

A photograph of three young adults (two men and one woman) jumping joyfully in a snowy outdoor setting. They are all smiling and have their arms raised. The woman on the left is wearing a brown jacket and blue jeans. The man in the center is wearing a grey hoodie, a dark cap, and glasses. The man on the right is wearing a black t-shirt and glasses. The background shows a snowy ground and some bare trees under a grey sky. The entire image is framed by a white border.

CHRISTIFIDELIS  
LAICI

**THE WORLD'S  
MOST HIPSTER  
LEADER'S GUIDE**

## **Life is better together.**

Thank you for choosing to lead this group! You're awesome, beautiful, smart and probably really fun to hang out with. We should party together. I'll bring the Red Solo Cups!

Now that we got the pleasantries out of the way, let's break this down. Every session has four basic components: Fellowship, Teaching, Discussion, and Prayer. These four components enable you to follow Christ as a community.

The VIDEOS are supplementary. I recorded them to develop a theme or topic from each chapter but not as a summary of the chapter. Pure artisanal icing.

The central component is the DISCUSSION. The goal is to have people read ahead of time and answer the questions by themselves, then share it. This makes the "Discussion" portion also a Study Guide to the weekly readings. This way, both your reading and your discussion are more focused.

My little secret here is not about getting more people reading Saint John Paul II, though that is cool. All I really, really want out of young adults is PRAYER in community. I want people praying with each other in group and for each other outside of the group. I want them exposed to different types of prayer and different ways to pray common prayers. For instance, one week you will pray the Rosary while walking around the neighborhood. This is Spiritual Formation and Social Formation together!

A word on FELLOWSHIP. I added "Get to Know Me" questions to each Leader Guide. I did this to help you out. Small talk often just wastes time. These questions are for fun, for interesting information, or for honest and vulnerable sharing (at the end). You do not have to use these questions, but you'd be surprised what you learn from them.

Lastly, let's talk RESOLUTIONS. Each session has one Resolution to continue the theme over the course of the week. It is meant to challenge you and I try to get a bit creative with it. The following week you ask how the Resolution went and hold everyone accountable. This type of stuff really keeps the spiritual growth happening. St. Francis de Sales advises every time you pray to have a "specific and concrete resolution" so that prayer doesn't become sentimental. The goal is transformation, not warm & fuzzy feelings.

God love your all,  
**Michael Gormley**

# 1-LEADER GUIDE

## **Welcome to Group! Life is better together.**

Every session has four basic components: Fellowship, Teaching, Discussion, and Prayer. These four components enable you to follow Christ as a community. Everything leads to the Discussion and the Prayer component makes what was discussed a graced encounter with the Body of Christ, allowing for resolutions to be made. These resolutions are key to keeping the growth going throughout the week. If we keep our groups small enough, then people cannot hide or coast. If your group is getting too big, just subgroup in the same home when it comes time for Discussion.

## **Fellowship (30 minutes)**

Make sure everyone has a name tag and introduces themselves to the group  
Read through “START HERE” and make sure everyone understands what is expected of them towards this group.

### Get to Know Me Questions

Light and Easy: *What’s one of your nicknames? What do you prefer to be called?*

Personal Profile: *Are you an extrovert or an introvert? Give an example!*

Preferences: *What is your perfect dream vacation spot?*

## **Teaching (10 minutes)**

- Opening Prayer: lead by the host
- Opening Scripture Passage: *Laborers in the Vineyard*
- Play the YouTube video by Michael Gormley: *A Saint Speaks to the Laity*

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Prayer: This is a prayer for the group that they may internalize the message of *Christifidelis Laici* and let their hearts be open for Christ to lead them somewhere new in his or her faith.
- Intentions: Everyone shares two intentions: one for himself/herself and one for someone else.
- Personal Resolution: Allow everyone some time to think about this one question: *How can I participate in my faith, in a specific and concrete way, in an area that I was ‘idle’ in beforehand?* State the resolution to the group and check in next week as how you consciously implemented (or didn’t!)

# 2-LEADER GUIDE

## **Life is better together.**

Now we have one week under our belts and are moving on to the next! Congrats, Millennial, you actually followed through with something (just kidding!). As we progress through the sessions the Fellowship time may decrease, but the Get to Know Me Questions will become a little more revealing. Also, now we add “Resolution Follow Up” to the Teaching component so that what happens in small group does *not* just stay in small group.

## **Fellowship (20 minutes)**

Make sure everyone has a name tag and introduces themselves to the group

Share the responsibilities of snacks and drinks. Alcohol is fine as long as drunkenness ain't happening!

### Get to Know Me Questions

Blast from the Past: *What was the name of your first album/CD?*

Just Imagine: *If you could change one thing about your relationship with your parents, what would it be?*

## **Teaching (20 minutes)**

- Opening Prayer: lead by the Host
- Opening Scripture Passage: *Jesus, the True Vine*
- Resolution Follow Up: *What was your resolution and how did you keep it this week?*
- Play the YouTube video by Michael Gormley: “*Become What You Are!*”

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Prayer: Host asks if anyone wants to lead the opening prayer and step out in faith if it isn't something he/she is used to.
- Intentions: Everyone shares two intentions: one for himself/herself and one for someone else.
- Personal Resolution: Find one area to sacrifice (financial, time, attention, food, entertainment, etc.) and offer it up in a fast for one week. Tell the group what you will be fasting from or for!

# 3-LEADER GUIDE

## **Life is better together.**

Everything about this reading should be screaming to us why we need community! Jesus calls us to have the same community that He and His Father share in, which is the Holy Spirit. The Holy Spirit is often called “the forgotten God” and, in an age of widespread isolation and loneliness, it would seem that we need what He’s got now more than ever! So start and end this session in the presence and power of the Holy Spirit. Time to stretch your spirituality and exercise some charisms!

## **Fellowship (20 minutes)**

Everyone should know everyone else’s name by now. If not, your group is too big! Enjoy some La Croix, you hipster!

### Get to Know Me Questions

Just Imagine: *If you won a million dollars in the lottery, what would you spend it on?*

## **Teaching (20 minutes)**

- Opening Prayer: lead by the Host
- Opening Scripture Passage: *The Spiritual Gifts*
- Resolution Follow Up: *What was your resolution and how did you keep it this week?*
- Play the YouTube video by Michael Gormley: *The Church in Communion*

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Intentions: Everyone prays for a spiritual gift that was mentioned in the readings.
- Prayer: Host prays for the power of the Holy Spirit to be made manifest in the group. Whole group prays for each person’s spiritual gift individually.
- Personal Resolution: Give the Lord 10 minutes every day in prayer. For the next 7 days resolve to wake up at a specific time and pray from the heart without book, bead, or Bible.

# 4-LEADER GUIDE

## **Mission is better together.**

The pope originally highlighted the fact that our age is an age of participation: the rise of democracies throughout the world, new groups getting a voice, etc. Here he wants to encourage that spirit of participation by highlighting the uniquely lay contribution to the mission of the Church. Last week was focused on charisms and gifts of the laity, this week is specific examples of individual, parish, and group participation in the “apostolate”, which is the work of spreading the Gospel.

## **Fellowship (15 minutes)**

Everyone should know everyone else’s name by now. If not, your group is too big!  
Enjoy some artisanal water. You deserve it!

### Get to Know Me Questions

Just Imagine: *If you were to fast-forward 5 years of your life, where would you be and what would you be doing? What changes would people see in you?*

## **Teaching (20 minutes)**

- Opening Prayer: lead by a volunteer
- Opening Scripture Passage: *They Pray for Boldness*
- Resolution Follow Up: *What was your resolution and how did you keep it this week?*
- Play the YouTube video by Michael Gormley: *Serving the Local Church*

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Intentions: Everyone prays for an area in their life where they need to be bold.
- Prayer: Take a walk and pray the Rosary together for your neighbors’ intentions.
- Personal Resolution: On top of your 10 minutes, pick at least three days to go for a walk around your neighborhood or building and pray for your neighbors. You can do this by walking and praying the Rosary or praying for the Holy Spirit to bless every person in each house.

# 5-LEADER GUIDE

## **Mission is better together.**

The magnificent gift is the new life we have in Christ. You should want to share that with others. In this part of chapter 2 the pope speaks to the lay participation in the World through explicit evangelization. He reminds us that we too are missionaries and are sent into the vineyard of the world to spread the Gospel. In fact, we are in a better position than priests and religious because we are already among the people that need to hear the Gospel. Who better than us?

## **Fellowship (15 minutes)**

I'm sure someone is drinking coconut milk. Make them bring extra to share!

### Get to Know Me Questions

Viewpoints: *What do you think is the greatest invention ever made?*

## **Teaching (20 minutes)**

- Opening Prayer: lead by a volunteer
- Opening Scripture Passage: *Fulfill Your Ministry*
- Resolution Follow Up: *What was your resolution and how did you keep it this week?*
- Play the YouTube video by Michael Gormley: *The Magnificent Gift*

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Intentions: Everyone prays for an area in their life where they need to be bold.
- Prayer: To the Holy Spirit for the wisdom and charity to evangelize.
- Personal Resolution: To speak to someone about Jesus Christ or the Church in your secular life. Yes, this may sound difficult, but it really isn't. Just talk about this study and what it is doing for you to someone who you may think could benefit.



# 6-LEADER GUIDE

## **Activism is better with grace.**

Now we move into the arena of the world to safeguard the dignity of the human person at all stages. The pope is not asking you to be comfortable, but to be heroic. Nothing in the Christian life is meant to be easy, but it is good. Anything worth having is worth working for. There is poverty all around us, yet we often anesthetize ourselves from it. We draw those Venetian blinds and let lives unravel, saying, “Well, what could I do anyway?” The pope is telling you what to do. Now get the steppin’!

## **Fellowship (15 minutes)**

Everyone should know everyone else’s name by now. If not, your group is too big! You know your friend that juices everything? Have them make smoothies, but with Kale, because you want to be a part of the solution and not a part of the problem.

### Get to Know Me Questions

Viewpoints: *How well do you receive criticism from others? Does it matter who is giving it?*

## **Teaching (20 minutes)**

- Opening Prayer: lead by the Host
- Opening Scripture Passage: *False and True Worship*
- Resolution Follow Up: *Who did you talk to this week about Jesus Christ?*
- Play the YouTube video by Michael Gormley: *The Servant of All*

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Intentions: Everyone prays for a situation, group, or class of people who are particularly vulnerable to our society’s culture of death (unborn, elderly, imprisoned, chronically ill, etc.). Try to pick one that you have a personal attachment to.
- Prayer: Pray the Divine Mercy Chaplet as a group.
- Personal Resolution: After your 10 minutes of daily prayer, spend 10 minutes doing some spiritual reading. Get a Catechism of the Catholic Church and read what the Church teaches on the Fifth and Seventh Commandments to learn about the Church’s teaching on life issues and economic issues. (Part Three of the Catechism, Section Two)



# 7-LEADER GUIDE

## **All are called without exception.**

Every hour of the day the Lord sends his people into the Vineyard. Every hour of life the Lord is calling us to our vocation and our mission. As the seasons of our lives change, so too may our vocation or our mission. God calls all, men and women, sick and healthy, the young and the old, to work in his Vineyard. The pope asks us to be faithful to the call in each hour of life.

## **Fellowship (15 minutes)**

Did someone say *Craft Beer*?! Everyone. Everyone said “Craft Beer”.

### Get to Know Me Questions

Hard-Hitting: *What is one regret you live with?*

## **Teaching (20 minutes)**

- Opening Prayer: lead by a volunteer
- Opening Scripture Passage: *Duties Towards Believers*
- Resolution Follow Up: *How was the Catechism readings? Did you finish them all?*
- Play the YouTube video by Michael Gormley: *The Hours of This Life*

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Intentions: Pray for someone who is suffering or ill.
- Prayer: Pray one or all five Sorrowful Mysteries of the Rosary together.
- Personal Resolution: Attend one daily Mass this week. In your priestly office, by virtue of your baptism, offer up with the sacrifice of the Mass the people your group offered in their prayer intentions.

# 8-LEADER GUIDE

## **Being formed for mission.**

This document concludes with the focus on lay formation. Too often we focus on just the educational side of formation, as if learning doctrine is enough to grow in holiness. The pope is calling us to a wider view of formation: Spiritual (a deeper prayer life), Social (within the Church and in the cultures of the world), and Human (the values and virtues found in your daily life).

## **Fellowship (45 minutes)**

The last time you meet, keep it classy. Make it a pot luck or get a bloomin' onion!

### Get to Know Me Questions

Hard-Hitting: *What is one thing you fear more than anything else?*

From the Heart: *How many times have you really been in love?*

## **Teaching (15 minutes)**

- Opening Prayer: lead by a Host
- Opening Scripture Passage: *Pressing Towards the Goal*
- Resolution Follow Up: *Did you make one daily Mass this week?*
- Play the YouTube video by Michael Gormley: *Be Made Whole*

## **Discussion (1 hour)**

Walk through the discussion questions in the following pages. These questions come from the Scripture, the document itself, and issues that touch upon the general themes of each chapter.

## **Prayer (20 Minutes)**

- Intentions: Everyone offers an intention that they need going forward from this group.
- Prayer: Everyone in the group prays over each member individually. This is led by the Host.
- Personal Resolution: Make a commitment to the group to pray daily for them, for their intentions, and for your own maturation in Christ.