Catechism Lesson for Teens and Adults
Sunday, September 20
Sunday after the Holy Cross

Read the Bible Passage. Mark 8:34-9:1

Discussion Questions

1. You have five minutes to evacuate your house. You can only take what you can carry in a backpack. What will you grab?

2. If your house was on fire, assuming that all the people and pets were safely out, is there anything you’d run back into the house to grab?

3. Rate the following on a scale of 1-7 (one being the thing you spend the most time on and 7 being the thing you spend the least amount of time on)

   ______ Family
   ______ Work/School/homework
   ______ Housework/chores/cooking
   ______ Friends (either with them in person or via text, phone, etc.)
   ______ Hobbies/TV/Social media
   ______ Working on salvation (prayer, scripture reading, church ministries, worship)
   ______ Community service, helping others

4. Take the list and write down approximately how many hours a week you spend on each.

   ______ Family
   ______ Work/School/homework
   ______ Housework/chores/cooking
   ______ Friends (either with them in person or via text, phone, etc.)
   ______ Hobbies/TV/Social media
   ______ Working on salvation (prayer, scripture reading, church ministries, worship)
   ______ Community service, helping others
5. Next, let’s make a list of where we spend money. We will leave anything related to the house—mortgage, utilities, insurance—off as well as anything related to the car, medical and school expenses. Now just the optional expenses. Write down how much you spend roughly each year on the following:

- Phone
- Cable
- Eating Out
- Coffee
- Alcohol (adults)
- Clothes
- Going out—sports tickets, concert tickets, movies
- Hobbies—golf, gardening, etc.
- Travel
- Charitable giving (either to church or other charities)

6. Does how you spend your time and money seem disproportionate to the amount of time you spend on matter of faith how much money you give to charity? What are some ways you can improve in each?

7. If we are supposed to deny ourselves, take up the cross and follow, what is the most significant thing you need to change, in order to deny yourself, take up the cross and follow?

8. Spirituality refers to the care of our souls. What are some concrete things you can do to take better care of your soul?