

# The insight of youth



05/07/20



@ndhs\_chaplain



“You have revealed these things to mere children.”

**SUNDAY'S GOSPEL**

‘I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children.’

*Matthew 11:25-30*



Fr Sean's Reflection Podbean

“ Young people  
are meant to  
dream great things,  
to seek vast horizons,  
to aim higher,  
to take on the world,  
to accept challenges  
and to offer the best  
of themselves  
to the building  
of something better. ”

*Pope Francis*





# UN World Population Day 11/07

**DARE TO CARE**

## What's the goal here?

To ensure healthy lives and promote well-being for all at all ages.

## What progress have we made so far?

Major progress has been made in improving the health of millions of people. The fight against some infectious diseases has made steady progress.

## Why?

Ensuring healthy lives and promoting wellbeing for all at all ages is important to building prosperous societies.

## What do we need to do?

At least half of the world's population are still without access to essential health services.



**SUSTAINABLE  
DEVELOPMENT GOALS**



# Actions for Happiness

Be kind to yourself. Treat yourself like you would treat a friend.

Rediscover a fun childhood activity that you can enjoy.

Make time to do something playful, just for the fun of it!



# PRAYER

Heavenly Father,  
thank you for the times  
we are deeply happy  
and contented.  
Help us to appreciate them  
and remember the  
happy times in our lives.  
Show us how we can bring  
joy to other people  
through simple gestures.

*AMEN*

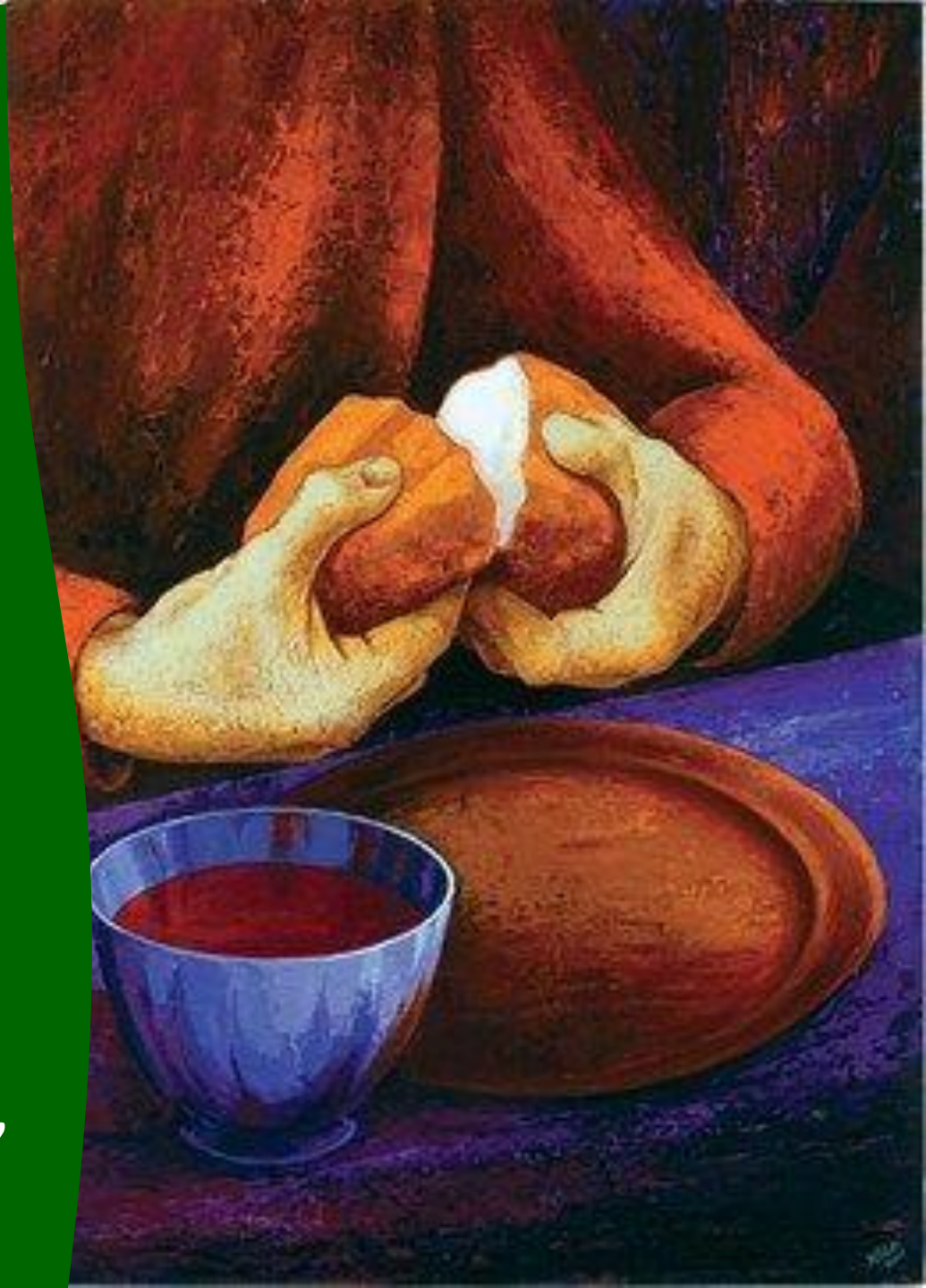




# THE LORD'S PRAYER

Our Father,  
Who art in Heaven,  
hallowed be Thy name;  
Thy Kingdom come,  
Thy will be done on earth  
as it is in Heaven.

Give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil. Amen.



Loving God  
Help us  
to turn towards  
your goodness.  
Teach us to have  
hearts as wide  
as the world  
and live life  
to the full.

*Amen*

‘Ah,  
Qu’il  
est bon,  
le bon  
Dieu’





JUST  
FOR  
FUN!



# Praying Together

For more ways to pray and reflect with other communities click on the images below.



Fr Sean's Reflection Podbean

**CORNER  
STONE+**



Ignite Team Reflections  
Video Podcast