AMP within the word EXAMPLE. There are 16 names; can you find them all?

I once made a remark about the hidden books of the Bible. It was a lulu, kept people looking so hard for facts...and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized. The truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others will require judges to help them. I will quickly admit, it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now for there really are sixteen names of books of the Bible in this paragraph. If I chose another sentence or two, maybe you could post them at the water cooler.

## TEAM STUDY

In a team of 3, turn the Bible to John 3:16-17 and apply the steps outlined below and prepare to share with the class your findings.

### ***BIBLE ALIVE!***

**Observation** – What’s going on in the passage?

Step 1. Read with open mind

Step 2. Record the facts (Who? What? When? Where? Why? So what?)

•	•
•	•
•	•

**Interpretation** – What does it mean?

Step 1. What does it say about God?

Step 2. What does it say about me?

**Application** – What should I do?

Step 1. Ask and answer these questions:

1. Is there a challenge to change?
2. Is there a command to obey?
3. Is there a sin to avoid?
4. Is there a promise to claim?
5. Is there an example to follow?
6. How can I apply this to my life?

Step 2. Describe it.

1. How can I make this passage personal?
2. How can I make it practical?

## SUMMARY

God’s message in Joshua 1:8 reminds us that we must be led by the Word of God, which we must absorb into head and heart as a lifetime project. (as J.I. Packer summarizes in his book *Praying. Finding our way through duty to delight*, p. 77).

Every Leader with responsibilities, then, should follow God’s instructions: meditate on the scriptures and study God’s will for life. If you want to develop your faith as a Knight of Eucharist Leader, then you must set aside time for prayer, reading and meditating the Bible. Yet, so few of us do so! You must ask the question, what gets in the way of my time with God? How much does TV, internet, over working, or hanging with friends take of you and your time?

## **SPIRITUAL CHALLENGE**

### **1 Week Bible Challenge –**

Each day this week, choose one passage below, read and mediate daily. Select one passage that impacts you personally and prepare to share to the class next week.

<b>Day</b>	<b>Theme</b>	<b>Passage</b>
1.	Life Through Christ:	Romans 5:12–21
2.	Life by the Spirit:	Romans 8:1–17; Galatians 5:16–26
3.	Living Sacrifices:	Romans 12
4.	Walking in the Light:	1 John 1–2
5.	Living for God:	1 Peter 1–11
6.	Love for one Another:	1 John 3:11–24
7.	Promise of Eternity:	2 Corinthians 5:1–10; Revelation 21:1–4

## **VIETNAMESE WORDS**

**Meditate** – ngắm nghĩ

**Challenge** – thử thách, thách đố

**Devotion** – hiến dâng, hiến thân, tận tụy

**Effective** – có hiệu lực, có hiệu quả

## Session 7 - A Knight of Eucharist Leader's Devotional Life – Mary, Mother of God

### THE POINT

In her [Mary] we contemplate what the Church already is in her mystery on her own 'pilgrimage of faith'" (972).

### THE POINT, UNWRAPPED

Mary's whole mission in her life was to bring people to Jesus. Just as Jesus did not deny his mother's request at the wedding in Cana, we have faith that Mary's intercession on our behalf would not be denied by her Son.

### WHERE IN THE WORLD

Luke 1:26-56

#### The Birth of Jesus Foretold

<sup>26</sup>In the sixth month, God sent the angel Gabriel to Nazareth, a town in Galilee, <sup>27</sup>to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary. <sup>28</sup>The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you."

<sup>29</sup>Mary was greatly troubled at his words and wondered what kind of greeting this might be.

<sup>30</sup>But the angel said to her, "Do not be afraid, Mary, you have found favor with God. <sup>31</sup>You will be with child and give birth to a son, and you are to give him the name Jesus. <sup>32</sup>He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, <sup>33</sup>and he will reign over the house of Jacob forever; his kingdom will never end."

<sup>34</sup>"How will this be," Mary asked the angel, "since I am a virgin?"

<sup>35</sup>The angel answered, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the holy one to be born will be called <sup>[a]</sup> the Son of God. <sup>36</sup>Even Elizabeth your relative is going to have a child in her old age, and she who was said to be barren is in her sixth month. <sup>37</sup>For nothing is impossible with God."

<sup>38</sup>"**I am the Lord's servant,**" Mary answered. "**May it be to me as you have said.**" Then the angel left her.

### DISCUSSION

1. What do you know about Mary?
2. What image or word comes to mind when her name is said?
3. What is your personal image of Mary?
4. How does the image of Mary in the Luke 1:26:56 compare with your personal image?

### TEAM BUILDING

Here are the events happened to Mary and the lesson she has taught us. In your team, recall past and present events in your life of “Yes,” Thanks, Joy, Trust, Faith, Love. For each event try to recall the cause, the people present, what was said or done. How long did this feeling last?

- “Yes” (Annunciation: Luke 1:26-38)
- Thanks (Visitation: Luke 1:39-56)
- Joy (Birth: Luke 2:4-19)
- Trust (Presentation in the Temple: Luke 2:22-39)
- Worry (Finding in the Temple: Luke 2:41-51)
- Faith (Wedding at Cana: John 2:1-12);
- Love (Death: John 19:25-27).

**TEAM STUDY**

**In the spaces provided, write down how both you and Mary would complete each sentence, and how you can learn from Mary’s example**

	Me	Mary	What I can learn from Mary
When I was asked to do something difficult, my response was ...			
To give thanks, I ...			
I was filled with joy when ...			
One example where I demonstrated my trust in others was ...			
When I am worried, my first reaction is ...			
A time in my life when I needed faith was ...			
I had a feeling			

of strong and deep love when ...			
--	--	--	--

## SUMMARY

By her complete adherence to the Father's will, the Virgin Mary is the Church's model of faith and charity (Catechism 967). If we strive to love her Son, as Mary did, then we will most assuredly grow our relationship with Jesus.

## SPIRITUAL CHALLENGE

For everyday of the next week, pray the Rosary together with everyone on your team. Try to do it in person at least once. The other days, you may pray using a teleconference.

## VIETNAMESE WORDS

**Contemplate** – ngắm nghĩ, ngắm

**Pilgrimage** – hành hương

**Charity** – lòng nhân đức, lòng từ thiện; lòng thảo

**Intercession** – sự can thiệp, cầu bầu

## Session 8 - A Knight of Eucharist Leader's Devotional Life – Living an Eucharistic Day

### THE POINT

By embracing the few, simple, and easy practices of the Eucharistic Day, we are following the footsteps of saints.

### THE POINT, UNWRAPPED

Very simply, it means offering yourself and every day of your life to God. That's all.

### WHERE IN THE WORD

#### (Romans 12:1)

“I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy, and pleasing to God, your spiritual worship.”

### DISCUSSION

1. Who Is There in the Tabernacle?
2. Why Is Jesus There?
3. What Does Jesus Do In The Host?
4. What Does Jesus In The Host Wish?
5. What Does Jesus In The Host Wish Us To Remember?
6. What Does Jesus In The Host Teach Us?
7. What Does Jesus In The Host Ask Of Us?

### TEAM BUILDING

Often, the common obstacle that stops us from living the Eucharistic Day is “ourselves” and the daily “business” of our lives. Consider the following situations and brainstorm ideas for how to deal with them. How can team members help each other during the week with these difficulties? Each team will have 3 minutes to present your ideas.

- You overslept and you're going to be late for school, but you also need to say your Morning Prayers. What should you do?
- You have a busy day at school, followed by after-school activities. It is difficult to find any time for you to silently reflect and have Spiritual Communion. What should you do?
- You had a long and tiring day. It is late at night (1-2 AM). You try to say your night prayers but repeatedly fall asleep or nod off. What should you do?

### TEAM STUDY

*Note: This section will be assigned the week before as homework. Knight of Eucharist should read these rules before coming to class.*

**Below are the rules that St. Peter Julian Eymard (1811-1839) used for living a Eucharistic Life. Answer the following the questions with your team.**

- What is a common theme in all of the rules?
- Which rules are applicable today? Which ones may be practical?
- Reconsider the rules that are impractical today. How would you modify them to so they can fit with the modern day demands?

### **Twelve Rules for A Eucharistic Life**

#### **First Rule**

- In the morning, when you wake, go in spirit to the foot of the Tabernacle where during the night, Jesus remained out of love for each one of us.
- Make an offering of your day to this gentle Savior, ask him to bless you, to preserve you from all sin and to give you his love.

#### **Second Rule**

- When beginning your morning prayer, place yourself in spirit before the Tabernacle.
- Ask Jesus who is there praying for you, to present your petitions to God the Father, and under his gaze tell, him of your plans for the day, asking him to bless them.

#### **Third Rule**

- If at all possible, attend Mass every morning. The days when this is impossible choose a moment — preferably after morning prayers — to be present in spirit at the Holy Sacrifice. Go in spirit before the Tabernacle and place yourself in the Heart of Jesus.
- Unite yourself to the Masses which are being offered up at that moment — since there is not a minute of the day or night that the Holy Sacrifice is not being offered in some part of the world — and offer Jesus to the Heavenly Father, as a Victim, begging him to pardon in his name, all sinners, particularly yourself, and ask him to enkindle his love in all hearts to increase the number of Saints.

#### **Fourth Rule**

- Never begin any work or occupation of any kind, never perform any action, nor go out mornings, afternoons or evenings, without having first gone in thought to the Tabernacle, to ask Jesus for his blessings.

#### **Fifth Rule**

- Before and after your midday and evening meals, withdraw for a moment and kneel down. At least never omit to go at these times in thought, to greet Jesus, whose presence is so much forgotten by so many of our Catholic people.
- Recall to your mind the thoughts, which have come to you at his feet.

#### **Sixth Rule**

- Send a loving thought towards the Tabernacle several times a day — for example, when the clock strikes. Tell him how much you wish to love him, ask him to help you, and say the "O Sacrament," etc. or "Blessed be Jesus in the Most Holy Sacrament of the Altar."

#### **Seventh Rule**

- Form the habit of a daily visit to the Most Blessed Sacrament even if it should have to be when you are on your way to work, so that at the hour of death, Jesus will in his turn visit you. If time permits, profit by this visit to put in practice the directions of Rule Nine.
- If it should happen that you cannot make your usual visit to the Blessed Sacrament, make a spiritual visit before retiring and remain a few minutes in Adoration thinking of him who is in the Tabernacle only because of his great love for you.

#### **Eighth Rule**

- When you begin your night prayers, place yourself (as in the morning) in spirit before the Tabernacle.
- Ask Jesus to help you pray; and then under his gaze, humbly examine your conscience.
- Think that it is Jesus himself who recalls to your memory what you have done during the day.

#### **Ninth Rule**

##### **• The Most Important Of All**

1. Go and place yourself at least in spirit, before the Tabernacle under the gaze of Jesus.
2. Read over one of the questions, which you will find following this Rule.
3. Pause and reflect for a moment, and think of what your answer will be.
4. Then looking with the eyes of your soul at Jesus who knows your thoughts, say to him: "Lord, make me understand, make me see, speak to my soul. Speak Lord and thy servant shall hear."

- Ask the God of the Eucharist to speak to your mind and heart, even as he did to those who came to him when he was on earth, and be careful to keep in your mind the question that formed the subject of your meditation, asking Jesus to fill and penetrate your soul with it.

#### **Tenth Rule**

- If during the day, some trial or trouble should come to you, go at once in spirit to the Tabernacle and confide it to Jesus. In contradictions speak to him at once, asking him to make you patient.
- If you should happen to be alone, go in spirit to keep him company. He is so often, abandoned by us, in his Tabernacle.
- Your own isolation will then seem to you less painful. If you are suffering go and rest your tired head on his Heart, and tell him your trials.

#### **Eleventh Rule**

- In your thoughts, accustom yourself to stay as constantly as possible under the gaze of Jesus — under this grace, this all-powerful virtue, which comes from the Tabernacle.
- Show him your soul, and with you the souls of all dear to you. As the Jews of old brought their sick to him to be healed, so will you go to him, being content to offer him from time to time the following fervent supplication:
- "Lord, you know my desires, Lord, heal my soul! Lord, make me see! Lord, make me love you"

#### **Twelfth Rule**

- Work without ceasing to realize in your thoughts the Real Presence of Jesus in the Most Blessed Sacrament.
- Give him your first thought, your first glance when you enter the church. Let him be the center of all that takes place there, prayers or ceremonies, sermons or instructions.
- Let all your prayers pass through his lips for he is present in the Sacred Host. Place in his Heart all your good thoughts and wishes. Learn to adore him in his Eucharist that you may know how to adore him in Heaven. Perform all your pious exercises under his gaze, for he is watching you from the Tabernacle. Under his gaze receive the Sacrament of Penance.
- Have but one desire, to approach the Holy Table daily and strive with all your might to realize your desire.
- May the Eucharistic God become daily more and more your best Confidant and your most intimate Friend. Pray, work and live in him, by him, with him, in order to live with him for all eternity.

## SUMMARY

Here is a step-by-step method to live the Eucharist throughout the day:

- 1. Begin by being aware of your baptism.** On the day you were baptized God adopted you into his family and called you his “beloved child.”
- 2. Accept the friendship Jesus offers you.** You are dear to him and he loves you very much. He opens his heart to you and wishes to be always in your heart
- 3. Offer yourself and your day every morning.** Respond to his love with your simple everyday life. Ask that you may do so with the mind and heart of Jesus (Philippians 2:5). Offer all your prayers, works, joys, and sufferings; offer every thought, word, and deed; offer every breath you take and every beat of your heart to God in union with Jesus’ heart.
- 4. Renew your offering throughout the day.** Keep telling Jesus during the day that you want your works and actions to be his, that you desire to live with him and in him. As you go about your day, place everything and everyone into Jesus’ heart. He takes in our joys and our sufferings. Remind yourself that your life and the lives of your brothers and sisters are meaningful, and because you have offered yourself and them, you are all united to Jesus’ own life. This is the way to be an apostle, sharing Christ’s mission of making his Father’s love visible to all humankind.
- 5. Experience the Eucharist as intrinsic to your daily offering.** Participate in Sunday Mass and, as much as possible, in weekday Mass. Join your own life-offering together with the priest who is celebrating and with the whole Church. Put your life on that altar and give it to the Father together with Jesus’ life-offering.

**6. Unite your personal mission with the whole Church's mission.** By baptism you are a priest. By intercession you bring your brothers and sisters before the Lord. By your daily offering you give your life to God, willing to collaborate in his mission.

**7. Make an examination or evening review.** Do not just ask yourself "What did I do wrong today?" but rather "What has God done with the gift that I gave him at the beginning of the day?" You will also see what you have done wrong, but it is more important to see what God has done right. Ask for his forgiveness and his help to correct what is wrong.

**8. Go regularly to the Sacrament of Reconciliation.** Confession helps you be aware of your own self-deceits and strengthens your desire to give the Lord all your life.

**9. Be close to Mary, loving her tenderly.** Carry Mary in your heart, and seek her as the best companion for your journey with Jesus. She knows better than anyone what it means to give all one's life to the Lord.

## **SPIRITUAL CHALLENGE**

Visit the Eucharist at least twice this week. Find a Catholic church or chapel near your house that has the Blessed Sacrament available for visitation. Ask a friend to come with you and spend 10-15 minutes with the Eucharist.

### **MORNING OFFERING**

**A. Sign of the Cross**

**B. Morning Offering Prayer**

**C. Prayer for Indulgences**

*Lạy Chúa, xin cho con được hưởng nhờ các ân xá, bởi những việc lành con sẽ làm trong ngày hôm nay, hoặc những ân xá nào có thể chỉ cho các linh hồn nơi luyện ngục, thì xin Chúa cũng ban cho các linh hồn ấy.*

*(For indulgence requirements)*

- **The Our Father**
- **The Hail Mary**
- **The Apostles' Creed**

**D. 3 Hail Mary** for virtues of Faith, Hope, and Love and also asking Mary for the virtue of Chastity.

**E. The Glory Be**

**F. Act of Contrition**

### **G. Spiritual Communion Prayer**

*Lạy Chúa Thánh Thể, con yêu mến Chúa, xin Chúa ngự vào tâm hồn con và ở lại với con luôn mãi. Amen.*

### **H. Sign of the Cross**

## **NOON PRAYER**

### **I. Sign of the Cross**

### **J. The Angelus**

*Đức Chúa Trời sai thánh thiên thần truyền tin cho rất thánh Đức Bà Maria  
Và rất thánh Đức Bà chịu thai bởi phép Đức Chúa Thánh Thần.*

*Kính Mừng Maria ..... Thánh Maria...*

*Này tôi là tôi tía Đức Chúa Trời  
Tôi xin vâng như lời thánh thiên thần truyền.*

*Kính Mừng Maria ..... Thánh Maria...*

*Chốc ấy Ngôi thứ Hai xuống thế làm người  
Và ở cùng chúng tôi.*

*Kính Mừng Maria..... Thánh Maria...*

*Lạy rất thánh Đức Mẹ Chúa Trời, xin cầu cho chúng tôi  
Đáng chịu lấy những sự Chúa Kitô đã hứa.*

*Lạy Chúa, chúng con xin Chúa ban ơn xuống trong linh hồn chúng con là kẻ đã nhờ lời  
thánh thiên thần truyền, mà biết thật Chúa Kitô là Con Chúa, đã xuống thế làm người, thì xin  
vì công ơn Chúa chịu nạn, chịu chết trên cây Thánh Giá, cho chúng con ngày sau, khi sống  
lại được đến nơi vinh hiển, cũng vì công nghiệp Chúa Kitô là Chúa chúng ta. Amen.*

### **K. Examination of Conscience**

### **L. Act of Contrition**

### **M. Spiritual Communion**

### **N. Sign of the Cross**

## **VIETNAMESE WORDS**

**Examination** – khám xét, khảo sát

**Conscience** – lương tâm

**Sacrament** – bí tích

**Reconciliation** – sự làm hòa, giao hòa



## **Life of a Knight of Eucharist Leader Interaction**

## Session 1 – Unity & Diversity – Dealing with Conflicts

### THE POINT

Dealing constructively with conflicts

### THE POINT, UNWRAPPED

Explore:

Effective ways to deal with conflicts

Benefits of conflict when it is effectively managed

### WHERE IN THE WORLD

#### Ephesians 4:25-32

<sup>25</sup>Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. <sup>26</sup>"In your anger do not sin": Do not let the sun go down while you are still angry, <sup>27</sup>and do not give the devil a foothold. <sup>28</sup>He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need.

<sup>29</sup>Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. <sup>30</sup>And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. <sup>31</sup>Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. <sup>32</sup>Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

### TEAM BUILDING

One of the major barriers to resolving a conflict is the lack of insight to be objective. The following activity attempts to illustrate that point.

#### *Distraction*

Divide everyone into three teams. One team will be the *sender/God*, one team will be the *receiver/human*, and one team will be the *interrupter/Evil*. The goal of the *sender/God* is to stand on one side of the room and send a message to the *receiver/human* via verbal communication. The goal of the *receiver/human* is to stand on the opposite side of the room and receive the message via listening. The goal of the *interrupter/Evil* is to scream as loud as possible to distract the *receiver/human* from receiving the message.

Following the activity, the teams can discuss about how symbolic this activity is to real life scenarios. That is, often we're distracted by other stimuli (i.e., rumors, ego, personal agenda, etc...) that we let those biases get in the way of us to objectively address the conflict.

### DISCUSSION

**Ephesians 4:31-32** encourages us to be free of "rage and anger", to "be kind and compassionate to one another", and to "forgive each other" just as Jesus has forgiven us.

3. Why do you think the Bible suggest that we need to be free of "rage and anger" as the first step to forgiveness?

4. What do you suppose Ephesians 4:26 mean? "In your anger do not sin": Do not let the sun go down while you are still angry."

### TEAM STUDY

In your team, please list the feelings that you have felt in the past with the following scenarios.

Scenarios	Feelings
When your friend is angry at you.	
When you are angry at your friend.	
When you lied to a friend.	
When a friend lied to you.	
When you go to sleep with anger.	
When you go to sleep without anger.	
When you say nasty things to your friend.	
When your friend say nasty things to you.	
When you are forgiven.	
When you forgive your friend.	

### SUMMARY

It is often very difficult for us in today's society to forgive someone for the pain that they have caused. Though difficult, it is not impossible. As Knights of Eucharist, you are encouraged to model the way of Jesus. Jesus forgave all the wrongs that you have done and all the wrongs that people of this world have done. All He asks of us is for us to do our part in modeling His forgiveness among ourselves and our peers.

During, before, and after the conflict, you are encouraged to reflect on who is being hurt by your non-forgiveness. Will the person you are having the conflict with burn with your anger, feel the knot in his/her stomach, experience the repeated damaging thoughts as re-experience the events in your conscious, or will they stay awake as you prepare in your mind what you would like to say or do for revenge to physically or emotionally hurt them? No, the pain is all yours. For that reason, the Bible teaches us to free of "rage and anger" so that we're not clouded by our own hatred.

Once our minds are not contaminated by anger, we can then reflect on the conflict and perhaps, might acknowledge some of our part in the quarrel. For example, were we honest about your pain or did we hide the fact that the behavior hurt us? Did we seek peace by reassuring the other party that it was all right? Did we stay when we could or should have left? If so, then we, too, might have some responsibility in the matter.

To ease the forgiving process, you are encouraged to visualize the person you are forgiving being blessed by your forgiveness and, as a result, you are being freed from continuing the behavior that hurt you. Once you passed this stage, continue on with your life and not look back in anger.

## **SPIRITUAL CHALLENGE**

Ephesians 4:29

This week, you are challenged as a team to “not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” In other words, practice on giving constructive feedbacks.

## **VIETNAMESE WORDS**

**Unity** – thống nhất, duy nhất

**Diversity** – đa dạng, nhiều vẻ

**Conflict** – sự xung đột, va chạm, tranh dành

**Constructive** – tính cách xây dựng

## Session 2 – Who Gets the Glory?

### THE POINT

Check it out “now to God – be the Glory!”

### THE POINT, UNWRAPPED

Whatever you do, do it all for the glory of God.

### WHERE IN THE WORLD

#### Philippians 2:1-11

<sup>1</sup>If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, <sup>2</sup>then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. <sup>3</sup>Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. <sup>4</sup>Each of you should look not only to your own interests, but also to the interests of others.

<sup>5</sup>Your attitude should be the same as that of Christ Jesus:

<sup>6</sup>Who, being in very nature <sup>[a]</sup> God,  
did not consider equality with God something to be grasped,  
<sup>7</sup>but made himself nothing,  
taking the very nature <sup>[b]</sup> of a servant,  
being made in human likeness.

<sup>8</sup>And being found in appearance as a man,  
he humbled himself  
and became obedient to death—  
even death on a cross!

<sup>9</sup>Therefore God exalted him to the highest place  
and gave him the name that is above every name,

<sup>10</sup>that at the name of Jesus every knee should bow,  
in heaven and on earth and under the earth,

<sup>11</sup>and every tongue confess that Jesus Christ is Lord,  
to the glory of God the Father.

### TEAM BUILDING

For the Glory of God

Divide youth members into six teams. Each team is to come up each time with a new task to glorify God and do the movement together while chanting “We like to glorify God, yes we do, we like to glorify God how about you”. Once the chant is completed, the performing team points to the next team and the chant continues. The team that repeat a task or fail to come up with a new task will be out. The game continues until there is one winner.

### DISCUSSION

**Philippians 2:3** Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

In your opinion, what is the meaning of this Bible quote?

Why is it necessary to practice humility?

## TEAM STUDY

In your team, please give examples from the Bible that demonstrate Jesus' humility.

Example 1: Washing the feet of the disciples.
Example 2:
Example 3:
Example 4:
Example 5:

## SUMMARY

Jesus our Lord glorified God the Father as he took on the image of man, and as a servant to die for us on the cross. We, as Knights of Eucharist are called to imitate Christ's humility through our leadership within the Vietnamese Eucharistic Youth Society. Our actions of leadership must not be for our own selfish ambition, but for the benefits of those we serve. In doing so, we glorify our Lord.

## SPIRITUAL CHALLENGE

Philippians 2:3

This week, you are challenged to do one non-selfish act that would benefit others and do it for the glory of God.

## VIETNAMESE WORDS

**Conceit** – tính tự phụ, tính kiêu ngạo, tính tự cao tự đại

**Humility** – sự khiêm tốn, sự nhún nhường

**Ambition** – sự hoài bão, khát vọng

## Session 3 – Helping a Friend in Crisis – Listening Skills

### THE POINT

Listening skills are crucial to Knight of Eucharist Team Leader.

### THE POINT, UNWRAPPED

Being a leader requires good listening skills so you can help your peers in crisis.

### WHERE IN THE WORLD

#### John 10:27

<sup>27</sup>My sheep listen to my voice; I know them, and they follow me.

### TEAM BUILDING

#### Listen Carefully

Everyone gets into a circle and one person is designated as the Source. Once the signal is given, the Source relays a message to the person to the right and the person to the right listens to the message and passes the message to the next person. This task is timed. When the message reaches the last person, the team checks to see if the correct message is transmitted and the length of time used. If the message is incorrect, the task is to do it over again until the right message is received. If the correct message is received, the group can brainstorm on how to beat the fastest time.

### DISCUSSION

4. From the Bible quote above “I know them, and they follow me”, what is the significance of the sheep recognizing and listening to the voice?
5. Share a real life event where knowing/trusting the voice/person helped you deal with a specific problem.
6. How has listening to God’s voice helped you through your problems?
7. How can you help your friend through listening?

### TEAM STUDY

In your team, please list the benefits to having good listening skills.

Benefit 1: Fully understand the situation
Benefit 2:
Benefit 3:
Benefit 4:
Benefit 5:

### SUMMARY

The Bible encourages us to listen in everything that we do so that we can follow the path of righteousness. Whether it be listening to your friends to help them overcome their problems, or

listening to your parents, or listening carefully to the words of God in our lives and in the sacred celebration, the ability to listen effectively is a skill. As Knights of Eucharist and a leader, you are called to hone your skills as an effective listener so that you can lead in the light of Jesus.

### **SPIRITUAL CHALLENGE**

This week, you are challenged to spend some time praying before the Eucharist. Your task is to listen to all sounds (internal and external) that you can hear after your prayer. Once you accounted for all the noises that you can possibly hear, focus some more and more sounds will come to you.

### **VIETNAMESE WORDS**

**Listen** – nghe theo, tuân theo, vâng lời

**Righteousness** – tính ngay thẳng đạo đức; sự công bằng, sự chính đáng

**Significance** – sự quan trọng, sự đáng chú ý

## Session 4 – Helping a Friend in Crisis – Counseling Skills

### THE POINT

Explore tools and techniques for counseling with other Knight of Eucharist members.

### THE POINT, UNWRAPPED

Learning skills for peer counseling is an important part of leadership formation. There's a whole lot of effective counseling you can do simply by listening well and asking the right questions so you can help your friends in crisis.

### WHERE IN THE WORLD

#### Corinthians 2:3-7

3who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. 5For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows. 6If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. 7And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

### TEAM BUILDING

“As you share in our sufferings, so also you share in our comfort”. To be able to help one another in need, one must be able to empathize for each other.

#### I Can Feel Your Pain.

Have everyone stands in a circle with 5 volunteers in the middle of the circle. The 5 volunteers are to pick someone in the circle and act out a 3 painful physical poses consecutively. The person that is selected by the 5 volunteers is to mimic (empathize) the same movement simultaneously as fast as possible. If the wrong pose is done or too long, the person will replace the volunteer in the middle.

### DISCUSSION

From the Bible quote above, please share with the group,

What comfort we have received from God?

How can we use that to help others?

What is meant by “if we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer”?

### TEAM STUDY

In your team, please list out what you need most from your friend when you are in a crisis.

I would like my friend to	when I am in a crisis.
I would like my friend to	when I am in a crisis.
I would like my friend to	when I am in a crisis.

I would like my friend to	when I am in a crisis.
I would like my friend to	when I am in a crisis.

Now list out what your friends will need most from you when they are in a crisis.

They need me to	when they are in a crisis.
They need me to	when they are in a crisis.
They need me to	when they are in a crisis.
They need me to	when they are in a crisis.
They need me to	when they are in a crisis.

### **SUMMARY**

The Bible teaches us to use patience, emotional endurance, and empathy to help those in need. As a Knight of Eucharist, you are called to be cognizant of the sufferings that your peers are presenting and to comfort them with the blessings received from God.

### **SPIRITUAL CHALLENGE**

This week, you are challenged to search for one effective technique in the Bible to help counsel a friend in need. Please cite which book and verse from the Bible.

### **VIETNAMESE WORDS**

**Patience** – sự kiên nhẫn

**Endurance** – khả năng chịu đựng; tính nhẫn nại

**Empathy** – sự thấu cảm, thông cảm

**Counseling** – lời khuyên, lời chỉ bảo

## Session 5 – Facing Temptation

### THE POINT

Answer this question, “What would Jesus do when facing temptation?”

### THE POINT, UNWRAPPED

Follow the ways of God and you can be temptation free.

### WHERE IN THE WORLD

#### Hebrews 4:15-16

15For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin.

16Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

### TEAM BUILDING

Everyone gets into a circle, one person volunteers to be the facilitator. The facilitator will say a series of action with movement. Some of the actions will refer to hunting a tiger (catch the tiger, carry the tiger, lock the tiger, and hunt the tiger) and some of the actions will refer to hunting a person (catch the person, carry the person, lock the person, and hunt the person). The participants’ goal is to follow the action exactly only when hunting the tiger.

### DISCUSSION

The Bible quote mentioned the one who has been tempted in every way, yet was without sin.

8. Who is the One? What I meant by yet was without sin?
9. What were some ways in which the One has been tempted?
10. In what form and how the mercy and grace help us in our time of need?

### TEAM STUDY

In your team, list out some of the temptations the team has experienced and how they were dealt with it.

Temptations Experienced	How was it dealt with?

### SUMMARY

Temptations exist everywhere and they work in conjunction with the devil to keep us from God. Though it is difficult to resist the temptation, as Knights of Eucharist, we are reminded that

it is possible. The Bible states that there is “One who has been tempted in every way, just as we are—yet was without sin.” Let us turn to Him and pray for his mercy and strength to love Him more, to have Him be the center of our lives, and to have Him as the guiding light away from temptations. Only then we can block out the temptations and prevent them from interfering with our relationship with God.

### **SPIRITUAL CHALLENGE**

This week, you are challenged to have a discussion with Jesus and share with him your strongest temptation. You are also challenged to brainstorm on ways to combat this temptation.

### **VIETNAMESE WORDS**

**Temptation** – sự cám dỗ, sự quyến rũ

**Brainstorm** – tham khảo ý kiến

**Sympathy** – sự thông cảm; sự đồng tình

## Session 6 – Sharing Faith with Your Friends

### THE POINT

You are a disciple of Christ.

### THE POINT, UNWRAPPED

Each of us is special in God's eyes and we have a unique way of sharing God's Love and Words with others.

### WHERE IN THE WORLD

#### John 1: 35-42

35The next day John was there again with two of his disciples. 36When he saw Jesus passing by, he said, "Look, the Lamb of God!"

37When the two disciples heard him say this, they followed Jesus. 38Turning around, Jesus saw them following and asked, "What do you want?"

They said, "Rabbi" (which means Teacher), "where are you staying?"

39"Come," he replied, "and you will see."

So they went and saw where he was staying, and spent that day with him. It was about the tenth hour.

40Andrew, Simon Peter's brother, was one of the two who heard what John had said and who had followed Jesus. 41The first thing Andrew did was to find his brother Simon and tell him, "We have found the Messiah" (that is, the Christ). 42And he brought him to Jesus.

Jesus looked at him and said, "You are Simon son of John. You will be called Cephas" (which, when translated, is Peter[a]).

### TEAM BUILDING

We all can be God's disciple. In this activity, everyone gets into a circle within an established boundary. One person will be the disciple and will run around tagging others (spreading God's words). As the disciple tags someone, the tagged person also will become a disciple and will lock hands together and both will run around the perimeter to tag others. The game continues until as many disciples are gathered.

### DISCUSSION

Clearly, Jesus recruits a diverse group of people to be His disciples.

11. What are some of the differences between Andrew, Peter, and John?

12. What did they all have in common as they approach Jesus?

13. Can you be a disciple of Christ?

### TEAM STUDY

In your team, list out some of the unique ways that you can spread God's words to others.

I can spread God's words to others through
I can spread God's words to others through
I can spread God's words to others through

I can spread God's words to others through
I can spread God's words to others through
I can spread God's words to others through

### **SUMMARY**

Each and every one of us was created in God's image. As such, we are His beloved children. As His children, we are blessed by His grace to do great things. As Knights of Eucharist, we can use our own uniqueness and talents to evangelize God's work in our very own special way.

### **SPITITUAL CHALLENGE**

This week, you are challenged to use one of the items from the Team Study section and implement it to the best of your ability.

### **VIETNAMESE WORDS**

**Evangelize** – truyền bá Phúc âm

**Blessed** – chúc phúc

## Session 7 – Teamwork

### THE POINT

Alone and you can fall, together, you'll be unstoppable.

### THE POINT, UNWRAPPED

Teamwork is not individual work but the work of a collective group. Through teamwork, you are stronger and wiser.

### WHERE IN THE WORLD

#### Corinthians 1:10

“Now I exhort YOU, brothers, through the name of our Lord Jesus Christ that YOU should all speak in agreement, and that there should not be divisions among YOU, but that YOU may be fitly united in the same mind and in the same line of thought.”

### TEAM BUILDING

#### AFRICAN RIVER CROSSING

The aim is to get all of the groups (or teams if you have a large group) safely across the river. However, they cannot touch the ‘water’ and must use the rafts (cardboard squares 1’x1’ squares) to cross. Rafts must be in contact with a human at all times or they will be swept away with the current.

Once the crossing has begun, the leader must remove any cardboard squares that are swept away by the current. Unfortunately the ‘river’ is also filled with crocodiles and if any team member touches the water they incur a crocodile penalty i.e. ‘lose a leg’ and they must complete the river crossing hopping on one foot.

The first attempt at crossing is usually hilarious to watch. Let the teams go a second time to build on lessons learned from the first crossing. Who will survive? Here are a few variations to try as well,

Cardboard squares can only go forward. They cannot move backwards.

No one can finish the crossing until everyone has left the starting “bank” of the river.

Remember to discuss – What worked? What didn't work? Who provided leadership? Did the group support one another? How did you work together as a team? How did the team decide on the game plan? Was communication good or not? How could it be improved?

### DISCUSSION

From the Bible quote above, it is suggested that “there should not be divisions among you”, why is this so important?

Also, what is the significance of this quote? “You may be fitly united in the same mind and in the same line of thought.”

### TEAM STUDY

As a team, work together to come up with a list of the following:

Benefits to working in teams?	1. 2. 3.
What happens when there are divisions among teams?	1. 2. 3.
Benefits of sharing the same thoughts, mission, goals, purpose, etc...?	1. 2. 3.

### **SUMMARY**

On a larger scale, it is extremely important that the Universal Church speaks the same language. On a smaller scale, teams within the youth group need to share a common objective. When different members in the group possess multiple ideas, the team can easily be split into sub-teams which cannot function as strongly. As Knights of Eucharist, we are called to encourage our peers to join us together in the same mission, the same purpose in Christ so that we too can be unstoppable.

### **SPIRITUAL CHALLENGE**

This week, you are challenged to work together as a team and complete a task that would benefit your TNTT group.

### **VIETNAMESE WORDS**

**Mission** – sứ mệnh, nhiệm vụ

**Purpose** – mục đích, ý định

**Goal** – mục đích, mục tiêu

## Session 8 – Becoming a Praying Team

### THE POINT

A team that prays together stays together.

### THE POINT, UNWRAPPED

Prayer is the source of life for the team and the source of connection between team members.

### WHERE IN THE WORLD

#### Matthew 6:9-13

9" This, then, is how you should pray:  
" Our Father in heaven,  
hallowed be your name,  
10 your kingdom come,  
your will be done  
on earth as it is in heaven.  
11 Give us today our daily bread.  
12 Forgive us our debts,  
as we also have forgiven our debtors.  
13 And lead us not into temptation,  
but deliver us from the evil one

### TEAM BUILDING

Divide the group into teams of three people. One person will take on the role of the father, one will be the mother, and one will be the daughter. The father's role is to fix the house (carpenter movement). When called "father", the father jumps into the middle position and act out his movement while mom and daughter on the side cheer on the father. The mother's role is to cook (cooking movement). When called "mother", the mother jumps into the middle position and act out her movement while dad and daughter on the side cheer on the mother. When called "daughter", the daughter jumps into the middle position and act out her movement of chatting on the phone (talk on phone movement). When *prayer* is called, everyone in the team kneels down and prays (praying movement) together as a team. Anytime a team messes up or last to act out will be disqualified. The game continues until one team is left standing.

### DISCUSSION

As the disciples asked Jesus to teach them how to pray, He taught them the Our Father prayer.

What do you suppose "hallowed be your name" mean?

What do you suppose "give us today our daily bread" mean?

What do you suppose "lead us not into temptation" mean?

## TEAM STUDY

As a team, please list the benefits of praying together?

Praying together helps us to

## SUMMARY

The Bible teaches us to pray and do so with our families and communities. As a Vietnamese Eucharistic Youth member, you are called to pray and live the Eucharist through prayers, contemplation on the words of God in the Bible, and the teachings of the Church. As a Knights of Eucharist, you are called to lead your team to pray together and to instill in them the love for God through team support and effort.

## SPIRITUAL CHALLENGE

You are challenged this week as a team to gather together and participate in a prayer service conducted by your team.

## VIETNAMESE WORDS

**Participate** – tham gia, tham dự; cùng góp phần

**Community** – cộng đồng

**Connection** – sự liên quan, sự liên lạc, mối quan hệ; sự chấp nối



**Life of a Knight of Eucharist Leader  
Mastery**

## Session 1 – Knight of Eucharist Team Leader - God's Model for Leadership: Greatness through Serving

*'Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.'* St. Augustine

### THE POINT

Being a leader is to serve others.

### THE POINT, UNWRAPPED

As leaders, we should **lead as servants and serve as leaders**. In this session, we will look at the example of Jesus' life, how He was the Son of God but chooses to serve his people.

### WHERE IN THE WORLD

#### Mark 10:42-45

Jesus called them together and said, "You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

### DISCUSSION

What example could the apostles look at to see the greatness of servant hood in action?

Think of all the leaders you know and choose one who you think is a good leader. Do you think this leader is the sort of leader Jesus is talking about?

Can you be a leader like Jesus wants you to be?

### TEAM BUILDING

Everyone takes off their shoes and toss them into the tarp. Next, grab the edge of the tarp and bounce the shoes around to mix them up. Now grab two non-matching shoes that are not yours and find the owners of the shoes and put their shoes on for them. When put someone's shoes on, say "Let me serve you!". When someone puts on shoes for you, say "Thank you for serving me!"

### TEAM STUDY

**Below are 10 Ways to practice servant leadership.**

- Put God first - True leaders know that God is a priority. Ask yourself, "What Would Jesus Do?" Know that you will make the right choices for your group and yourself.

- Set a good example - Lead by doing. Communicate. Include everyone in your group.
- Be a friend - Treat everyone as you would like to be treated.
- Communicate. Include everyone in your group.
- Show respect - Servants must respect leaders and in doing so leaders will respect servants.
- Find a need in your family, community, and church or TNTT local chapter and fill it. Share with someone who can help you. Have courage to make positive change.
- Make a commitment. Plan for the future.
- Think of your family. Avoid anything that would embarrass your loved ones.
- Develop a sense of community. Work to connect with the people in your group.

In a team of four, create an Action Plan for Service that lists 10 ways of donating our time and talents to serve your family, community, and TNTT local chapter.

### SUMMARY

Based on Jesus' example, the definition of greatness is that one becomes a servant. Jesus is the example of a great leader by giving His life, not just His death, as a ransom for many. He did this by encountering people in such a way that affected them deeply through liberation or healing.

Jesus endorsed and practiced this style of leadership for the disciples to follow. This is not a list of things to do to lead well; it is a dynamic of becoming a different person. This process does not happen by will, but happens through the emptying of self in relationship to God. God transforms the leaders in this process so that this leader can be a servant – truly a great leader. We are more like Jesus when we are serving others.

### SPIRITUAL CHALLENGE

Meditate on one each day this week

When have I tried to be great? When I should have instead be a servant?

- *Mark 9:33-37;*
- *10:35-45;*
- *Psalms 75:7;*
- *Isaiah 2:12;*
- *Luke 14:8-14;*
- *1 Peter 5:1-6*

### VIETNAMESE WORDS

**Servant** – người hầu

**Apostle** – tông đồ

**Commitment** – sự cam kết, lời hứa

**Transform** – thay đổi, biến đổi

## Session 2 – Witnessing Your Faith

### THE POINT

Be a witness!

### THE POINT, UNWRAPPED

Living Holy and influence others to follow.

### WHERE IN THE WORLD

#### Acts 1:8:

*But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.*

### DISCUSSION

- What kind of power do you think God is referring to?
- Why is it important for us to witness our faith? Why can't we just leave it up to the leaders (Huynh Truong) in our youth group?
- What is keeping you from being a witness for God? What are some things you can do to overcome those obstacles?

### TEAM BUILDING

#### Shockwave

Huynh Truong will divide the group into two teams and have the teams sit in parallel lines facing each other. At one end of the lines place a spoon (or any object easy to grab) on a chair at the end of the lines within reach of the last person on each team while you stand at the other end of the lines.

Huynh Truong will toss a coin, so that the first person in each row can see if it lands on heads or tails. Everyone else will be seated with their head down, eyes (except the first person) closed and holding the hands of their teammates seated next to them. If it lands on heads, that person will squeeze the hand of the next person and the squeeze should pass on down the line until the last person, upon receiving the squeeze, the last person tries to grab the spoon before the person from the other team does. The first person to grab the spoon then moves to the first seat and everyone on the team moves over a seat.

The goal is to be the first team to return to their original positions. If the coin lands on tails, nothing happens and you toss the coin again. If someone passes a squeeze and the team grabs the spoon on tails, or if anyone on a team opens their eyes, the team must move one place

backwards, so be watching them! Play as many or few times as time allows. Then move the chairs back into a circle and ask:

What factors helped or hurt your team?  
How important was it to pass on the squeeze?

In this game, it is important that you receive and then pass on information. In the same way, in your Christian life, you have received God's grace and love and the good news about salvation in Christ, and it is important that you pass that information on to others.

## **TEAM STUDY**

One side of the room will be the “Easy to do” side, and the other side will be “No way” side. The leader (HT) will ask a series of questions, you will respond to each of the following ways to witness by moving to the spot along the continuum that expresses your feeling about the statements. Don't let other influence your responses. When everyone takes a spot along the continuum after the statement, the leader will ask you or any volunteer to share.

5. I could talk with a friend at school or at thiều nhi about why I believe in God the Trinity
6. I could visit a nursing home with my TNTT group
7. I could give a faith-sharing talk to a group of younger children
8. I could talk to my family members about why my faith is important to me
9. I could put up a poster in my locker with a religious message
10. I could give a witness talk on a retreat about my relationship with God
11. I could choose a profession or vocation that is obviously religious
12. I could wear a T-shirt with a religious message to the mall or to school
13. I could write an article for the school or local newspaper about my church or youth group
14. I could start a prayer on my Facebook and tag others to join

## **SUMMARY**

As Knight of Eucharist team leaders, we can become witness because we love Christ. We witness because He loves us. We witness because we want to honor and obey Him. We witness because He gives us a special love for others.

Witnessing will stimulate our spiritual growth, lead us to pray and study God's Word, and encourage us to depend on Christ. We will experience the tremendous privilege and honor of representing Jesus to the world (2 Corinthians 5:20).

The Holy Spirit came to provide the power for us to do so (Acts 1:8). Wouldn't you like to share with someone else the most valuable thing you have?

## **SPIRITUAL CHALLENGE**

Read and contemplate each passage any days of the week

Day 1: 1 Timothy 4:7-10

- O. On a scale of 1-10, how would you rate your faithfulness to the teaching of the Bible and the church? Why?
- P. How can you live out the godliness call of this passage to grow in your own life ?

Day 2: Acts of the Apostles 1: 1-11

- What experiences of Jesus have you had that you can share with others?
- How can you or can you be a witness for Jesus' message?

Day 3: 2 Corinthians 4:5-10

- When and how the light of Christ shines through you?
- How can you point others toward Jesus without making yourself the center of attention?

## **VIETNAMESE WORDS**

**Witness** – người chứng

**Influence** – ảnh hưởng, tác dụng

**Obstacle** – vật chướng ngại, trở lực

## Session 3 – Leading with Excellence

### THE POINT

God needs your best

### THE POINT, UNWRAPPED

The effort we exert in practicing and training is important to our ministry as team leader

### WHERE IN THE WORLD

#### 1 Corinthians 9:24-25

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

### TEAM BUILDING

#### Practice Makes Perfect

#### What Do You Do Well?

- **It's time to show off: do a bizarre trick or talent you have. You know, demonstrate your double-jointed trick, fold your tongue lengthwise. Whatever.**

Now share with the team:

- **If you could cultivate any talent, what would it be? Why?**
- **Write here the things you do that require practice.**

### TEAM STUDY

#### Spiritual Discipline Self-Assessment

Complete the assessment below and share with the team. This self assessment on spiritual disciplines is designed to reflect your current attitudes about the various disciplines. Some of these attitudes might change as you work through this guide for the first time. Reflect on each of the following spiritual disciplines. Some of these may be familiar to you, others may not. Some may excite you (those you have enjoyed in the past or anticipate enjoying in the future), while others may cause concern (those you found to be difficult or never viewed as beneficial). Please mark the column that reflects your first reaction to each discipline.

<b>Spiritual Discipline</b>	<b>Excites</b>	<b>Concerns</b>	<b>Not Familiar</b>
<b>Mediation</b>			

<b>Prayer</b>			
<b>Fasting</b>			
<b>Study</b>			
<b>Reading the Bible</b>			
<b>Attend Worship Regularly</b>			
<b>Giving</b>			
<b>Service</b>			
<b>Confession</b>			
<b>Loving my family</b>			
<b>Guidance (being guided)</b>			
<b>Sharing my faith with others</b>			
<b>Finish homework and attending school</b>			
Prayer			

## **DISCUSSION**

Review 1 Corinthians 9:24-25, answer the questions below and share with the team.

1. Think about our list of activities that require practice. If the apostle Paul were sitting among you, what do you think he'd say about those activities?
2. What kind of practice and training do you need to pursue as a leader in our TNTT ministry?
3. What is one specific way you can pursue that practice and training this week?

## SUMMARY

Our lives are filled with things that require hard work and practice. However, when it comes to our spiritual lives, we relax a little. Spiritual Discipline is often hard work behind the scenes. It is one thing to pray during mass, but it is a completely different thing to have the discipline to pray every morning. Serving in TNTT requires practice and discipline behind the scenes so that we can develop a relationship with God and lead with excellence.

## VIETNAMESE WORDS

**Excellence** – sự xuất sắc, sự ưu tú; tính ưu tú

**Discipline** – ảnh hưởng, tác dụng

**Practice** – rèn luyện, sự luyện tập

## Additional Resources – Tips for Leading a Meeting

- Start on time.
- Prepare before the meeting starts
  - **Meeting purpose** – *Why are we doing this? Know what the purpose of the meeting is going to be and let the group know. If the **agenda** involves a lot of times, print out copies of it for your team members.*
  - **Meeting objectives** – *What do we want to achieve?*
  - **Agenda:** *What are the topics to be discussed? Who leads? How long?*
- Prepare opening/ending prayers, select appropriate Bible quotes.
- Don't get caught on one method. Be willing to move on if what you're doing isn't working.
- Notice the people, not just the agenda. The key to a good meeting is the people – the leader needs to notice who is or isn't participating.
- Prepare a diversity of activities.
- Better to end too soon than to drag a meeting out too long.
- Assign a note taker
- Don't leave without an action items list with owners and due dates
- Be a good listener as well as good leadership
- Be a positive leader.

### TEAM STUDY

Select one of the activities below, prepare an agenda, lead a meeting to discuss about that activity:

1. Knight of Eucharist Bowl-a-thon or Walk-a-thon to raise fund for a good cause
2. Carwash to fundraising for annual retreat
3. A trip to the local orphanage or nursing home
4. Church yard spring cleaning
5. Facebook-a-thon – How can we get closer to God through Facebook or Twitter?

## **Tips for Leading Games**

- Select a bible story/quotes
- What is the lesson learned of the game?
- Tell the group the basis idea and point of the game
- Work hard on clear, concise directions. Practice them if needed. It will kill the energy if people don't understand how to play the game or if the directions take forever to explain.
- Demonstrate the game briefly so participants can see what you want
- Have fun
- Choose game that invite participation and are make sure you have all the materials needed for the game
- Stop before the energy is drained. It's always better to end a game when participants would like more
- Minimize the competitive elements – It's not about winning/losing, it's HOW YOU PLAY THE GAME!
- Choose games that fits the size of the group

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