

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?