



LIVE PURE MOVEMENT

PRIMER AND RESOURCE MANUAL

We are all called to *Live Pure*.
A lifestyle which embraces Chastity
as the sure way to happiness.



**WHEN YOU DECIDE
FIRMLY TO LEAD
A CLEAN LIFE,
CHASTITY WILL NOT
BE A BURDEN ON YOU;
IT WILL BE A CROWN
OF TRIUMPH.**

St. Josemaria Escriva

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RESOURCE MANUALS

In order:

- Phase 1 (Chastity, Men's & Women's, Love)
- Parent's Forum
- Live Pure Hang Out
- Additional Formation
- Live Pure for Kids
- Phase 2 (Life in Christ Seminar)

INTRODUCTION

The Catholic Church holds the truth about our humanity. The message of teachings on human sexuality is meant to lead men and women to authentic freedom and joy. The mass, secular idea of sex stripped of its creative powers and responsibility centers itself on hedonism thus debasing its true value and promotes a culture of death.

Indeed, this mindset leads to the destruction of family and thus to one's sense of identity. It leads to the promotion of moral relativism which then leads to conflicts and crises in homes, schools, and society at large. Even leaders in our schools and churches are unable to face the consequences of the sexual revolution.

Live Pure is our response and our return. It is our way back to restoring and redeeming the truth about our humanity and sexuality. It is our mission to challenge this twisted mindset no matter how daunting the current realities are. We have to make known to everyone God's plan and true purpose for love and sexuality. To live a pure lifestyle is our way to attaining the life God desires and dreams for us – a life of real freedom, true love and total happiness.

THE MOVEMENT

Live Pure is a Catholic pro-life youth movement that promotes and defends the culture of LIFE, by leading young people to a life of purity and chastity. *Live Pure* is also part of the *Choose to be Brave* Movement of the *Catholic Bishops Conference of the Philippines (CBCP)*. This is not just a passing advocacy defined by the signs of the times, but rather, to Live Pure is our identity. Our passion to Live Pure is the root of who we are and what we do. We breathe, we move, we think and we exist to Live Pure.

HISTORY

The ***Live Pure Movement*** started its engagements in schools in the year **2011**. Its partnership with the *Sangguniang Kabataan* of the province Isabela paved the way for the start of the massive reach of the movement. Since then, the number of people hearing the good news of chastity and true love has continued to grow each year in the Philippines and abroad. As a way to gather young people, especially those who have heard the sessions of Live Pure, the movement started its annual *Live Pure Conference* in 2012 with the theme of Real Freedom, Total Happiness, and True Love. In its most recent conference in 2016, over 10,000 young people gathered and discovered their ultimate destiny: to love and be loved.

With the vision of leading more young people to a life of Real Freedom, Total Happiness and True Love, the *Live Pure Movement* continues to go places it has never been. Now more than ever, the movement seeks to inspire people to actively participate in spreading the message of chastity, authentic freedom, and true love.

VISION, MISSION, & OBJECTIVES

VISION

We are a Catholic pro-life movement committed to a life of purity, leading young men and women in pursuit of life's true meaning according to their destiny in Christ.

MISSION

We are pro-life advocates striving for purity of mind, eyes, speech and body. We commit to share our conviction by giving young people opportunities to realize and live out the value of their human dignity and fraternal relationships.

OBJECTIVES

- To promote the message of *Live Pure* and a lifestyle committed to pursuing authentic freedom and true love -- especially in the youth today.
- To bring the cause of *Live Pure* to parishes and schools through the Live Pure formation sessions, workshops and events.
- To start a worldwide movement that unites young men and women who stands for the Truth about their human sexuality.

OFFICIAL TRADEMARK & LOGO



COVENANT

THE LIVE PURE COVENANT

I am created in God's image and likeness; hence, I will live out His greatness and holiness by striving to imitate Christ and his purity. I commit to practice the virtue of chastity and observe self-control over my passions and desires.

- **I WILL FREE MY MIND.** I will keep my mind clean from impure and lustful thoughts. I will keep my eyes away from pornography, as it degrades me.
- **I WILL SPEAK WITH GRACE.** My speech will be gracious at all times. I will not tell or laugh at green jokes, nor share or listen to stories which evoke sexual thoughts and behavior.
- **I WILL BE CHASTE.** I will treat my body for what it truly is – the temple of the Holy Spirit. I will not engage in masturbation, fornication or homosexual acts.
- **I WILL LOVE TRULY.** I will become a man/woman after God's own heart, that I may learn to love purely. I will make a gift of myself in whichever vocation God will call me to. I will keep my relationships pure.

I am called to lead a chaste life - whoever I am, whatever I do, whatever they say and wherever I may be, I will Live Pure.

FORMATIONS:

FOR TEENS (14-21 years old)

PHASE 1: This presents the major formation track offered by the *Live Pure Movement*. Ideally, the sessions are given altogether, as the content builds on one another. However, in cases wherein this is not possible, the school/parish/institution can choose either of the sessions since all of the sessions are stand-alone (approximately 2-3hrs per session). The titles for each talk will creatively vary depending on the socio-economic background and age bracket of the audience. It is purposely done to effectively convey the message.

SESSIONS:

Chastity Forum

The Chastity forum is the first stage of the *Live Pure* series as it is important to discuss human sexuality first before delving into the issues of today's youth. As one understands his/her uniqueness as a man/woman, he/she would gain deeper knowledge and wisdom on how our sexuality works perfectly with God's plan.

This forum would equip them with the right information about teen sexuality that focuses on being pure and chaste before God's eyes. This is the aim of the said forum – to promote saved sex (sex according to God's design and purpose) rather than safe sex.

As statistics indicate, we are now living in a sex-crazed environment. Therefore, it is necessary that all young people, in the form of teaching and formation, be educated on the truth on human sexuality. It is important to promote the direction of chastity and purity, while training young minds altogether on pertinent sex issues of today.

Men's and Women's Forum

What we dream to build among young people everywhere is genuine brotherhood and sisterhood. We want to foster a system of deep friendships anchored on loyalty, accountability, and mutual respect.

To achieve this, we have separate sessions for men and women. These aim to guide the participants on how to be men and women after God's own heart in a world which bombards them of ideas on who they aspire to be. It is important to discuss the issues separately, which are unique to being a man and a woman so that they can realize their sense of being a gift to each other.

Love Forum

This session aims to inform young men and women about the misconceptions on love as promoted by the world today; and that no matter what the media says, true love exists. It is important for young people to realize, that regardless of what they have been through in their life, they are always capable of giving and receiving authentic love.

HALF-DAY BASIC PROGRAM FLOW: 2 to 3 Hours Duration (4hrs with Holy Mass)

00:00 - 00:15 - Introduction
00:15 - 00:30 - Mood setting activity
00:30 - 02:30 - Talk Proper with sharing
02:30 - 02:45 - Closing Commitment(Closing prayer and Live Pure Covenant ceremony)
02:45 - 03:00 - Open Forum
03:00 - 04:00 - Celebration of the Holy Eucharist (optional)

WHOLE-DAY BASIC PROGRAM FLOW: 6 - 7 Hours Duration (8hrs with Holy Mass)

00:00 - 00:15 - Introduction
00:15 - 00:30 - Mood setting activity
00:30 - 02:30 - Talk 1 with sharing
02:30 - 02:45 - Break and change of venue for men's & women's separate sessions
02:45 - 03:45 - Talk 2
03:45 - 04:45 - Lunch break
04:45 - 05:00 - Mood setting activity
05:00 - 06:30 - Talk 3
06:30 - 06:45 - Closing Commitment (Closing prayer and Live Pure Covenant ceremony)
06:45 - 07:15 - Open forum
07:15 - 08:00 - Celebration of the Holy Eucharist (optional)

FOR PARENTS, TEACHERS, AND GUARDIANS

Parents Forum: This forum aims to help parents embrace their basic role as the first educators of their children. Most misconceptions about love and sex are learned from mass media, and it is significant to reinforce the positive influence role the family has in exemplifying the right values. The parents are challenged to end the silence and create a healthy space for their children to talk about love, sex, and relationships. More so, the forum will help close the generational gap between the parents and the youth of today with practical discussions on how to educate their children about love and sex through the virtue of chastity.

It is encouraged that an open forum be facilitated by the *Live Pure* service team, where parents can freely share and discuss their difficulties, victories, and best practices in rearing their children. At the end of the session, all parents will be prayed over as the Holy Spirit empowers them to connect and educate their young.

PROGRAM FLOW: 2 - 3 Hour Duration

00:00 - 00:15 - Opening prayer and orientation
00:15 - 01:00 - Session 1
01:00 - 01:30 - Break
01:30 - 02:15 - Session 2
02:15 - 02:45 - Group Discussion
02:45 - 03:00 - Open forum

Ideally, the sessions are given altogether as the content builds on one another. However, in cases wherein this is not possible, the school/parish/institution can choose to go through any of the sessions for their group whichever is applicable.

FOR YOUNG ADULTS (20-30 YEARS OLD)

Live Pure HANG-OUT: This is usually done during the night (after work hours). This is a gathering that promotes chastity and the true meaning of love in a form of a hang out acoustic session in an atmosphere of good, clean fun. A learning experience that will give them practical tips on how to handle relationship, courtship, emotions, being single, vocations and other principles on living a pure lifestyle.

GUIDELINES:

1. Get an acoustic band who will serve as the performers for the evening. Song choice would be dependent on the organizing team and on the theme of the session for the night.
2. Having an emcee is optional. This will be useful if there will be interactive games in the program.
3. Food to be served will be based on the discretion of the organizers.
4. Only non-alcoholic drinks should be served during the event.
5. Inviting a guest performer to cap off the evening will also be based on the discretion and on the budget of the organizers.
6. Look for a venue that is appealing and accessible to young professionals.

PROGRAM FLOW: 3 to 4 – Hour Duration

00:00 - 01:00 - Registration
01:00 - 01:30 - Welcoming by Acoustic Band
01:30 - 02:00 - Acoustic Band/Games
02:00 - 03:30 - Session
03:30 - 04:00 - Final Act/ Guest Artist

LIVE PURE CONFERENCE

Live Pure Conference: It is an annual gathering of all the young professional, students, volunteers and stakeholders celebrating the message of hope that everyone can experience a life of real freedom, total happiness and true love.

FOR KIDS (10-12 years old)

The **Live Pure for Kids** focuses on the identity and worth of a person. Leading them to an appreciation of oneself and be able to see how God has wonderfully made them.

FOLLOW-UP FORMATIONS:

PHASE 2: After hearing the message of chastity, through any basic formations given, the next step is to encounter Christ which will help them to fully embrace the live pure lifestyle. Thus, **Life in Christ Seminar** is the next formation that we highly encourage for the participants to undergo. This recollection will enable them to know God and to have a deeper relationship with Him. Living pure is not easy, but if we are rooted in Christ, we will have the grace and the strength to always choose what is true and beautiful for us.

THE LIFE IN CHRIST SEMINAR **(5 sessions)**

The LCS is an integrated course intended to lead seminar participants into a renewed understanding of God's call to them as Catholics. It comprises a total of 5 separate sessions. The course has several basic ingredients: prayers, songs, teaching, group discussion and fellowship. The LCS has one basic purpose: bringing participants to a personal relationship with Jesus, and getting them started on living a truly Spirit-filled Christian life. It is about transformation in Christ and renewal in the Spirit. It is about bringing nominal or lapsed Catholics back to God and back to the Church.

What is the content of the LCS?

The topics of the 5 sessions are as follows:

1. Jesus the Messiah
2. Called to Witness
3. Repentance and Faith
4. The Gift of the Holy Spirit
5. Growing in the Spirit

These topics are based on the sermon of Peter on the day of Pentecost, when he proclaimed the gospel and 3,000 people accepted the message of salvation.

SUPPLEMENTAL: Aside from the Life in Christ Seminar, we also offer additional formation talks that will also deepen the understanding of the young about Real Freedom, Total Happiness and True Love.

FAQs (Frequently Asked Questions)

1. How to schedule a forum?

Contact our Live Pure Admin, **Ms. Kendi Alvarez** at **0916-530-0873** and provide the necessary details: date, place, time, type of audience, type of formation/session to be conducted.

2. Is this for free?

Yes. But we accept donations for our transportation allowance and to support the furtherance of the mission.

3. How to join the movement?

You can be part of the movement by starting and initiating a Live Pure Forum in your school, parish or area. Supporting the movement through financial assistance can be one as well.

4. Is this a church program?

The movement is the youth program of the Live Christ Share Christ which is recognized and part of the thrust of the CBCP (Catholic Bishops Conference of the Philippines)

5. What do we need to prepare for the Live Pure forum?

- Session Hall. Must be conducive for learning. (2 Session Halls are required if the forum is Men's' and Women's' Forum)
- Good Sound System (enough for the expected audience) - speakers with laptop and guitar input, microphones, microphone stand
- LCD projector and screen, table for laptop

6. Are your formations open to non-Catholic audience?

Yes. But we openly say that our talks are based on Catholic teachings, specifically Theology of the Body. However, message of chastity and true love is very universal and it applies to natural law. Anyone who is open to listen is very much welcome.

7. What is your preferable number of audience?

We can facilitate as much audiences so long as the venue and sound system can support the talk. However, our preferred number of audience is 300 people at most. This is to ensure the chance of the speaker for rapport and to safe guard the talk effectively.

RESOURCE MANUALS

LIVE PURE MOVEMENT
PHASE I FORMATION
CHASTITY FORUM

Rationale:

Today's youth live in a world where the true value of sex and sexuality have been debased and misshapen by media. Hence, many young people are lost, confused or misinformed when it comes to answering life's deepest questions. In order to become the men and women God designed us to be, it is important for every young person to discover God's original design for them to find and fulfill their destiny by responding to the call to live a pure and chaste life.

Specific Objectives:

At the end of the session, the participants are expected to:

1. Understand and appreciate God's original plan and design for human sexuality.
2. Understand how the virtue of chastity is key to authentic freedom and the fulfillment of their desires and destiny.

Participants:

- High School and College students
- Single men and women ages 21-39 years old

Speaker's Profile:

- *For a joint boys and girls session:* A man preferably single or a young couple who was trained and certified by the Live Pure Movement.
- *For all men:* A man preferably single or a young couple who was trained and certified by the Live Pure Movement.
- *For all girls:* A woman preferably single or a young couple who was trained and certified by the Live Pure Movement.

Methodology:

Talk Proper with Sharers	1.5 hours
Open Forum	30 minutes
Total	2 Hours

Expanded Outline:

I. Introduction

Each and every single human being in this world desires for love and happiness. Whether it's the romantic or the platonic kind, everyone desires something that is true and total. It is our deepest longing to love and be loved.

However, the prevalence of sin in the world clouds this longing with disordered desires that lead to hurt and heartache. It often makes one question: Does the true, good and beautiful still exist? For us to better understand how one can experience true love and total happiness, we have to discover and appreciate our true identity – who God designed us to be as men and women from the beginning.

II. The Masterpiece

God created man with purpose and wisdom behind the details. The stories of creation in Genesis teach us that God created man as good and in his image. To better understand the maleness and femaleness of men and women is to also better understand the image of God himself.

A. God's Original Plan for Man

Gen 1:27 "God created man in his image and likeness."

This bible verse brings us to the truth of our creation and the very meaning of our existence here on earth. We are the summit of God's creation because we are patterned after the very self of God – being created *in His image and likeness*. Because of this beautiful reality, we can say that:

1. *We are special and unique.*

There is no one like you! Each and every one of us is intricately designed and thought of by God. No two persons on this earth are alike.

2. *We are human -- the highest form of God's creation.*

We are the summit of everything that God has created, being made in His image and likeness. No other creature possesses the unique gifts that can only be found in human beings.

a. Free Will

"God created us as free men and wills our freedom so that we might decide wholeheartedly in favor of the good, indeed for the greatest good – in other words for God." – YouCat, 286

b. Intellect

"By his reason, man recognizes the voice of God which urges him "to do what is good and avoid what is evil." – CCC 1706

c. Self-Control

When man uses his free will and intellect properly, he grows in this virtue of self-control, the capacity to direct our actions towards the good by overcoming our natural inclination to sin (concupiscence).

3. *We are designed to love*

It is also written in the Sacred Scriptures: God is love and love is God (1 John 4:8). As said in the Theology of the Body by Pope John Paul II, we are also created in the image and likeness of love who is the trinitarian God and this is the basic reason why we long for love. This is at the root of why God created a companion for Adam – to have somebody to love and return that love.

Out of God's love for man, he created a companion for man. Gen 2:18 - Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him." Genesis 2:22 - ...and the rib which the LORD God had taken from the man he made into a woman..."

B. Design of Man and Woman

God designed man and woman to be perfectly complementary to each other; they are to be distinct individuals while remaining equal in dignity. Each person receives the sex chromosome to determine how his or her body will develop (e.g., penis or vagina, etc.). Thus, men and women, being different from one another, demonstrate unique characteristics that help them fulfill their roles.

Our bodily features point us to these said roles in our childhood, our youth, our single lives, and in our vocations.

Let's look at God's original design for man and woman physically, psychologically, intellectually and spiritually.

a. MAN'S PRIMARY NATURE – TO WORK

Genesis 3:17 – "Then to Adam He said... In toil you will eat of it all the days of your life..."

Genesis 3:19 – "By the sweat of your face you will eat bread..."

- Physical Features: Broad shoulders, external genitalia, angular: Protector, Providers
- Psychological/Intellectual: Think linear: Strategic,
- Spiritual: Pastor

Caveat: Men's traits mirror those of God the Father, but are still called to be receptive to the Lord.

(SOURCE: http://www.catholicworldreport.com/Item/4158/the_complementarity_of_men_and_women_across_the_religious_spectrum.aspx).

b. WOMEN'S PRIMARY NATURE – TO NURTURE

Genesis 3:16 – "To the woman He said, I will greatly multiply Your pain in childbirth, In pain you will bring forth children; Yet your desire will be for your husband, And he will rule over you."

Women's primary nature, according to our differences, is to nurture and care for the people around them.

- Physical Features: Womb, round, internal/hidden genitalia: Receptive, embraces others, inclusive; the womb represents a home, refuge, or a place to grow. A woman's presence is to provide that for others.
- Psychological/Intellectual: Great capacity to see, hear, or understand emotionally.
- Spiritual: Reflects the receptivity of the Son in the Trinity.

IMPORTANT NOTE: This doesn't necessarily follow that when man's primary nature is to provide, women can't provide or work as well. The same goes with

women; when we say that women's primary nature is to nurture, it doesn't necessarily follow that men are less caring or nurturing. It's just that according to our differences, we have primary natures to embrace but both man and woman have equal dignity. It's not a question of which sex is better but the acknowledgment of complementing each other despite their differences.

*** The table below shows the natural differences of man and woman in general. We recognize that there are always exceptions to the rule. This is for the speaker's reference. You may take some to point out the differences of man and woman.*

MEN	WOMEN
Big picture oriented	More attention to detail
Single task	Can multi-task
Easily gets attracted to the physical	More emotional on their attraction
Can speak 7,000 words per day	Can speak 20,000 words per day
In dealing with problems, they think of the solutions right away	In dealing with problems, they need to talk about it first

III. God's Gift of Sex

With the natural complementarity of man and woman in mind, one of the gifts that God has given to them is the gift of sex. What does this gift truly mean for us in the plan of God?

A. Sex is a part of God's beautiful plan

1. Found in Scriptures -- Genesis 1:28: "God blessed them, saying, 'Be fertile and multiply; fill the earth and subdue it.'"
 - a. Sex is holy and sacred because it entails God's blessing for man and woman which they receive in the Sacrament of Matrimony. It is a total giving of one's self that includes the woman's fertility. Part and parcel of the groom's and bride's "I dos" in marriage is openness to life.
 - b. We are a product of love. The marital act which brought you into this world was such a sacred and special moment because at this union, God created new life using your parents as co-creators. The beautiful plan for sex bonds man and woman into one in marriage allowing them to open their love to new life which reflects the role of the Holy Spirit in the Trinitarian life of God.
2. *Love-giving – for the purpose of unity*
It should be done out of pure love with full consent -- a sharing and celebration of God's love blessed by the Sacrament of Matrimony.

"Sexual union in this life as God intends it to be is a foretaste of union with God in heaven. The language of the body expressed in intercourse is a renewal of the wedding vows. Intercourse physically expresses the commitment of one's wedding vows, to love freely, faithfully and be open to life." – Theology of the Body

2. *Life Giving – for the purpose of procreation*

“God blessed them, saying: “Be fertile and multiply; fill the earth and subdue it.” Genesis 1:28

“By reflecting on the experience of Adam and Eve in the Garden we recognize that ‘it is not good for man to be alone’ (Genesis 2:18). Because we are made in God’s image, and therefore filled with God’s love, we are compelled to give it away. We can only find ourselves through the sincere gift of ourselves. The sexual act is meant to be an act of total self-giving (self-donation).” – Theology of the Body

B. Sexual desire is different from lust

1. *Sexual Desire*

Sexual desire is natural to the human experience as the desire to make a gift of one’s self to the other and to be united with the other in God’s image. It doesn’t make us impure. Like all desires, this must be ordered properly.

2. *Lust*

- a. Lust is the perversion of our sexual desires. When our first parents sinned (original sin), man is now constantly tempted to see the other not as a gift but merely as an object for his/her own satisfaction due to concupiscence, our inclination to sin.
- b. Lust is a disordered sexual desire which makes it hard for us to live in purity up to this day. However, the point is, by the grace of God, controlling our sexual desires through the virtue of self-control is very much possible.

IV. Sad Realities

Unfortunately, we live in a highly sexualized world. As sinners, we tend to abuse our free will and deliberately choose to devalue the gift of love and sex. The very beautiful plan of God for man and woman is destroyed when we continue to settle for instant gratification and ask, “What’s in it for me?” This disorderly way of seeing and acting on our desires can lead us to abuse others for the sake of fulfilling our desires.

- Pre-marital or extra-marital sex
- Prostitution
- Pornography
- Masturbation
- Homosexual acts
- Contraception
- Live-in relationships

- Abortion
- Rape
- Bestiality
- All sorts of sexual perversions

**Please check: www.chastity.com*

**When discussed, don't enumerate as if setting rules but give relevant explanations (as to why they harm and destroy the human person) and concrete experiences.*

The road to destruction is wide and can be inviting at the same time because of the pleasures that come with it. Sometimes, it can even begin with "good intentions." Let us be on guard because the breakdown of such important virtues (patience, self-control, respect etc.) begin in compromising the little things.

Temptations is of the supernatural and we need supernatural virtues, to protect ourselves.

**Suggested activity: Participants will be asked to list down their struggles when it comes to living a life of virtues.*

V. Chastity as our shield and our weapon

Chastity is not merely a no, but a yes to God. Practicing chastity in whatever state of life we are in is an expression of our love for God.

1. Chastity is sexual self-control, and purity in thought, word and deed. One should not think, say, or do anything that will cheapen sex. It covers both internal and external behaviour.
2. Chastity acknowledges that sex is so beautiful that it should be used only in the special relationship of marriage.
3. Chastity is a virtue that affirms the person's dignity and enables him/her to love truly.
4. Chastity is a way to real freedom, happiness and a daily decision.

**Suggested Video: Marshmallow Test (This video will help in driving out the importance of waiting, patience and self-control.)*

**Suggested Activity: Testimony (Live or Video)*

Sharers Profile:

- a. Someone who is convicted that her body is a gift and understands that marriage is the right time to give of ourselves in fullness. The sharer should also emphasize the joy of waiting.
- b. A young married couple experiencing the fruits of chastity, patience, and the Sacrament of Marriage.
- c. Someone who understands that chastity is a daily practice in the small things and lives a prayerful life to live a life of virtue.

VI. There is Hope

Contrary to popular belief, living a pure and chaste life is not only for the members of the religious. We are all called to live a life of chastity as men and women created in the image and likeness of God. Ultimately, the path of chastity is what will allow us to experience a life of real freedom, total happiness and true love. Regardless of what our past looks like, there is always hope in Jesus who never tires in redeeming and in giving us a second chance. What really matters is where we go from here. We are free to decide and to act now. Each choice we make has its consequences. Never forget that while to live a chaste life is difficult, it is not impossible. We can do it because God gave us everything we need in Jesus Christ. What was fallen, He already restored. Let us then make a choice for He makes all things new.

LIVE PURE MOVEMENT
PHASE I FORMATION
MEN'S FORUM

Rationale:

Men play an important role in our society. They possess traits and qualities unique to the gift of masculinity. They are called to protect, provide, and pastor. Thus, it is very important that every man lead a life worth emulating.

Objectives:

At the end of the session, the participants are expected to:

1. Be inspired to live out authentic manhood
2. Lead men to practical applications of living pure
3. Pursue God's will for their lives.

Participants:

- Young Men in High School and/or College

Speaker's Profile:

- A man preferably single who was trained and certified by the Live Pure Movement.

Methodology:

Introduction	10 minutes
Talk Proper	45 minutes
Sharing	30 minutes
Accountability Prayer	5 minutes

Expanded Outline:

I. Introduction

As men, it is essential to understand the real purpose and meaning of authentic manhood. The world distorts God's original plan for men.

1. Misconception:

a. Manhood is determined by:

- i. Vices: Drinking, promiscuity; Money. Manhood is falsely measured by the number of beer bottles you can drink and/or collection of women. It is even measured by the success of your business, regardless of the means. The challenge is for us to see the purpose, resolve our issues, and check our integrity and value the gift of accountability. And so, we ask ourselves, how are we as a man?

II. The Role of Real Men: "3 P's"

(If given after the chastity forum, discuss briefly the differences of a man and a woman, as to lay the foundation of the value of authentic manhood)

1. As Pastors (Lead by example: Pursue and promote holiness).

The Lord anointed men to become the head of the family, to be able to lead his wife and children to the direction closer to God.

As men, we are called to lead those around us, or better said, the ones under our care: family, friends, workmates/classmates etc. You can only give them what you have, so, it is best to start by living a life of integrity now; so you could lead people into something good by showing them that it is possible to live it amidst the pressures and temptations around.

2. As Protectors (Be courageous. Stand up for what is right.)

Being protectors goes beyond chivalry. It starts with a man's set of values especially towards those who cannot defend themselves. To sacrifice and give way for those in need doesn't mean we see them as someone less; it actually highlights their worth. We act with justice by giving others what is due to them: Dignity of children of God. To protect means to avoid using others for personal gain. To protect is to hold up the dignity and worth of every individual.

Examples: Being one step ahead of those we help to identify the needs of others; men ought to think of what's best for *all*.

3. As Providers (Be discerning and prudent.)

Being a good provider in the future starts by what you practice now. It is a habit; you make it your lifestyle. Men nowadays are prone to have a lot of pre-occupations and distractions, the effect of that is the loss of focus on what really matters. It is a challenge that men be excellent in their responsibilities. Be a good son to your parents; give it your best when it comes to your studies and passion. What good you do now will surely benefit your future.

Problems of today's society affect men and prevent them from seeing and fulfilling their roles. The lack of men living out their call as pastor, protector, and provider can have a harmful effect on women and children of the world.

III. Men are in a Battle

Men are in a battle and the battlefield is in their heart and the evil one knows our weaknesses. If there is a chink in our armor, it is the issue of the purity of our hearts. And for us men, the most pressing issue for us right now are sexual impurities.

(Discuss the issues of Porn, Masturbation, PMS, and Homosexuality)

A CAVEAT: Bring these up if you have someone with authority to respond to questions regarding these issues. Do not hold a Q&A regarding the issue of same-sex attraction if you only have 10 minutes for an open forum.

IV. Guard Your Heart

He went on: "What comes out of a man is what makes him 'unclean.' For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man 'unclean.'" Mark 7:18-23

The most important thing to do to keep the purity of our heart is to guard it. Jesus said that it is from the heart that we are made impure. Our actions, words and thoughts are determined by what is inside our hearts. Therefore, for us not to fill our hearts with garbage, it is our responsibility not to let garbage in.

3 WAYS TO PROTECT YOUR HEART:

- **Run**

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it". – 1 Corinthians 10:13

When faced with temptation, the best thing to do is to run. Don't flirt with temptation because you will surely lose.

- Don't go to places that you know your values will be compromised. (Recognize when and where you fail the most with your purity.)
- Don't get caught in a situation that your convictions will be tested.
- Don't open that website that contradicts your purity stand. (Suggest to have an anti-porn website software)

What sets us apart from animals is our ability to control ourselves, to use reason to understand why we must not always give into our compulsions. Animals are controlled by their instincts; we are controlled by our God given wisdom. We don't just eat anything because we are hungry, we choose food that is healthy and right for us. We don't just have sex because we have urges; we decide to value it for what it's worth. One important thing we have to learn is the value of delayed gratification. It is a secret to a life of purity. As men of God, what sets us apart is our ability to control. Real men can control and not give in.

- **Accountability**

“As iron sharpens iron, so one person sharpens another.” Proverbs 27:17

As for needed help and support, for it to be concrete it is best that men would be the one you journey with.

- Surround yourself with friends and people who can help you on your journey to purity and authentic manhood. Knowing that you have people desiring it “together” with you fortifies your desire and conviction for purity.
- It’s important that you have a group of people encouraging you to keep going when the battle gets tough.
- Regularly check on each other when it comes to your struggles.

- **Strengthen your relationship with God**

God has formed us in His image and likeness. We can only come to being who we truly are if we value our relationship with God. It is only by His grace that we can fully overcome our weakness and the temptations that we face. He is a merciful father and He only desires the best for us. Being the men we should be can only come from grace. “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.” 2 Corinthians 12:9

- Always go to confession, especially when you fall in sin. (Put it into the light)
- Develop a personal relationship with God. (Encourage to develop a life of prayer)
- Read and engage yourself with materials that lead you to becoming a better version of yourself but most importantly to God.

V. Conclusion

As men, we have been given the responsibility to take hold of what is good and protect it. The presence of purity in our lives will greatly affect our future, our families and our society. As men who have learned the worth of authentic manhood, let us devote our lives into solidifying our desire for purity. Do it for God, your family and our society. God is counting on you.

Activity:

Ask the audience to write down in what areas of their lives do they struggle with chastity and striving for purity. After the activity, ask them to find an accountability partner to share their struggles. After which, lead them into commitment of accountability to one another that may support each other for the years to come.

Discussion Starter:

1. Share the areas of your life that you are struggling with chastity (self-control) and purity?
2. How will you overcome it and how can your friends help you? After the sharing, lead everyone into a closing prayer of commitment.

LIVE PURE MOVEMENT
PHASE I FORMATION
WOMEN'S FORUM

Rationale:

The world's expectations and standards greatly influences a woman's view of herself. As a result, many women forget their true value in the eyes of God. They then look for their sense of worth and joy in the wrong places, which will cause many of these women feel that they are not good enough. On the contrary, a woman is to feel "full of grace;" thus, it is important for her to to rediscover God's beautiful plan and design for her lives. By God's grace, they can fulfill their unique call to be the woman God created them to be.

Participants:

- Young Women in High School and/or College

Speaker's Profile:

- A woman preferably single who was trained and certified by the Live Pure Movement.

Methodology:

Introduction	10 minutes
Talk Proper	45 minutes
Sharing	15 minutes
Pray Over Session	10 minutes

Expanded Outline

I. Introduction

For this session, we are going to talk about what it *truly* means to be a woman. Whether you're a high school or college student, it's important to stop for a while and ask these questions "Who am I as a woman?", "Do I really know myself?", "Do I love myself?" "Do I accept myself just how God made me?"

As women, we often spend so much time and effort to be who the world tells us to be – how to be beautiful, how to be popular and how to get your crush to like you back, or how to get anyone to like you; but even when we do such things, deep down, we still feel that we are not beautiful enough. Whenever we look at the mirror, we don't even know if we like what we see. We don't know if we *know* who is staring back at us.

Short Activity:

From 1 to 10 (1 being the lowest and 10 being the highest), ask the crowd to close their eyes and have them rate themselves on how beautiful they think they are.

Some may have given themselves high ratings while some gave themselves low ratings, but whatever rating you gave yourself, let us accept that we likely rated ourselves based on the world's standard of "beautiful."

II. The Hard Truth

The hard truth is we feel the ugliest when our hearts are distracted by our wounds, comparison, and the desire for society's approval. We try to focus as much as we can and convince ourselves that we are "okay," but are we really "okay?" Reality is, when we look into our hearts, we will find that we are either crushed, broken, insecure and unhappy, and simply longing to be loved.

No matter where we are in life, the question "Am I enough?" always seems to haunt us.

Because we focus on the world's view on women, many of us are:

1. Insecure

We don't accept ourselves for who we are. We think that there is always something wrong about ourselves. We compare ourselves with others so bad that we do not see what we actually have (ex: type of hair, slimmer body, fairer skin, pointed nose, etc.). Our insecurities make us believe the lie that we are not good enough and that we cannot measure up to everyone else's standard.

2. Full of Fear

Some say that "FEAR" stands for F-alse E-vidence A-ppearing R-eal. In a woman's world, fear is a common response to painful experiences of the past. It is so powerful that it cripples us and sometimes dictates our decisions and actions. Here are some of the fears that we can relate to:

Fear of being rejected. Just because we want to belong, we change ourselves to be cool and to fit in.

Fear of failure. The world pressures us so much to be perfect, that's why we think that it's already the end of the world when we fail and not meet other people's expectations of us.

Fear of showing our true selves. We care so much about what others think about us that we end up wearing masks and hiding who we truly are, especially our wounds and scars.

Fear of being alone. Being alone is often equated to being lonely and so we result to entering romantic relationships even if we are not yet ready, only to find ourselves hurt in the end.

Fear of being unloved. To love and be loved back is probably one of the best feelings in the world and so, to not be loved is something we try to avoid as much as we can. Sadly, sometimes we end up looking for love in the wrong places.

3. Hopeless

They say that as long as we live, we have hope but once hope is gone, it is as if there's no more reason for us to live. Many of us think that there's no one who will love us for who we truly are. We are so focused on having someone to

complete us, forgetting that we should work on ourselves, too to become whole so we can learn to love truly and wholeheartedly.

Our hopelessness and despair can lead us to sinking deeper into emptiness. Desperation means to see that our sufferings have no meaning. That there is no value in waiting, in yearning, and in longing for love. Here are some of the things that we do because we feel hopeless:

- *We settle for less.* We settle for a lesser version of a fully committed relationship; we hang onto fragments and empty promises (undefined relationships, friends with benefits, etc.)
- *We take risks instead of making sacrifices.* True love is no easy endeavor, but it should lead to more life and fulfillment. We equate the demands of love with risky behavior: Excessively drinking, promiscuity, pre-marital sex, pornography, and masturbation because they provide instant gratification, but in reality, it comes with consequences that leaves us feeling emptier in the end.
- *We seek social approval.* We go lengths to be seen, to be noticed, to be appreciated, to be "liked" thinking that when people give such attention to us, we are more loved. We forget that even before we try, we are already loved. Again, this will leave us feeling emptier knowing approval does not mean love.

III. Real Talk: The Creation Story

When these moments come, it's important we know where to turn our minds and our hearts. The real question is – when God looks at us, what does He see?

(Note to Speaker: At this point, the Dove Commercial is shown to the audience and will be processed briefly afterwards.)

This one, at last, is bone of my bones and flesh of my flesh; This one shall be called 'woman.' Adam was enthralled and mesmerized by Eve's gift of person. We are simply beautiful and special beyond measure.

How was woman created? Based on biblical accounts, Eve was taken out of the rib of Adam. The rib is so special because it protects the sensitive inner organs of the body including the heart. We may interpret it that being taken out of the rib means being made so delicate to be protected and loved.

Given this beautiful design of God for woman, we can trace the following truths:

1. **We are created to be unique and special**

(Note to Speaker: At this point, the "Slap Her" video is shown to the audience.)

No matter what we look like, who our friends are, what our family background is and what our imperfections are, in the eyes of God, we are perfect just the way we are.

We are not like the rest of creation that did not prove to be a helper suited for man. There is inherent beauty in being a woman that naturally makes man in awe of her presence. Our intrinsic design challenges men to respect, cherish, protect and love us the way we deserve from the very beginning of God's creation.

2. We are created to love for love

(Note to Speaker: At this point, the “Elo and Mara” video is shown to the audience.)

We are created in the image and likeness of God who is Love, and so we long for love. This is the clamor of our hearts.

Even the very differences that we have as men and women give truth to God’s plan that we are made *complementarily* for each other. Being taken out of the rib can also be interpreted as being made side by side, man and woman being partners to each other in pursuing love and life.

To love is our nature, but it doesn’t mean that if you don’t have a boyfriend right now, it will make you any less of a woman. The love that we’re longing for can only be satisfied by God in heaven, but while we’re here on earth, we can experience it through our families and friends who bring out the best in us. The Lord’s timing is always perfect in meeting the right man whom He has destined for us.

In summary, we realize who God created us to be as women. His design for a woman is so beautiful - we are *special* and we are *made to love*. Let us never forget that when God looks at us, this is exactly what He sees in us.

SHARING:

[Sharer’s Profile: A young woman who has overcome her struggles (insecurities, failed relationships, failures, poor self-worth etc.) and found her true identity and worth in her relationship with God]

IV. Through the Father’s Eyes

No matter where we find ourselves in our walk of life, let us remember that God sees us for who we truly are - His daughters and His princesses. We are beautiful and amazing just the way we are!

Do not believe the lie that no one loves you. You are loved more than you can imagine. You are so precious that Jesus, the Son of God, the King of Kings, believes that you are worth fighting for so much so that he died for you.

When we see our unique selves reflected in the mirror, we can find our beauty by looking through the Father’s eyes.

We are truly beautiful. *“You are beautiful in every way, my friend, there is no flaw in you!”*
- Song of Songs 4: 7

V. Practical Tips

In order for us to see ourselves the way God sees us and live the lives He desires us to have, what should we do?

1. Be who you are.

"She is clothed with strength and dignity and laughs at the days to come."
- Proverbs 31:25

Be the best of who you are in mind, body, and spirit. Seek the best for yourself and have the courage to make the necessary sacrifices to be who you are. Self-acceptance begins by understanding your purpose. When you can identify your destiny, you will have a clearer view and appreciation for how God designed you and the desires he placed in your heart.

2. Be a woman of virtue

"Charm is deceptive and beauty fleeting; the woman who fears the Lord is to be praised." - Proverbs 31: 30

Our virtues shape our interior lives which our face reflects on the outside. Our beauty emanates from within and should radiate timelessly when our external beauty matches the grace within.

The theology of the woman's body points to her nature of being life-giving, nurturing, and hidden gift.

- a. Womb: A woman should strive to feel like a safe, secure, and warm place for those around her. Those in her life should feel more alive and inspired.
- b. Roundedness: A woman should strive to be inclusive and nurturing -- fostering relationships among others (with much prudence.); contrary to man's sharp, angular features, women have a more natural tendency to soften and find middle grounds in extreme situations. Strive for this grace.
- c. Hidden: Unlike a man's genitalia, women find theirs to be inward and internal. Women should strive to embrace and enrich their interior lives through prayer and service. "A garden enclosed, my sister, my bride, a garden enclosed, a fountain sealed!" (Song of Songs 4:12). A woman's desire to be pursued allows a man to express his desire to pursue, thus reflecting once again, the Trinitarian image of God. (Give, Receive, Openness to Love).
- d. Gift: The virtue of chastity allows one to have mastery over oneself. A woman who is not controlled by the intensity of her desires nor her emotions can find that authentic freedom is linked closely to self-discipline. Our ultimate vocation is to make a gift of ourselves. Living out the virtue of chastity is a practice for our vocation and an expression of our love to those around us.

3. Make Jesus Christ your one true love

"What we love determines what we seek. What we seek determines what we think and do. What we think and do determines who we are — and who we will become." Dietrich Hoeffler

Because of sin, we will always feel like we are missing something. Our souls hunger for love and for falling in love because our souls long to be whole and only authentic love can do that. That perfect love is found in Jesus and his love for you. All the other loves in our lives will come from him. "We love because he first loved us" (1 Jn 4:21).

Let us then come to Jesus and make Him our One True Love. He waits for us. Let us seek Him with all our hearts. Everything we need and everything our hearts are longing for can only be found in Him. He is the infinite source for our infinite desires. His love will never run out. Let us let him fill us and heal us.

VI. Conclusion

Let us ask again the questions we asked at the start of this session –

- “Who am I as a woman?”
- “Do I know myself... or do I avoid parts of myself?”
- “Do I love myself...or do I just like myself?”
- “Do I believe that God really loves me?”

We may be able to answer these questions right away or we will need more time to absorb and process everything we have learned today. Nonetheless, let us not forget that as much as the world wants us to believe in the lies it throws at us everyday, we have the power to choose and pursue what’s true and real - that we are enough.

Only one thing is necessary – coming back to God. Let us spend time at His feet, be found and be known by Him.

We don’t need to alter ourselves to fit in into the standards of today’s society. All we need to do is to look into our hearts and to allow God to reside in it. Allowing God to live in our hearts will make His love shine through us even more, making us truly beautiful, even captivating. After all, we are his daughters.

[Note to Speaker: At this point, the “Try” video by Colbie Calliat or “Who You Are - A Message to All Women (Monologue)” is shown to the audience as a final video. A Pray Over Session will then follow, thanking God for everything the women learned and realized today about authentic womanhood (being made special and being made to love), asking for forgiveness for the times when they were insecure, full of fear and hopeless, and asking for His grace to be able to live according to their identity as God’s princesses (by being who they are, by being women of virtue and by making Jesus Christ their one true love).

LIVE PURE MOVEMENT
PHASE I FORMATION
LOVE FORUM

Rationale:

Everyone seeks to love because our ultimate vocation is where we will learn how to love best. Since one's experience with relationships ultimately affect their lifelong vocations, how we find and live with love on the daily is important to discuss and discern properly -- especially with the youth. The proper understanding of authentic love can help us orient our desires properly. It starts with a proper disposition towards our relationships.

Participants:

- Single men and women aging 12-21 years old.

Speaker's Profile:

- A man preferably single or young couple who was trained and certified by the Live Pure Movement.
- *For all girls:* A woman preferably single or young couple who was trained and certified by the Live Pure Movement.

Objectives:

At the end of the session, the participants will be able to:

1. Realize that the relationships we seek should be life-giving and inspiring.
2. Know how to seek God's will in this very sensitive area of their lives

Methodology:

Sing a love song:	10 - 15 minutes
Talk Proper:	1 hour
Sharers (within the talk):	10 - 15 minutes
Spiritual Prayer / Conclusion:	15 minutes

Expanded Outline

I. Introduction

"Falling in love is the walk back to the Garden of Eden."

Falling in love is an important part of the human experience. As human beings we are bound to experience falling in love simply because we are created by God who is Love. It is the awakening and redemption of the soul; it is when we realize that we are called to lay our lives down for another. Sometimes it's in family life, in marriage, in religious communities, and in our daily friendships. Every stage we are in whether we are single or committed, we find ourselves in a mini-rehearsal for our life long vocations.

We are created by Love and we are created out of love. *(For if man exists it is because God has created him through love, and through love continues to hold him in existence. He cannot live fully according to truth unless he freely acknowledges that love and entrusts himself to his creator. CCC 27)* It is in our nature to want to love and to be loved.

Note to Speaker -- A caveat: A "love life" is by no means required to have a fulfilling life. The key is to understand how we can grow to be receptive to love and to pursue love where God calls us.

- **The Power of Love**

Discovering love is one of the most exciting and overwhelming experiences in a person's life. Going beyond what we see in romantic films, **realizing true love has the power to transform us into the best version of ourselves.** Like salt, it enhances our unique traits. Like a bright light, it allows us to discover our darkest shadows. It can lead us to a lifetime of happiness if we realize early enough that love is a gift from God, who is the ultimate source and object of love.

[Note to the speaker: at this point the speaker can share some examples of what people think, do or say when in love. This is a chance to connect to the participants because everybody can relate to it.]

On the other hand when we settle for pleasure and acceptance in search of love we will always fall short of what we truly seek. Thus heart aches and disappointments come. Our disordered desires can really distort and pervert what is called to be a beautiful relationship. Authentic love supersedes attraction and romance, and it must be present in every relationship for it to grow and blossom.

The world even presents to us a distorted kind of romantic love. Media paints love and falling in love with images that are only half true. We see this all over social media (Facebook, Twitter, Instagram, Snap Chat etc.), movies & television shows that we watch, and on the magazines/articles/blogs that we read. What media gets wrong is that romantic love is the happily ever after. It is not.

Therefore, we should understand the true essence of romantic love. This is important so that we can be spared from all of the heartaches and pains, and truly fulfill and experience God's promise of love for us.

III. What is True Love

In a world with so many twisted definitions about love it is important to understand the real meaning of true love. According to Pope John Paul II Theology of the body: **Love is a decision driven by commitment.** *For love is not merely a feeling; it is an act of will that consists of preferring, in a constant manner, the good of others to the good of oneself.* Since Love is defined as always seeking the greatest possible good of the beloved. And we know and acknowledge that there is nothing that can be greater than God, then we are led to always desiring God for our beloved. We desire heaven for them.

1. True Love leads to the gift of self

Love is the free self-giving of the heart (CCC 2346). To have a heart full of love means to be so pleased with something that one emerges from oneself and devotes oneself to it. Ex. a musician can devote himself to a masterpiece. The most beautiful form of love on earth, however, is the love between man and woman, in which two people give themselves to each other forever. All human love is an image of divine love. In God, there is continual exchange and perpetual self-giving.

“Love consists of a commitment which limits one's freedom - it is a giving of the self, and to give oneself means just that: to limit one's freedom on behalf of another.” – St. John Paul II, Love & Responsibility

Love, in its truest sense is not thinking about yourself, it is never inward but always outward. It is always directed towards the person you love. Since Love is defined as always seeking the greatest possible good of the beloved. And we know and acknowledge that there is nothing that can be greater than God, then we are lead to always desiring God for our beloved. We desire heaven for them. True love therefore is self-giving!

2. True Love leads to authentic joy

A person who loves sincerely brings out the best in others, thus bringing real joy.

A person who loves and knows he or she is loved lives inspired to do more and has the humility to learn more about themselves. They live happy with the simplest things in life. **Our friendships and other relationships should lead us to feel the same. They should always empower us to find our capacity to offer ourselves as gifts in love. Making the sacrifices will bear the fruits of joy.**

Meeting the demands of love in our daily relationships can help us prepare for a lifelong commitment will make.

Pursuing romantic relationships should point us towards marriage. Love isn't a temporary fling, but rather a lifelong endeavor. Again, chastity helps one with self-mastery. Self-mastery leads to clarity, which can help one avoid unnecessary heartbreak for all parties involved.

3. True Love drives out all fears (If audience is mature)

All of us have fears, fear is imminent. But there will always be a greater force which is love. Love overcomes fear. We will always choose to love even if there is fear. And when we love, we don't settle for cheap imitations of it (e.g. mutual understanding), because love is meant to be celebrated.

What are our fears? (note to the speaker: you can enumerate some of the examples given here depending on your audience)

- Fear that no one will end up with you as a partner in life
- Fear that no one will accept and love you for who you truly are
- Fear that your relationship won't work out and will only last for a short time
- Fear of being fooled again because of love (when you should have known better now)
- Fear of being alone, and so just settle with their present relationship even if you know it's not good for you anymore
- Fear of speaking up and standing up for what's right, that's why you end up compromising just so you can stay in that relationship
- Fear of hurting the one you love, that's why you end up being stuck in that relationship
- Fear of hoping for something better because you have already become jaded and bitter that you believe that true love no longer exists
- Fear of taking risks (for the guys especially), that's why you play it safe and test the waters first
- Fear of the future's uncertainty
- Fear of what other people have to say
- Fear of not being "good enough" or being "worth waiting for"
- Fear of always ending up in the friend zone

There are many more of these things that have made us fearful to love. But, in truth, love is the antidote to any kind of fear we may experience in relationships! In **1 John 4:18**, we are affirmed, ***“there is no fear in love, but perfect love casts out fear.”*** Fear will always be there, but know that perfect love and its presence in our lives can overpower any fear.

Hopefully, these pointers should help one discern properly the relationships in his or her life. It is important to recognize red flags. We can grow better in prudence and judgment of each unique scenario by having trusted mentors and parents who can give us direction that will lead us to true love. Remember that saying no to a toxic relationship is saying yes to a healthy one with yourself and others around you.

*These 3 things will really make you say that **true love is a decision driven by a commitment**. For love is not merely a feeling; it is an act of will that consists of preferring, in a constant manner, the good of others to the good of oneself.*

IV. What to do while waiting

1. A - Adore God first

Pursue God tirelessly and fall in love with him in every season of your life.

Understand that He is the source of all love. Love everyone in your life with God's love. We will run out of our capacity, but if we love others in God, then we will always find we can give something even when we feel we've run dry.

(note to the speaker: share the glass, water and pitcher analogy)

2. B - Be the best person you can be

We often wonder who we will be in the future? What will I be like? The best way to know is to determine that *today*. Who we are today will carry into the future. Be present. Be the best that you can be in all important areas of your life. Your family, your studies, with your friends, etc. If you are still studying, concentrate on that first. Make it your top priority. Be the best student. If you are working be the best worker and coworker. Excel in your field. Widen your circle of friends to broaden your field of choice. As a Christian, be a good witness in the way you live your life and in your service.

Our daily experiences are the best opportunities to discern and practice for our vocation. The practice of chastity will allow us to determine the true desires of our hearts without being clouded by our desires or selfish motives. Discover your true desires in service of others. This will help bring out the best versions of ourselves.

3. Discern, discern, discern

Each person and situation will be unique. Avoid generalizing experiences. Do not equate "waiting" with being the only one solution to finding true love. You can wait and mistake the first guy that pursues you to be "the one." Discern the virtues and values you seek, discern your character and the other person's. Discern your goals. Physical attraction will be there. Chastity will help you not be swayed by the trivial factors.

Ultimately, stay prayerful. Trust that God has your best interest in mind. When he is the author of your life, you will know that your story will end happily ever after.

(note to the speaker: if you are still single, this is the best time to share your conviction in waiting. If you are in a relationship, share as well your process of waiting and how you value your relationship now.)

V. Beauty in waiting (True love is worth waiting for)

Ecclesiastes 3:1. There is a time for everything, and a season for every activity under the heavens. At times, we feel that twinge of impatience about love, but let's try to remember that here is a time for everything. Practice patience. At times, we focus on concerns about this and that. Questioning and wondering, but let's be reminded that we do not need to worry. God knows. God reminds us that there is a time for everything.

He has made everything beautiful in its time. Ecclesiastes 3:11. He has a time for us. We just need to wait and trust. He will bring us what is best for us in its time. With this hope, we have no reason to hurry. We can take time for the life moments that are all important. The little moments that can be rushed by all too easily. With this hope, we understand. Whether it be a season of waiting or a season of blooming, He makes it all beautiful.

Love is so precious, let us not rush into it. Every day is an opportunity to grow and rise in love. For love to be right and life-giving, one needs to be prepared for its demands. There is beauty in waiting. Do not despair! Despairing is to see only the suffering without its purpose. The waiting prunes us. It refines us. The waiting makes us see more clearly.

VI. Conclusion

Love is good. Love is beautiful. Let us learn to love deeply, honestly, and sincerely because love is from God who is the source of pure and true love. May we never do anything that will cheapen the true purposes God has for love. But the distortion and abuse of love will be tragic. It destroys instead of builds and creates. Be present and love where you are. God is calling us, and if we say yes to the little ways, when the big question gets asked, saying yes to God's will will be the only answer we'll know to give.

LIVE PURE MOVEMENT
PARENTS FORUM
Understanding the Youth of Today

Rationale:

The youth and adults can seem to be worlds apart. There are differences in expectations, priorities, cultural upbringing, exposures, and experiences in life. Oftentimes, these differences can be divisive thus resulting in poor communication, misunderstandings, and sometimes hostility. The disconnect causes the child to isolate themselves from the parents and the parents to feel like a stranger to their own child.

Objectives:

At the end of this session, the participants are expected to:

1. Know the differences of the youth and adults
2. Know where these differences are coming from
3. Be able to attain the skill to communicate to the young today

Methodology:

Talk Proper 45 minutes

Expanded Outline:

I. Introduction

As parents, one of our major responsibilities is to understand and connect to our children. But it is also a reality that there is a generational gap between the two groups. However, there is a way to bridge this gap and create room for understanding and unity. The initial step to be taken should come from the more mature position of parents and youth coordinators. It is important therefore that they know how to communicate their authority with compassion, wisdom, and love. It is important to establish their roles as protectors and guardians appropriately.

II. The Mindset

Connecting with the youth starts with setting our minds. As adults, we remember our own youth and see their naivete as ignorance. While they may still lack the wisdom and experience that we now have, we have to meet them where they are with patience and understanding.

- Ask questions and take the time to get to know them. Approach them like they are capable of being mature.
- Empower them to make the right decisions. Guide them with the right questions to come to the wiser and proper conclusions.
- Our goal is to make sure they *know* and *feel* that they are loved by us.

We have to remember that regardless of age, everyone deserves respect of time, thoughts and opinions, privacy, independence -- all which are especially important to the youth in their age.

III. You've been there

A. Same Issues Different Generation

From experience and study, young people undergo the same experiences as they come to age. Below are some of the essential experiences and conflicts young people experience:

1. Desire to Belong

This is the stage where belonging to a group is the most important aspect of a teenager's life. Their peers become their main figures of authority. This is the reason why at this age they seek belonging to a group or a cause or even a significant other.

2. Life-altering Changes

During this stage, young people experience changes physically, mentally, and emotionally. They are changing as they become more self-aware and conscious of their identity. This is where they begin to be conscious of their unique experiences as men and women. It is when they begin to explore their sexuality, try to understand the opposite sex, and how it all links to their identity.

3. Identity Crisis

Individuals discover and establish their personal identity in their youth. They often experience confusion and make mistakes along the way and without guidance, they might feel like they are in a crisis. It is where they begin to choose their look, personality, and priorities independently. It is when they really begin to form and exercise their conscience on their own.

B. Same Lines Different Expression

There are many factors to the generational gap: Differences in culture, language, trends of fashion as well as thought provides young people different modes of self-expression that are often foreign to parents and adults. Below are some notable differences:

1. Means of Communication

The surge of technology changed the way young people communicate. Nowadays, there are mobile phones, social media, instant messaging and the whole Internet at their disposal. Because of this, communicating to one another is faster and becomes more impersonal. There are virtually no boundaries for the young people. Efficiency and convenience are often prioritized and they don't see the great need for personal contact or even privacy.

2. Language

Slang continues to evolve, and this generation has their own. Their exposure to pop culture has great impact on their vocabulary. (The speaker can cite some examples of words that the youth use today, comparing it to the lingo young people use before).

But if you think about it, if we rewind 10, 20 years ago, these differences are probably the same differences we had with the older generation of our time thus proving that we can truly connect to them because we have been through where they are now.

V. Bridging the Gap

1. Research

Put yourselves in their shoes to see what they see. Do some research about studies on their age group. Be aware of who is representing their role models. Or ask directly what they are interested in without the intent to analyze or criticize. Create a rapport where they feel they are safe to talk to you. Below are some ways you can engage with your child safely.

- ✓ Make Social Networking System Accounts such as: Facebook, Twitter - Model responsible use of this for them.
- ✓ Add your children as friend - only if your relationship in person is also solid.
- ✓ Watch their shows with them.

Caveat: This is not where you build relationship with them. You must do this first in person before you can engage on line. Some teens will use the Internet to have an identity outside the home and the watchful eyes of parents.

2. Be Open to New Things

Teach your children about the value of the technology and innovation they have alongside the timeless values of personal interactions and virtues. *Demonstrate* to your children that you are open to growth and progress, but that there is always room for values that do not require technology.

3. Feel Loved

The most important thing to do to connect to them is to make them feel your genuine love and concern for them. Talking to them sincerely, listening to them and taking time out to spend time with them would send a signal that you care for them. This will make you win their trust, make them open to you and thus connect to them even more.

V. Falling into Temptation

Teens do not simply jump into explicit activities like drug use or even sexual activity out of curiosity. Oftentimes, they are either lacking in relationships or understanding of intimacy, have been taught wrong or have seen the wrong examples (by parents or the world around them).

1. Peer Pressure/People-Pleasing Tendencies

- a. Their need to belong makes them susceptible to peer pressure. They want to say yes because they fear being an outsider. This shows their lack of self-confidence as well as understanding that their actions will always have consequences.
- b. They may be lacking confidence to be independent in thought and action.
- c. An opportunity to teach importance of boundaries and how to determine people whom they ought to honor.

2. Dating without Purpose (Serial dating)

- a. They are needing validation, so they seek the approval of others. Modern culture teaches that to be sexually desirable is the goal -- not true love, not authentic beauty.
- b. They do not understand the value of true love.
- c. They may not *feel* loved or enough.
- d. They do not understand the consequences of the hook up culture or even serially dating.
- e. A form of rebellion.
- f. An opportunity to teach and model the beauty of a loving relationship among friends and between a man and a woman.

3. Rebelling

- a. They do not feel heard or empowered.
- b. They are looking to express independence.
- c. An opportunity to teach how to communicate with others who have differing opinions.

Final Reminders:

- ✓ It is important to remember that teens will inevitably make mistakes; use the opportunities to teach about God's divine love, mercy, and redemption.
- ✓ Empower them to come to the right conclusions about their behaviors by asking leading questions.
- ✓ Talk them through the consequences of their actions, so they can take ownership of their own behavior.
- ✓ Walk the talk. Children listen to what they see, not simply what they hear.
- ✓ Show that the things you ask them to do indeed bear fruit. If they see you are miserable, how will they want what it is you are trying to give them?

V.) Conclusion

There are so many forces in today's world threatening values that will lead our young people to authentic freedom and love. Yes, it may be challenging, but it is only in this way that we will be able to fulfill our ultimate purpose of pastoring our children and teaching them the right values they need to be able to become the men and women God wants them to be.

LIVE PURE MOVEMENT
PARENTS FORUM
When Parents Talk About Sex

Rationale:

In our generation today, the youth are said to be curious and hungry learners. They ask about everything, and sex is not an exception. Sadly, they find their answers in the wrong places like the secular media. That is why it is important that the parents know how to discuss sex with their children based on God's design for this beautiful gift.

Objectives: At the end of this session, the participants are expected to:

1. Embrace their role as educators and models of chastity to their children.
2. Equip the parents on how to discuss the beauty and gift of sex through the virtue of Chastity to their children.

Methodology:

Talk Proper 45 minutes

Expanded Outline:

I. Introduction

It is true that the youth today (given all the realities of the modern world) must have the proper sex education, and it should be through the virtue of chastity. This is the mission of the Live Pure Movement: to spread the good news of chastity to the young. But this is not enough because the truth is that it is the parents' responsibility as the first and most important educators of their children. *"Since parents have conferred life of their children, they have a most solemn obligation to educate their offspring. Hence, parents must be acknowledged as the first and foremost educators of their children."* (Second Vatican Council)

II. Love Conquers all

The challenge is that there are a lot of things that hinders parents from educating their children about sex through the virtue of chastity. Such hindrances include the awkwardness of the situation, embarrassment, and feeling of inadequacy, worry over how and what to say, a parent's tainted past & guilt feelings, and worry over how child will react. This is possible to overcome by parents love for their children. A love that is driven by God's love can drive out any fears.

III. The right and the wrong approach

A. Wrong approach: "Safe and free sex" education which says, "Don't. But if you do, protect yourself."

There is no such thing as "safe sex" outside of marriage. To say safe implies and proves that there is a dangerous way of being sexual. It also sends the wrong and evil message that fertility is a problem. Secondly, it is dangerous and deceptive to promote contraceptives to assure freedom from risk. Every sexual act is open to the possibility of life, venereal disease, sexually transmitted diseases and AIDS. Only abstinence works 100%. Don't let anyone talk you out of the gift of your sexuality, health, and fertility. *Anti-life agenda that promoted by media, government and sex education at schools. This promotes contraceptive mentality.

B. Right approach: Sex is a Gift Virtue.

Sex is a gift, but also teach that it isn't the only way for people to experience intimacy. In the context of marriage, sex is a gift that allows two people committed to one another forever to open their love to more life. Chastity does not end at the beginning of marriage. It is the virtue that safeguards their intimacy. It is necessary to show respect for the woman's natural cycle and to highlight the other ways of being fruitful with your spouse.

*Pro life stance of the Catholic Church and must be taught by parents at home, if possible.

V.) Preparing to teach Chastity

- A. Make Christ the center of your family – Have regular family prayer time and attend mass together. Teach your children about the fruits having a relationship with Christ bears!
- B. Create opportunities to talk – Initiate informal talks that will create opportunities to listen and open up. Ex. During dinner, dates, jogging.
- C. Be a role model - By parent's own example of chastity
- D. Have a good home environment - Should be positive, caring, cheerful. It should provide the teen-ager security and stability. Here the teenager should be loved unconditionally in order that he may develop a healthy self-esteem.
- E. Give your teenager responsibilities at home - Show that you trust him to fulfill the responsibilities. This builds their confidence!
- F. Be a motivator - By building up children's character (self-empowerment and self-esteem)
 - 1. By letting them feel your love for them
 - 2. By affirming them in their ability to choose good

V.) Modeling and Teaching Chastity

After establishing the basic preparations it's time to teach the children about sex through the virtue of chastity. Teaching the young about chastity is a process of informal teaching of values. By engaging regular family routines and activities such as having dinner then try to know where there are by catching up, watching romantic movies then explaining the value of love, asking your children to read a book about chastity then guiding them in understanding important points.

It must not be given one time big time and very formal for it might just lead to awkwardness or even the child misinterpreting it as another sermon of set of rules.

Important points to teach:

1. That you are a special person. You were created and made in the image and likeness of God. Every human being was created in the image and likeness of God, hence, should be respected and be treated the way you would want to be treated. Show them that you value everyone else around you especially the least fortunate.
2. That your sexuality is part of the gift of your being. Sexuality in both its broad sense (an integral part of a person's identity - "Male and female he created them." (Gen. 1:27) and its genital aspect (physical attraction for the opposite sex, sexual intercourse pleasure, etc.) is good because it comes from God and that his design points us to our destiny. Failure to understand our sexuality can lead us to abusing or cheapening these gifts. *Caveat: Also teach children to never judge those who may fall into temptations. Always teach about role of redemption as well. For those conceived outside of marriage, it is important they know their dignity is still full and they are still able to receive God's grace.*
3. That chastity is the true test of love. Chastity is self-mastery, which is crucial in relationships. Chastity protects you and the other person from your own vices and desires. Chastity builds mutual confidence and respect and assures you that the other values the whole you and not just the urges you have in common and vice versa.
4. That chastity gives you freedom. It is not just another set of rules but a being free from guilt, unnecessary heart break, insecurities, and the bondage of your desires. Making a decision to abstain from sexual intimacy until marriage will virtually guarantee you a life free of STD, AIDS, and the risk of pregnancy. There will be no guilt and shame as from promiscuous sex, all of which add up to the genuine freedom which a peaceful conscience alone can provide.

5. That it's never too late for chastity. Even if you've failed in the past, it is never too late to change, and to choose standards and principles that will help make a happier and more "in-control" person. God will forgive you and will give you the grace you need to live a chaste and happy life. You need only to ask.
6. That I believe in you. We know that being chaste is not always easy, but you can do it. Being chaste is being obedient to God's laws, your parents, and your own high standards. That chastity is still possible and that you can do it.
7. That being chaste demonstrates loyalty. Chastity demonstrates self-control and of trustworthiness and faithfulness that will carry over even after marriage. Your marriage partner will know you can be trusted, because you were trustworthy before marriage.
8. That modesty is the way. Promise yourself that your dress, language, and actions will show respect for your body and for others. Wearing immodest (tight, scanty, or revealing) clothes, the use of filthy language, or hanging out with kids who are into drugs or drinking gives others the wrong message.
9. That every relationship has a process and an end goal. *Caveat: Note that not everyone's path will look the same. Teach about the uniqueness of every friendship but one thing remains constant: We must constantly discern people and situations and have purpose in our relationships. It should also always lead to something life-giving.*

Stages of Relationships and the end goal is marriage (If you are called for married life):

- Stage 1: Friendship where you get to know people and build true friendship without romantic love, commitment, or self-interest. Setting appropriate boundaries is necessary!
 - Stage 2: (Comes with time and age) Discernment is where, individually and independent of the other, the boy and the girl consider their negotiable and non-negotiable for themselves and their future partner. At this stage, it helps to have spiritual direction from mentors, parents, accountable friends, or priest/religious.
 - Stage 3: Courtship is where the young man expresses his intentions for the young woman as they both continuously discern if they will enter into a committed relationship. With respect to the age of the parties involved, it may be most ideal to have the parents or guardians involved during this step.
 - Stage 4: Dating as boyfriend and girlfriend in committed romantic relationship where they begin to share their love and lives together. They must strive to keep their relationship pure as they save their purity as respect and love for one another. Continuous discernment for marriage is a must.
 - Stage 5: Engagement is the period in which they prepare for the end goal: Marriage. This must not take too long.
 - Stage 6: Marriage is where two people will be bound as one by the grace of God.
10. That you should be patient for love. It is important to set your priorities straight and not rush into entering into a relationship. Not being driven only by emotions for love are more than just feelings but a decision driven by commitment. Chastity helps us have mastery over our emotions.
 11. That you should value yourself and know that others will respect you and value you as well. It takes a real man or woman of courage, discipline, and determination to say Yes to yourself and values. Teach them their worth and dignity by showing them the value of sacrifice and responsibility.
 12. That dates must have boundaries. Let your standards be known. A date should know without asking that you are a person who values your body, your sexuality, and the gift of chastity. Go on group dates whenever possible. Keep things light. Temptation is strongest when lights are low, emotions are strong, and no one else is around. Sexual experimentation outside of marriage is wrong. It is also selfish and tells the other, "I want it now and I won't wait. Who cares about you or the outcome?" Real love always puts self last and the welfare of the other first.

LIVE PURE MOVEMENT
LIVE PURE HANGOUT 1: Status -- Single
Single and Happy

Rationale:

Presently, the median age for females getting married is 24.5 years of age. For men, it is 26.5 years of age. Men and women are marrying four years later than their parents did a generation ago. (This is based from a book of Dr. Harold Sala) The question now is "What is the real status of single young professionals today?" "What is consuming their hearts and minds?" There are happy, stable, contented and fulfilled singles but not all. Many singles struggle because of the ache they feel for a relationship. They have this tendency to fill the void with unnecessary things. So what is your status? Are you single and happy or single and lonely? Are you single but ready or unready?

Specific Objectives:

1. Express the gift of singlehood and the fruitfulness of this season.
2. Know the concrete ways on how to be a single and happy and how to live it out
3. Inspired to find their fulfillment in God who alone can satisfy the longings of their hearts

Methodology:

Ice breaker	20 minutes
Acoustic Music Session	30 minutes
Talk Proper	30 minutes
Reflection Song and Prayer	5 minutes

Expanded Outline

Status: Single "What's in your heart and mind today?"

So you're single! How are you living out this season of singlehood? Are you happy, lonely, or both? Ready or unready? If you are single, chances are, you are familiar with being heartbroken, not moving on, being friend zoned; wanting only sex, being by-passed, having fear of commitment, being alone. etc. As a single person, what is in your heart and mind today?

How to be single and happy?

Think about when you would want to enter your vocation? How many years is that from now? Think about how these are going to be the last years where you can be all about you. The following steps are ways to make the most of your single season.

1. Embrace solitude.

With multiple responsibilities and friend groups, it is important to take the time to reflect on the kind of person you are when no one else is around. Reflect on your purpose today and for what kind of life God might be calling you.

Learn to love yourself by caring for your physical, mental, and spiritual health. Identify triggers and insecurities that you can bring to the light for healing. Heal from the traumas that keep you from loving others and being loved.

2. Open yourself to blessings.

You have family, friends, work, (lots of) time, talent, and treasure. God has given you unique abilities. Your mission is to discover the value of it, make the most out of it and place them at His disposal. Unite your desires with God's wills and be open to the experiences of life.

Remember to find joy even in the aching and the waiting as they are all part of your preparation for our vocation and heaven.

3. Serve others.

Discerning for your vocation means to make your vow to offer yourself in service your whole life. The best way to prepare for that is to find opportunities to serve. It is the best way to understand how you can best offer yourself and also what it is that can really fill your heart's desires. "I realized how perfectly each person's vocation matches his or her personhood. I finally understood that discernment did not mean figuring out some cosmic plan; it meant figuring out glory for which God had specifically created me." – Jason Evert

4. Build community.

The season of singleness will only come once in this stage of your life, so embrace and make the most out of this time. Singleness doesn't require total isolation, but rather healthy detachment from unhealthy people, habits, and environments. It is a time to build a lifelong community to help you move now and in your vocation. It's a time to cultivate life-giving relationships to further discern your future vocation.

5. Surrender yourself to God's love.

If you are unhappy as a single, marriage isn't going to change your outlook, but it may magnify it. Don't worry, be happy. Enjoy who you really are as you embrace your singlehood and value what you have. Celebrate life with the relationships that you have. Pray more, be purified and find peace finding your life direction. Practice chastity as it is the sure way to happiness and it frees us to love truly. Find happiness in the real joy Giver who is longing to satisfy the deepest desires of your heart. Find everlasting happiness in God.

Conclusion

Find contentment and fulfillment where you are now for contentment is not a destination but a journey. "A man or woman with the courage to step out into the unknown, risking temporary loneliness for a shot at lasting joy, is more than being "single." This person is solid in solitude. Instead of defining him/herself by what they lack – a relationship with another. A person is defined by their relationship with God. Our destination is God and in the process toward getting there, no one is ever alone for God is always with us. Experience Total Happiness as you will find it in God. Only God can satisfy the deepest longings of your heart.

Reflection Song: (About not being alone, being loved and happy) *Prayer for Acceptance, forgiveness, surrender and claiming grace to have Joy in Christ.*

LIVE PURE MOVEMENT
LIVE PURE HANGOUT 2: Love Actually
How to Love

Rationale

Nowadays, many people no longer believe that true love exists. Many are jaded by their experiences. But the reality is, many have had their hearts broken because they only fell in love with the idea of love. Before finding the one, we must first know what true love is for us to also know how to truly love.

Specific Objectives:

1. Understand that true love that we deserve still exists today and what it really is.
2. Accept the virtue of Chastity as it will enable a person to love truly
3. Concrete steps on how to find your one true love

Methodology:

Video	5 minutes
Ice breaker	20 minutes
Acoustic Music Session	30 minutes
Talk Proper	30 minutes
Reflection Song and Prayer	5 minutes

Expanded Outline:

I. True Love still exist (Ascension Presents: Marital Love is a Dance: <https://youtu.be/cyGpersorsw>)

We all desire true love, and the good news is that it still exists: Love that is unconditional between two imperfect people. A love that unites two different and independent beings. A love that is worth waiting for and fighting for. A love that is worth the sacrifice and understanding no matter what. We are all created for love, but love demands us to love freely, fully, and faithfully.

II. Chastity frees us to love truly

Love is patient. So loving truly is choosing chastity by saving your purity for your future spouse. Chastity is sexual self-control of mind, eyes, speech, emotions and body. It is a sure way to happiness by being saved from a life of guilt, fear, frustrations and heart aches. Impurity such as masturbation, pornography, pre-marital sex, homosexual acts and even insecurities can corrupt true love.

Video: Marshmallow Test https://www.youtube.com/watch?v=QX_oy9614HQ

Processing: Patience, Self-control, waiting, sacrifice, and discipline will train us to practice True Love.

III. What is True Love?

1. True Love is chosen freely.

True love is refined by being tested. Chastity helps individuals have better control of their emotions. It isn't a decision made on a whim but rather a firm and resolute decision and commitment to do all that love demands. It is the kind of burning passion that leads to unity and not destruction.

2. True Love deepens faith.

Love overcomes fears such as rejection, to be alone forever, fear of commitment, fear of getting hurt. True love helps us choose faith in the face of our fears.

3. True love is fruitful.

Love is more of giving than receiving. It is expressing and sharing love without expecting anything in return. It is life giving and love giving. It is fruitful for the individuals as well as the people who share in your love.

Video: Toy Story that will make you cry <https://www.youtube.com/watch?v=g-NQ88VT4Zk>

Processing: The Robot is longing for true love and in the right time he took the risk to love. (True Love will drive out your fears.) The Robot climbed the cabinet. (True Love is effort) The Robot met the doll. Explain the different stages of Romantic Relationship. 1. Friendship; 2. Courtship; 3. Romantic Relationship; 4. Engagement; 5. Marriage. Marriage should be the end goal. (True Love gives real happiness.) With the Robot giving up his battery for the doll it affirms that (True Love is self-giving.) _____

IV. Conclusion

Find contentment and fulfillment where you are now for contentment is not a destination but a journey. "A man or woman with the courage to step out into the unknown, risking temporary loneliness for a shot at lasting joy, is more than being "single." This person is solid in solitude. Instead of defining him/herself by what they lack – a relationship with another. A person is defined by their relationship with God. Our destination is God and in the process toward getting there, no one is ever alone for God is always with us. Experience Total Happiness as you will find it in God. Only God can satisfy the deepest longings of your heart. Jesus Christ is the greatest model of True Love that is self-giving.

The Power of Patience: Dos and Dents of Waiting

Rationale:

Waiting is really difficult especially if you don't know what you are waiting for. In the context of love, waiting to find the one and/or to be found by the one can be difficult. In desperation, many singles settle for something less than what they truly deserve. A lot of us must realize that there is always beauty in waiting. And there are many things we can do to help us to be a gift to that gift that we are waiting for.

Specific Objectives:

At the end of the session, the single young professionals are expected to:

1. Learn the do's and don'ts of active discernment.
2. Appreciate and value the season of waiting in our lives.
3. Realize that God has a plan and it is always for our own good.

Methodology:

Ice breaker	20 minutes
Acoustic Music Session	30 minutes
Talk Proper	30 minutes
Reflection Song and Prayer	5 minutes

Expanded Outline:

I. Introduction

Where is she? Where is he? For all of us who are single here, these are probably the questions running through our heads each passing day. Our family, our friends and even media dictates that we should already be in a relationship or should already be looking to marriage, but no matter what we do, there seems to be a disconnect to what is and to what we think it should be. When we find ourselves in this state, we feel that longing and ache to find the one or to be found by the one.

Whether you just came from being heartbroken and are recently single, or whether you have been single for quite some time now and have been wondering why, or whether you have been single your entire life, waiting can be difficult and painful! In desperation, we sometimes find ourselves hopeless and abandoned. Has God forgotten us? Have we really missed the train? Why hasn't He chosen the right one? Is there still hope for us to find the right person?

Ecclesiastes 3:11 states that "Everything that happens in this world happens at the time God chooses." If God is making you wait at this point in your life, do not be anxious, know that He has a purpose for it! Every stage of our life is a gift, and the stage where you are is special. You are single today, whether it's by choice or not. Embrace it. Accept it. And most importantly, make the most out of it!

II. Do's and Don'ts of Active Discernment

Active waiting means you are trusting God with His plan but you are also doing something about your situation. Your *one true love* will not just magically appear in the air, you have to make it happen and take the necessary steps to find or to attract the right one. Take charge. God gave us faculties to explore. Don't limit yourself and ask Him to lead you in your every decision. Now here are some do's and don'ts as we go through the difficult season of waiting in our lives.

DO'S

Be the best version of yourself.

If you want to be the best, you have to be the best. Start preparing yourself now. Strive to look good and to present yourself well to the opposite sex every day. And grow your character because this is what counts the most. Being single is the time to tap on your greatest assets as a person. Secondly, know yourself so that you can determine what you want and don't want. Most importantly, learn to love yourself totally and wholly. Value yourself and always be reminded of how precious you are. Remember, you cannot give what you don't have. You have to be happy by yourself because if not, you'll never find happiness in being in a relationship.

Bring yourself out there.

Unless you're called to single blessedness or the religious life, you will most likely get married. But you have to START GOING OUT. How can you find the one if you can't be found yourself? Singleness is the time of your life when you should meet as many people as possible. But here are some guidelines to remember:

- Finding Mr. or Ms. Right shouldn't be your sole motivation 24/7.
- Make sure that you clarify your intentions when going out.
- You are widening your circle of friends and not everyone you meet is a potential spouse; love takes time.
- Be friendly. For the girls, in the way you carry yourself, you should send this message to men, "It's okay you can talk to me."
- Go to where the good guys or to where the good girls are.

Seek the Lord.

In Matthew 6:33, it is said that we should "*seek first the Kingdom of God and His righteousness, and all of these things shall be added unto you.*" Take advantage of this season of your life in developing the most important relationship you will ever have – your relationship with God. God gave us the desires of our hearts so he can fulfill them but we can't give God deadlines, He will move in His own time. Seek everyday to be filled by His love so that you won't be distracted with all the searching and the waiting. As long as you are seeking God and moving forward, all shall be well and all will fall into place.

DONT'S

Don't assume.

In Proverbs 4:23, it says *"Above all else, guard your heart, for out of it flows the wellspring of life."* Nothing beats emotional purity! Finding love is not meant to torment and to wound us, what makes things complicated is when we expect too much to the point of rejection. Stop imagining what isn't really there and wait on

God's timing.

There is so much beauty in reserving all we have for our future spouse: our first date, our first kiss, our first love, our purity and a complete whole heart! For the girls: Don't allow yourself to be in complicated set-up. You deserve so much better than what you settle for. If you're wondering whether you're on or not, then you're not! For the guys: Don't give preferential treatment to a girl you're not particularly pursuing because it sends a different signal to the woman. Even if you have no romantic intentions, to a girl, your actions speak louder than words. Avoid misleading women into thinking you like them when you clearly don't.

Don't settle.

At this age, you might fall into the trap of falling for the first guy who asks you out or the first girl who catches your eye. No matter where you are in your life, **YOU DESERVE THE BEST**. Don't let go of your standards so that for the guys, you know who to look for and for the girls, you know who to fall for. God for what you want especially when you know that it is what God wants for you. Never say sorry for having standards that meet God's best!

Don't define yourself based on your current state of life. Being single is not a problem to be solved and getting married is not a prize which assures you a shot of everlasting happiness. Instead of defining yourself with what you lack – a relationship with a man or a woman – define yourself with what you have: a relationship with God. In the end, God is a loving God and he wants you to have the best but he wants you to focus on Him first and let Him bless you out of your relationship with Him.

III. Conclusion

Waiting can be a difficult season but if you have Christ filling every void in your heart, be assured that everything will turn out according to His plan. If marriage is God's plan for you, He will make it happen no matter what. Know that where you are is God's gift to you and if you seek His will, you can be happy now! Find happiness in God and trust Him for He knows best how to make you happy.

Final Activity: The session leader will lead everyone into a prayer and reflection while the band will sing "On My Way" by Boyce Avenue.

LIVE PURE MOVEMENT
FOLLOW-UP FORMATION
SUPPLEMENTAL: Real Freedom

Objectives:

At the end of the session, the participants will be able to:

1. Understand the meaning of real freedom versus what persists in the world today.
2. Identify instances in their life which prevents them from being truly free.
3. Decide to be free and to find sexual healing in their lives.

Methodology:

Talk proper with sharing	30-45 minutes
Reflection song about freedom	10 minutes
Activity	5 minutes

I. Introduction

Suggested Video: Montage of interviews asking young people what it means to be free.

Many young people today desire to be free: freedom from rules that make them unhappy, freedom from laws that entrap them and freedom to be whoever they choose to be. Simply put, many long to do whatever they want, however they want, with whomever they want and whenever they want without ever saying no. To many people, this is the mark of real freedom -- not realizing they are seeking license, not liberty.

Suggestion: (Instagram photos depicting misconceptions on freedom today will be flashed on the screen)

But does never saying no suggest that one is absolutely free? Given the many desires, sexual or not, we experience day in and day out, does not giving in to some of these really leave us in chain? Do we really find the true meaning of our life in being able to do everything and anything we want?

In a time when sexual freedom persists, we need to understand real freedom. It is through this that we will find true fulfillment – a life defined by true love and total happiness, the life that God desires for us, His children.

II. Created Free

Man and woman, since the very beginning have been endowed by God with freedom. Being special (*Gen 1:27 'So God created mankind in his own image, in the image of God he created them; male and female he created.'*) in the eyes of God, we are created free. Yes, we are free, we have the freedom to choose in our lives, and this is what differentiates us from other created beings.

Let us discover more about this gift of freedom and what it really means.

(Instagram photos depicting moments of love and happiness will be shown on the screen)

a. We are Created Free for Love

God created us for love. This is our vocation, our destiny. It is only when we are free that we can truly love. As Blessed Pope John Paul II says, “*Freedom exists for the sake of love.*” It has to be given away. Without freedom, love is impossible. To put it simply, freedom is the means and the way to love.

Indeed, there is a deep longing in every man’s heart for love – to experience it, to revel in it and to live in it. Thus, if we use our freedom to open up to that eternal banquet of love offered by God in our day to day existence, freedom for us gains a deeper meaning.

b. We are Created with Freedom to Choose

With this freedom comes our freewill – the ability to choose. We have conscience and intellect. However, not all the choices we make bring happiness nor hold up our vocation to love. We are free in a sense to do whatever we want, but this choice we have is fully realized by choosing properly between good and evil.

This being said, if freedom is not taken advantage by love, it becomes a negative thing – a feeling of emptiness prevails which leaves people at loss. Sadly, this is what is happening in our world today.

II. Freedom in the World Today

Suggested Creative: Video showing the different bondages people are in today. This will be supported by a contemporary dance # portraying what it looks like to be a prisoner/ to be in bondage, then to be redeemed in the end by Jesus Christ. (2min.)

Society tells us that we could do whatever we want without ever saying no. There are pleasures we can experience here on earth; but the problem is if we take our desire for the infinite to finite things, we are never satisfied. We want more, and the craving just doesn’t get satiated. Without even realizing it, we are on the path to sexual addiction!

People think they are free when there are no rules to follow, no commitment at all. I can enter into early relationships without my parents knowing it. I can eat whatever I want. However much I want. I can drink excessively. I can be intimate with my boyfriend/ girlfriend whenever and wherever I want. I can do whatever I want with my body because this is mine (pornography, masturbation, pre-marital sex).

But the real picture is we get enslaved by sin and guilt when we fall into this vicious cycle of what people call as “*sexual liberation.*” Slowly, we become prisoners as a result of our wrong choices: prisoner of sexual sins, prisoner of not moving on from a heart break, prisoner of loneliness, prisoner of our insecurities, prisoner of our own brokenness, and prisoner of our past etc.

What not a lot of people know is that there is a way out. In Galatians 5:1, “*It is for freedom that Christ set us free.*” Through Jesus Christ, we could be free to be who we are supposed to be. By dying on the cross, He gave us victory so that we could be free from the lies of the world that enslave us.

III. Real Freedom

Suggested Sharer: Someone who was in bondage but is now set free through his/her relationship with Jesus Christ. This could be supported by a song number by the band.

As Blessed Pope John Paul II says, *"Freedom is not the ability to do anything we want. Rather, freedom is the ability to live out the truth of who God called us to be."* Being truly free makes us desire what is good. When we desire God and choose him above all else, that's when we're truly happy, and that's when we're truly free.

Real freedom is about having the power to do what is right despite of what we feel. It's about the power to make the sacrificial demands of authentic love. It is the ultimate claim that says, I have the power over my feelings, my body, my appetites and not the other way around.

Being free is being who God created us to be, about following the design of his original plan. When this happens, we will grow in our capacity to love.

IV. How to be Free

We were created not for anyone else but because God loves us. We find fulfillment in this through the giving of our self in love. We are meant to live a life of freedom where we are free to love, but this will not happen if we are still entrapped by our sins. How do we attain healing in body and soul? How do we restore the gift that is sex?

1. Freedom from Sins

Receive the Sacrament of Reconciliation. We need to let Jesus look at us in order for us to be healed. We may be reluctant to seek confession out of fear or embarrassment, but know that Jesus will never condemn us. He will welcome us back with open arms and give us a clean slate.

As Pope John Paul II says, *"Confession is an act of honesty and courage. It's an act of entrusting ourselves beyond the sin to the mercy of a LOVING and FORGIVING God."*

2. Freedom before God's Presence

Spend time with Jesus in the Blessed Sacrament. In Adoration, we just let God love us with where we're at and as we embrace His love, we could really be healed. As Jesus looks back at us, our hearts are purified because we are in the presence of our greatest love.

3. Freedom to Decide

Have a personal decision and reason to live pure. This will drive us to be chaste for the right reasons. This will keep us motivated that our path to purity is not just about us, but it is for something greater than ourselves.

4. Freedom in Accountability

Surround yourself with people who can support you. People to whom you can share your victories and struggles. Bringing everything into light through right people frees us.

V. Conclusion

God created us for love and communion with Him and with each other. But sometimes, we become a prisoner of our own sins and we feel entrapped. But the good news is, Jesus Christ has come to set us free! He offers us sexual healing by His grace.

With this freedom, we will be free to live out the truths that God has placed us in our hearts. This experience of real freedom, being who God created us to be, will allow us to love truly.

Addenda:

Examples to use when explaining the role of rules and boundaries in experiencing authentic freedom:

- If you were to play soccer on a cliff without walls or any boundaries, you are less likely to go all out because you would be worried about not falling off. Rules actually give us the space to live freely AND fully focusing on life instead of consequences.
- Artists, musicians, athletes all develop their unique style. However! Before they can develop their unique styles, they all have to learn the same set of notes, colors, and theory. Boundaries teach us how to be. When we know how to be, we can learn how to uniquely make use of that space.

LIVE PURE MOVEMENT
FOLLOW-UP FORMATION
SUPPLEMENTAL: Total Happiness

Objectives:

At the end of the session, the participants will be able to:

1. Realize that total happiness is an effect of loving truly that is also an effect by attaining real freedom
2. Know some tips on how to live life to the fullest and experience total happiness
3. Decide to experience total happiness by living pure

I. Introduction

We have seen and learned where freedom and love are as parts of God's plan. We realize that our gift of freedom leads us to the gift of love. There cannot be one without the other. Freedom begets love. One then becomes free to love. In addition, one who loves cannot love if he or she is not truly free. In this session, we will see that God's beautiful plan for our lives does not end with freedom and love, because these two gifts are also irreplaceable if one desires TOTAL HAPPINESS.

II. Total Happiness

People of all ages long for freedom and love, but it's also safe to say that they also long for happiness. We all long to be happy. Happiness is the end goal of every action and the standard of measurement to determine our status in life. The question now is how do we become happy? How do we experience total happiness?

Here is the formula:

Real Freedom -> True Love -> TOTAL HAPPINESS

We can only achieve total happiness if we do find freedom and love in Christ, if all fear in our hearts that limit and cripple us are cast by perfect love found only in Christ (1 John 4:18).

The world may tell us that we can find happiness in the things that we enjoy. They say we can find it in short-term relationships, drinking, partying, drugs and other pleasures, but in reality, total happiness is not pleasure.

This is life lived to the fullest – if we experience real freedom, true love and total happiness.

Now how do we live life to the fullest and complete the equation of real freedom, true love and total happiness? The answer is finding happiness in Christ and one of the way is by living pure.

III. Live Out Chastity

To practice the virtue of chastity is to love oneself truly. It is to be able to surrender aspects of life that are not good for our body, mind, and soul. Chastity leads to self-mastery, which is key to authentic freedom. As Pope John Paul II once stated it, *"Chastity is the sure way to happiness."*

If we want to be truly happy, we have to choose chastity. Choosing chastity is practicing self control and is training ourselves to love truly out of real freedom – love that does not anymore seek to receive but seeks to give; not anymore selfish but selfless.

Chastity says “yes” to the demands of love, while also fighting the selfish desires of lust. It is seen and lived as a life-giving virtue; it leads to happiness (Evert and Butler, *Theology of the Body for Teens*).

IV. **Conclusion**

We now know the elements to live life to the fullest. *Real freedom, True Love and Total Happiness* are the keys to live a life according to God’s plan – to be who God made us to be – to LIVE PURE.

We may think it is too hard for us to live this way but we have examples to follow. Let us look up to Christ and Mary who lived lives of real freedom, true love and total happiness. By God’s grace, everything is possible – to LIVE PURE is possible. Let us make this our choice. Let us choose to experience real freedom, true love and total happiness. Let us choose to LIVE PURE, now more than ever.

LIVE PURE MOVEMENT
FOLLOW-UP FORMATION
SUPPLEMENTAL: One True Love

Rationale:

Deep within each person's heart is a longing to experience love – to receive love and to give love. When we are young, falling in love is truly an exciting moment, a life-changer of sorts. You are just never the same again once you meet the one. But in a time where love has taken different forms and meanings, many are disillusioned, does true love really exist? What does true love even mean? Hence, in this session, the participants will journey to discover what true love is and find the love they have been looking in Jesus Christ who is their One True Love.

Objectives:

At the end of the session, the participants are expected to:

1. Understand what true and authentic love is and what it is not
2. Discover that an experience of true love can change one's life for the better
3. Realize that Jesus Christ is their one true love

Expanded Outline:

I. Introduction

We are in a world that is hungry for love. Love is a universal language every human being understands in every season, and the truth is, deep within each person's heart is a desire to experience love – to give it and to receive it. Every desire points to this greater desire and need to experience for what we have been created. There are different kinds and levels of love: Love for one's family, friends, schoolmates, teachers, workmates, but the greatest desire that a person has deep within his/her heart is to experience love fully and intimately, which is usually found in that one person whom one can love fully, freely, and faithfully forever. Simply put, there lies in every human heart the desire for intimacy.

Think about your relationship status at this time of your life. We come from different points in our lives; some may be already looking or pursuing to find love (for those who are in high school and college) while others may be wondering what is taking so long for love to come their way. For those who may be in a relationship, on the other hand, we wonder whether the person we are with is *the one*.

Fears about not fulfilling this desire can cause us to create our own definitions of true love in order to help us deal with loneliness, rejection, and other insecurities. Many of us find ourselves "looking for love in all the wrong places" and forcing relationships and timing just so we wouldn't be alone. Instead of experiencing true love, many of us have had our hearts broken instead.

II. What Love Is Not

Many young people, in wanting to experience love, take matters into their own hands and abuse its real meaning just so they can be happy. When we rush love and force relationships, we begin to make love self-serving instead of it being the other way around. Here are some of the common scenarios we often find ourselves settling for:

a. Almost is never enough:

More than friends, but less than lovers. This scenario is considered a special relationship but without labels and commitment. In this case, there is always one who is more invested than the other who is waiting (whether consciously or not) for an official relationship. It is always good to take things slow and discern properly, but when feelings have been expressed, authentic love demands action to bring to fruition both parties' desires to love and be loved.

b. Friend Zone

In this scenario, one person has feelings for the other. It's complicated because it's often unrequited and one-sided. The danger in this scenario is if two friends continue to spend time in each other only nurturing the feelings. Hurt feelings will be inevitable. At this point, clear boundaries are important to protect one another's feelings as well as the friendship.

c. Serial Dating

Dating anyone, anywhere, whenever, wherever. It is important to be open, but one must maintain standards. Each encounter with a person will have an effect on our experience pursuing relationships and ultimately, our vocations. Don't just say yes to anyone!

d. Friends with Benefits

Some others settle for such a set-up – friends with benefits, sex being the major benefit. Nothing is official in a relationship like this, it's purely physical. People who engage in these kinds of relationships convince themselves that it's possible to have a sex life that's separate from a love life. People in this set-up don't necessarily have to be in a relationship. The dangers of this scenario leads to one being more invested, unplanned pregnancies, and inevitable broken hearts and self-esteem.

e. Legal Wife

This set-up has been gaining popularity recently, due to the influence of media. Marriage is being attacked by the justification of the role of the mistress. Some ladies settle for being #2, just so they get the love that they long to receive, even if it's from a married man and even if she is already considered a "home wrecker" by the society.

f. Mutual Understanding or Situationship

Mutual Understanding is the set-up wherein a boy and a girl are like boyfriend-girlfriend already without any labels. They do what people in an official romantic relationship do, but they do not make it official due to some constraints like knowing that they aren't prepared yet to commit, their parents do not allow them to have a romantic relationship, etc.

In a nutshell, these are the love situations many teens and even young professionals are settling for today. Hollywood has shaped the world's notion of what and how love ought to be, and often, this has become the standard we follow. Many of us believe that we are experts when it comes to love, even justifying that *"it is okay to love and get hurt than not having loved at all."* While there is truth in this statement, we should not forget that our decisions also define our experiences of love. For one, it is possible to choose to not get hurt and still experience true love.

God did not create love for us to experience it in this manner. We are made for much better than this. When God created us, he made us for relationships that are **true, good and beautiful**. And truly, this is what we will experience if we knew deep within us what true love really means.

III. What True Love Is

St. John Paul II gives us a beautiful definition of what true love is: *"For love is not merely a feeling; it is an act of will that consists of preferring, in a constant manner, the good of others to the good of oneself."* We think we love someone because we're so attracted to the other person. But love is not about feeling good and it's not for the taking. It's not about us but about the other!

Now, let us discover even more what true love is and what it can bring in our lives.

1. True love gives real happiness.

- One physical manifestation is that you are glowing and it permeates other aspects (if not all) of your life.
- You are inspired to do more, to stretch yourself and to discover more about yourself.
- There are no questions or doubts. You *know* that what you have is love.
- Your relationship is something that you're proud to share to the whole world.
- Your happiness effects happiness to the people close to your heart – they genuinely share your happiness.
- You continue to learn, grow and be an even better version of yourself.
- You have a happy aura easily noticed by others. You just cannot help but smile.
- Similarly, you can't help but share the joy that's overflowing in your heart. You received joy freely and so you want to give joy freely as well.

Suggested Sharer: A person who is truly experiencing real and genuine happiness because of the love that he/she is experiencing in his/her life.

2. True love drives out fear.

Many of us are afraid whether we can love again or whether we will ever find that one person who is meant for us because of fear of rejection, fear of commitment, fear of getting hurt and fear of committing mistakes.

But listed below are the specific fears young people have when it comes to love:

- Fear that no one will end up with you as a partner in life
- Fear that no one will accept and love you for who you truly are
- Fear that your relationship won't work out and will only last for a short time
- Fear of being fooled again because of love (when you should have known better now)
- Fear of being alone, and so just settle with their present relationship even if you know it's not good for you anymore
- Fear of speaking up and standing up for what's right, that's why you end up compromising just so you can stay in that relationship
- Fear of hurting the one you love, that's why you end up being stuck in that relationship
- Fear of hoping for something better because you have already become jaded and bitter that you believe that true love no longer exists
- Fear of taking risks (for the guys especially), that's why you play it safe and test the waters first
- Fear of the future's uncertainty
- Fear of what other people have to say
- Fear of not being "good enough" or being "worth waiting for"
- Fear of always ending up in the friend zone

There are many more of these things that have made us fearful to love. But, in truth, love is the antidote to any kind of fear we may experience in relationships! In *1 John 4:18*, we are affirmed, *"there is no fear in love, but perfect love casts out fear."* Fear will always be there, but know that perfect love and its presence in our lives can overpower any fear.

Suggested Sharer: A person who has overcome great fears (by the grace of God) when it comes to love and regardless of where he/she may be at this point, he/she never gives up hope of one day experiencing true love.

3. True love is self-giving.

To be self-giving means the *unselfish giving of one's self*. Its premise is that you are already complete and whole as a person, *ready to be shared and given*. In truth, you can't give what you don't have. True love seeks to give rather than get, and seeks to initiate than to demand.

To be self-giving means:

- Being ready to say NO for the sake of the one you love. No to complicated relationships and no to risky intimate behaviors (pre-marital sex etc.). Delayed gratification is what will build your character in the end.

- Saving the gift of your purity for the right person at the right time. Chastity is the best way of expressing true love because you think of what's good for the other person more than your personal desires.
- Sacrificing your little preferences to respect those of the other person.
- Forgiving the other even when it's very hard; and not about counting and recalling one's mistakes and offenses but choosing to give 2nd, 3rd, 4th... chances because you yourself have been forgiven by Him

The act of self-giving is without time limit or measure. You go the extra mile for the one you love simply because you love him/her and you don't demand that he/she does the same for you. True love seeks not to expect anything in return.

Suggested Sharer: A religious who has found true love in Jesus Christ – one who has experienced what it means to be in union with God and to put to death their sexual desires just so they can be with God.

IV. Looking to Jesus as a Model of True Love

Many of us wander aimlessly in search for this love because we are not recognizing the love that is already present in our lives – in our family, in our friends and ultimately, in God. We look for what we think we need which will complete us and make us happy.

But if only we are to look to Jesus, we have with us the perfect example of true love and this love is present and abounding in our lives! In 1 John 3:16, it says, *“The way we come to know love was that he laid down his life for us; so we ought to lay down our lives for our brothers.”* We don't need to look elsewhere in our search for love. Everything we are looking for is in Jesus' love for us, and He alone is enough. It all goes back to Jesus' example on the cross.

In Jesus, we experience real happiness.

In Jesus, all our fears are driven out.

In Jesus, we find the utmost expression of perfect love – love that simply gave its all without asking for anything in return.

You have true love in Christ, hence, you are loved more than you can ever imagine, more than you will ever know.

V. Conclusion

Whether we deny it or not, all the definitions of true love mentioned above can be found in Jesus Christ. He simply is our One True Love – the One who loves us for who we are, no matter what we've been through or where we are right now. He loves us without condition. There is nothing that we can do that can stop Him from loving us. That's the way it is because He is perfect Love Himself. He cannot be who He is not. We will only know what true love is when we have Christ in our lives. We may be different from each other carrying different interpretations of love, but we all go back to Him who offers us what's true and genuine.

True love is not a myth because Jesus is alive! He loves us even at this very moment. Be satisfied in His love. When we have Jesus to fill us, then we can give true love to others. We can only give what we have received. And you can wait because you are already complete in Christ.

Reflection (Creative Video): *The speaker will lead the participants into a reflection and make them realize that Jesus Christ truly loves them no matter what. The song “All of Me” by John Legend may be sung.*

Closing Activity: *Exposition of the Blessed Sacrament*

Entrance Song for Exposition: *Make You Feel My Love by Adele*

Suggested Spiels:

We all search for love. This time around, let us allow ourselves to be searched and found by Love Himself who hasn't given up on us no matter what. Let us be ready to face our One True Love and bring to Him all that we are, and just allow ourselves to be loved by Him completely and totally. He is inviting us to a great dance of love – to love God, to love ourselves and to love the other.

LIVE PURE MOVEMENT
FOLLOW-UP FORMATION
SUPPLEMENTAL: (Praise Concert) The Love Project

Objectives:

At the end of the session, the participants will be able to:

1. Understand that they have to be the love project themselves.
2. Live out and share the good news of true love is.

Methodology:

Praise Concert

- Video exhortation: What is the *Love Project*?
- 2 fast praise songs – Giving glory to God who is the ultimate source of true Love.
- 1st part of the talk – Living the *Love Project*
- 1 slow worship song (Grace to *Live Pure* – I Will Love Truly Covenant)
- 2nd part of the talk – Conclusion (spreading the *Love Project*)
- 1 commitment build up song (empowerment to do the *Love Project*)
- 1 send-off song – We are called to do the *Love Project* to *Live and Share Christ*
- Entrance song for the Mass (optional)

I. Introduction

Exhortation

The best thing in the world that we could experience is to love and be loved. Today, we are all here because we are loved! You and I are loved. What a great news it is to hear, to know, and to be affirmed that we are loved. From the time that we all came to life, up until this very moment, you and I are loved. No one can ever take that away from us. Even ourselves can never take that away from us.

We all have this love in all of us. The question now is what do we need to do with this love? It is such a beautiful and powerful gift that do not deserve to just stay in us. That is why we are all part of the *Love Project*.

2 fast praise Songs – Giving glory to God who is the ultimate source of true love.

II. Living the Love Project

This is the *Love Project* – to personally discover what true Love is, find the Love we have been looking for. A Love that truly satisfies. We can only find it God who is Love Himself. When we say that we have a project, then we have something to do. We have an assignment, we have a task. And we are all part of it! This is the *Love Project*. This is more than just a question of “what is our project,” rather “who are our projects?”

1. Ourselves

Our first project is ourselves. Never forget that you and I are loved. In today's world that is full of lies, we will be experiencing discouragement, hurts, failures, and all other bad things – every single day! That's why our project is to constantly remind ourselves, tell ourselves, that there are people around us, especially God, that loves us so much no matter what.

2. Others

Loving never stops! Our automatic response when we are loved is we love others too. It is in every man's nature to love. And we don't only love those who love us, but even those who do not love us. Even those who hate us! Because that is true love – loving others unconditionally.

3. Our God

This amazing love that we all have and our capability to love all come from God. He is the source of true love. He is the one who is loving us unconditionally when all else do not. He is our one true love. We should all go back to Him, and love Him in return. It is only in Him that we'll be able to understand what true love is all about.

1 slow worship song (Grace to Live Pure – I will Love Truly Covenant)

1 commitment build up song (Empowerment to do the Love Project)

III. Spreading the Love Project

That you and I should become that love that God has been offering us a long time ago! Not only ambassadors, nor just representatives, not even just messengers, but really be the love that is all from God. We are God's *Love Project* that is meant to make a generation that believes and will fight for true Love. This is a generation who understands and lives out what true love is and not settle for something less. Together we respond to the call to choose to be brave and our answer is true love.

May we never forget that we are all children of God and He is our Father. That no matter what happens, He will love us unconditionally. Yes, there will always be fear and trials, but if we will always keep in mind and in our hearts, that if we believe in this immense and great love from Him, then will make a lot of difference. Nothing can ever separate us from His love.

1 send-off song – We are called to do the Love Project to Live and Share Christ

Entrance song for the Mass

LIVE PURE MOVEMENT
FOLLOW-UP FORMATION
SUPPLEMENTAL: Pursuit of Happiness

Rationale:

Each person in the world today just wants to be happy. For different kinds of people, happiness may mean a lot of things. For one, it can be found in pursuing our passions, in the enjoyment of life's simple pleasures, in achieving great things, and through life-giving relationships. And sadly, for others, it is found in fame, money, sex and power. But what does true happiness really mean? In this session, the participants will discover what total happiness is all about, and that it can only be found in a life with God.

Specific Objectives:

At the end of the session, the participants are expected to:

1. Understand their original design as men and women
2. Discover what total happiness is
3. Realize that total happiness is found in a life with God

Expanded Outline

I. Introduction

Each and every person in this world longs to be happy. We long to experience some kind of pleasure and enjoyment which can give us fulfilment and contentment. But, what is happiness? This basic question has been asked for centuries over. For different kinds of people, happiness may mean a lot of things. For one, it is found in experiencing life's simple pleasures, in achieving milestones, in pursuing our passions, and in and through our relationships.

Now, we ask, *what is it that makes you happy?* Surely, the answers are countless. But the good news is that, if you think you are happy now, you have no idea of the greater things ahead of you which can give you the truer kind of happiness you long for. In Filipino, we say, "*May isasaya at isasaya ka pa.*"

This road to total happiness can be attained if we go back to our original design as men and women, and discover the life we were truly made for. In the words of John Eldredge of *Wild at Heart*, our designs reveal our deepest desires thus our destinies.

II. Going Back to the Start

In our daily lives, we look at what's outside of us, for us to be happy. In truth, we need only to look at how God made us to see that we are made for so much more. In Genesis 1:27, "*So God created mankind in his own image, in the image of God he created them; male and female he created.*"

When God looks at us, this is what He sees: That we are made in His own image. As we ponder on our original design as man and woman, we realize that we are truly destined for something great.

a. Made Free

When God created us, we are created free. Yes, we are free. We have the freedom to choose in our lives, to exercise our conscience and intellect, and this is what differentiates us from other created beings. We are definitely the crown of God's creation. However, not all the choices we make bring happiness. We are free in a sense to do whatever we want, but this choice we have is fully realized by choosing properly between good and evil.

To live in freedom is the key to live the life God wants for us. To be free is to be who God wants us to be.

b. Made to Love

In I John 4:8, "...*God is love.*" We are reminded that we are created in the image and likeness of God who is love, and this is precisely the reason why we long for love more than anything else. It is who we are – we are created to love. And it is because of our freedom that we can love. St. John Paul II says, "*freedom exists for the sake of love.*" It just has to be given away. We are called to live in a covenant of love, and once we discover the vocation that God desires for us, that love we were meant to experience will find its ultimate fulfillment.

c. Made for a Destiny

It is only when we're truly free, that we will be able to live out our purpose. According to the Catechism of the Catholic Church, God himself is an eternal exchange of love and He has destined us to share in that exchange. We are created for bliss, for ecstasy, and our hearts know it – this is what we were made for!

We are made for greatness. We may not believe it sometimes, but this is who we are and strongly believing in this, and devoting ourselves to live it out will open us to the life God had always intended for us to have – a life of real freedom, true love and *total happiness*.

Suggested Sharer: A person who believes in his worth – that He is special and that He is made in God's image and likeness despite his incapacities.

III. Road Blocks to Happiness

God just wants us to be happy. His beautiful plan for our lives is what will lead us to a life of total happiness. But sadly, in the world today, there are realities which hinder us from experiencing this very life God that God has meant for us.

What are these road blocks?

a. Insecurity

- For women, we think we are not enough (not beautiful enough, not talented enough, not smart enough), and so we compare ourselves to others.
- Our insecurities make us think that we do not measure up to someone else's standards and that we have to do something about it, so we constantly compare.
- For men, we are always out to prove ourselves, that we are better than others.

Our insecurities make us believe that we don't deserve to be happy, and so we remain in self-despair. Our eyes are not open to the reality that in each and every moment of our life, God is already working ways to give us what our heart desires.

b. Fear

We are afraid of a lot of things – from simple ones to complicated ones.

- Fear of rejection in our relationships
- Fear of making wrong decisions and so we tend to play it safe (especially guys), and stay in our comfort zones
- Fear of commitment and responsibility
- Fear of being unloved and of being alone
- Fear of the future's uncertainty
- Fear of what others will say
- Fear of not being good enough or of not being worth waiting for

When we choose to stay in our fear, it's like we are taking control of our own happiness and forgetting that God is the one who is in control. We must believe in our hearts that the God who is in control loves us and holds us in the palm of His hand. Therefore, there is no need to fear because he is working and fighting for our happiness.

c. Hopelessness

It is apparent today that a lot of young people have given up on true love, that happiness has just become a fairy tale concept. Heartaches, betrayals, lies, the guilt and negative effects of sexual sins have led many to believe that forever does not exist (*walang forever*). We are hopeless when we think that this is the end, and that there is no way out for a happier life.

- We have had our hearts broken over and over again
- We feel worthless because of the people who have used us. Often, men use love to get sex and women use sex to get love.
- We have never experienced what it's like to be loved truly. We just never found the one
- We come from a broken family
- We feel stuck in our sins and don't know how to start.

When we are hopeless, we remain in the dark. But God doesn't want us here. He wants to lead us out because he desires nothing less than our happiness. There is always hope because God who is hope himself will never abandon us.

IV. Total Happiness

We may have gone through a lot at this point in our journey but we have to realize that these road blocks do not define our destiny! We are not meant to stay here. We are made for a life that is much better than this. And God longs to bring us back to Him – that we may be healed, that we may transcend from all the hurts weighing us down and that we may experience the happiness we deserve.

Now, what is this kind of life that God desires for us? What is this total happiness which awaits us? It is a life of **REAL FREEDOM** and **TRUE LOVE**. These two are the secret to experiencing a kind of *happiness that is true, lasting and total*.

a. Real Freedom

As Blessed Pope John Paul II says, *"Freedom is not the ability to do anything we want. Rather, freedom is the ability to live out the truth of who God called us to be."* Being truly free makes us desire what is good. When we desire God and choose him above all else, that's when we're truly happy, and that's when we're truly free.

Real freedom is about being free to live what God has placed in our hearts – *that we are special, that we are meant for greatness, and that we are created for love*. Yes, we follow the rules, but because it is what God has placed in our hearts, we have true happiness that lasts forever.

Being free is being who God created us to be, about following the design of his original plan. When this happens, we will have the capacity to love.

b. True Love

We are created to love and to be loved. This is *our destiny and this is what we are made for!* We are not meant to be alone. Whether we are called for married life, religious life or single blessedness, it is God's desire for us to be loved more than anything else. Never forget that we are made for relationships that are true, good and beautiful.

In our search and longing for true love, we need only to open our eyes to the truth that *everything that we are looking for can be found in Jesus Christ who is our One True Love*. He is the One who loves us the most, without condition. It doesn't matter who we are, what we've done or what we've been true, there is nothing that we can do that can stop Him from loving us.

He longs for us. He created us for the sake of love. It is His desire to fill us with ocean of His love that we may be complete and that we may be whole, but the question is, do we allow Him? Let us allow God to show us how much He cares and how much He loves, and we might just find what we have been looking for.

Suggested Sharers: *People who are experiencing and who are striving to live a life of real freedom, true love and TOTAL HAPPINESS in their present state of life. In the end, they will say "I am (name). This is my destiny and I have found total happiness."*

- A priest/nun who has found true love in Jesus Christ through his/her religious vocation, and is living the life God has destined for them. He/she is experiencing total happiness.
- An old couple who continues to experience true love in their married life amidst the up's and down's through the years. They will testify that *forever is not hoax, it is real, and in the right time, they can experience it*.

IV. Conclusion

We simply need to go back to who we are and who God made us to be, and realize that there is always something more to what we see and to what we are experiencing in our life. We are made for so much for than this. We are made for a life of freedom and for a life of being loved

and of loving. We are made to experience total happiness. And we can only experience all these in our life with Christ.

No matter what situation we may find ourselves in, you can always find hope, and once you do, you might find faith to go on.

Reflection (Creative Video): *The speaker will lead the participants into a reflection and make them realize that only in our life with Christ can we find real freedom, true love and total happiness. Suggested reflection song is “Touch the Sky” by Hillsong.*

Closing Activity: *Exposition of the Blessed Sacrament or Holy Mass*

LIVE PURE MOVEMENT
LIVE PURE FOR KIDS
Through the Father's Eyes

Rationale:

The world has created different standards on how a man and woman should be seen and classified – appearances, accomplishments, possessions, interests. Because of many false standards, many people, especially the young, have forgotten who they really are and what they're real identity is. One must see himself/herself in the eyes of his/her maker for us to be able to know who we really are and how special we are.

Objectives:

At the end of the session, the participants will be able to:

1. See beyond the judgments that the world makes about them
2. Realize how special they really are as children of God

Participants:

Middle School (12-14 years old)

Methodology:

Talk Proper	20-30 minutes
Sharing	5-7 minutes
Reflection Activity	3-5 minutes
Group Activity Discussion	10-15 minutes
Closing Prayer	5 minutes

A sharer is highly encouraged. Prepare one or two sharers. The speaker should brief the sharers about the objectives of the talk to make sure that the goals of the talk will be achieved and clarified through their sharing. Also, adults need to set appropriate perimeters for young sharers.

At the end of the session, a reflection will be made. Prepare a reflection song that will bring the participants into the desired mode.

Have papers and pens ready for the reflection. After the reflection song, give them the guide question and ask them to write their answers. Give them 3 minutes for this – An additional song may be sung during this time.

Lead the group into a closing prayer.

Expanded Outline:

I. Introduction

All of us men are created out of love. It is out of God's abundant love for us that is why we are here on earth, living and breathing and experiencing many good things. And part of us being created, we were also given an identity. And we often ask ourselves, "Who really am I?"
ho Am ?

In the world's vastness come the many different things that confuse many of us young people about our real identity. Different things around us influence us of how do we see ourselves.

a. Media

Whatever we see on TV shows, or movies, or what we hear on the radio and the songs that we listen to, and even from the celebrities that we look up to, we try to imitate and be one of them simply because we want to be like them. Regardless if it'll conform to the values that we believe in, as long as we identify ourselves to this big names and cool people, we would adapt to their identity.

Social Media

One of the biggest changes of the world today is the rise of the social media, or more popularly known as social networking sites. For sure they are helpful in many ways, in as much as faster communication is concerned. But what is saddening is that many young people are afraid to show who they really are, so they would pose a false identity just to be part of that accepted world. Many would try to let go of who they really are because of many pressures that they see around them.

(Note: Show the video about Social Media)

b. Relativism

One thing that is very much concerning of today's generation is relativism and its effects. There is no absolute truth anymore and truth is relative to one's own belief and own good. If this would be the case, one would never find himself/herself in a solid foundation would always get lost in the way in his/her journey in finding his/her real identity.

With all of these things, how and where can we really find our true identity? Who are we? Who am I?

II. Created by God

All of us are created by God and in Him, we should find and look for our real identity. We must all look back to our original intent:

A. We are all special and beautiful inside and out

It is written in the bible that we are created in the image and likeness of God (Gen 1:27). This affirms that everyone is special and the Lord loves us just the way we are designed.

B. We are created to be free are human the highest form of God's creation

God created us with free will and because God knows our limitations he gave us our mind and heart and so we all have self-control. We are humans with self-control.

God designed man and woman to be different from and complementary to each other. Our sex chromosome determines how our body will develop. And as man and woman, each also have different roles to play.

Man is made basically and generally for PROVIDER'S ROLE. According to Genesis 3:17,

“Then to Adam He said...In toil you will eat of it All the days of your life...” and also in Genesis 3:19, “By the sweat of your face You will eat bread...” We have to take note that men's primary role is to work but it is not an excuse for them not to take care.

Woman, on the other hand, is made basically and generally for CARING ROLE. According to Genesis 3:16, “To the woman He said, I will greatly multiply Your pain in childbirth, in pain you will bring forth children; Yet your desire will be for your husband,

And he will rule over you.” But we also have to take note that women's primary role is to take care but it is not an excuse for them not to work.

These different primary roles of men and women are then affirmed by their differences physically, psychologically, intellectually and spiritually.

Table no. 1: “Man & Woman's differences”

Man Provider Role	Woman Caring Role
Physical	
Bigger and stronger bones Low voice Coarse skin Flat breasts Square hips and body structure Sturdy and heavy movements Perspire more	Small and fragile bones Soft voice Fine skin Developed breasts Rounded hips and body structure Graceful and gentle movements Perspires less
Psychological	
Self-fulfilment in work Seek reassurance of work Stress on actions and achievements Direct, blunt and brief Leader Less patient, less enduring Protector Objective	Self-fulfilment in relationships Seeks reassurance of being loved Stress on what they are Indirect, symbolic and puzzling Follower More patient, persevering Provides caring Subjective
Intellectual	
Single tasking Essential-minded Rational-logical Thinks of the solution first Functional Less communicative	Multi-tasking Detail-minded Intuitive Speaks first Aesthetic More communicative
Spiritual	
Relates with God via intelligence Tends to neglect God when everything is okay Tends to think of God only when in crisis	Relates with God via the heart More prayerful More attuned to God in her daily life

According to 1 John 4:16, “God is love.” There is no other reason for creation than love.

(YouCat, no. 48). We are all created for love and out of love. This is the basic reason why everyone loves and longs for love. It also the very reason why God created a companion of man for him to love.

(Activity: Write in a piece of colored paper the things that you like about yourself the most. What makes you think you are special? It can be physical attributes or any talent. Write something that you know that you are unique and special.)

We are created in God’s image and likeness. With this reality, we should always remember, and never forget, that we are special and we are unique just the way we are made. No one can take that away from us.

And because we are made out of love, one absolute truth that we should always hold on forever is that we are loved! No matter who we are, no matter where we are, even if we are at our worst self, know that you and I are loved. Remember that there is God and that there are people around us who are ready to love us.

1. **God** - He is the infinite source of love and all our desires. He is our Father who never forgets us (Is 49:15) and has our best interest in mind. Always.
2. **Family** - The gift of family is intended for the manifestation of God’s presence in our lives. Parents have the call to love us unconditionally.
3. **Friends** - Friends allow us to exercise our free will. We get to choose with whom we share our lives, our joys, and sufferings. There can be people outside our family who are ready to love us and be there for us, aside from our family, and they are our friends.

Many young people of today conform to what the world dictates so just to be able to “fit in,” to be able to belong, to be able to feel loved. Some would do stupid things like get into drugs, get drunk, or even put their selves in situations that are hard to get out from just so they can please others.

All of us, at the end of the day, just want to be loved. And the funny thing is – we are loved. We keep on looking on wrong places and images of love, and we forget to look on the best and true image of love, and that is our Father. May we all challenge one another to really find ourselves in our Father’s arms and live a life that is worthy to be called as His sons and daughters. In the Father’s eyes, we are not perfect, because we are sinful, but we are loved perfectly.

LIVE PURE MOVEMENT
PHASE 2: FOLLOW UP FORMATION
LIFE IN CHRIST SEMINAR

THE LIFE IN CHRIST SEMINAR
(5 sessions)

The LCS is an integrated course intended to lead seminar participants into a renewed understanding of God's call to them as Catholics. It comprises a total of 5 separate sessions. The course has several basic ingredients: prayers, songs, teaching, group discussion and fellowship.

The LCS has one basic purpose: bringing participants to a personal relationship with Jesus, and getting them started on living a truly Spirit-filled Christian life. It is about transformation in Christ and renewal in the Spirit. It is about bringing nominal or lapsed Catholics back to God and back to the Church.

What is the content of the LCS?

The topics of the 5 sessions are as follows:

- #1 -- Jesus the Messiah
- #2 -- Called to Witness
- #3 -- Repentance and Faith
- #4 -- The Gift of the Holy Spirit
- #5 -- Growing in the Spirit

These topics are based on the sermon of Peter on the day of Pentecost, when he proclaimed the gospel and 3,000 people accepted the message of salvation.

What is each session about?

Jesus the Messiah

"Jesus the Nazorean was a man commended to you by God" (Acts 2:22a)

This talk speaks about the dire situation in the world today. The world has turned away from God. Only God can make things right. Thankfully, God has His wonderful plan for us, not for woe but for a future full of hope. This is why He sent His Son Jesus.

We need to look to Jesus and accept him as Savior and Lord. In Jesus we experience the fullness of God's love for us. It is Jesus who helps us overcome the enemy who is an evil being. In Jesus we have our salvation.

Called to Witness

"of this we are all witnesses." (Acts 2:32b)

This talk speaks about what is expected of us, if we are to truly experience the fullness of life in Jesus. An authentic Christian is one who has met and knows Christ, is living Christ, and shares Christ. We must enter into a personal relationship with Jesus. We must respond to his call to holiness and discipleship. We must witness to him and proclaim the gospel.

Further, to be authentic witnesses, we must strive to live out the two greatest commandments--love of God and love of neighbor.

Repentance and Faith

"Repent and be baptized" (Acts 2:38a)

This talk speaks about our response to God's call. As we fall far short of the authentic Christian life, we need to repent and put our faith in Jesus.

Repentance involves a turning away from sin, wrongdoing and running our own lives, and a turning to a life of obedience to God. Faith, in turn, is belief in Jesus as our personal Savior.

The Gift of the Holy Spirit

"you will receive the gift of the holy Spirit." (Acts 2:38c)

Aside from the talk, this is a prayer session. The call to the Christian life is difficult, not to be done on our own strength. We need the power of the Holy Spirit. The Holy Spirit provides the power from above that enables us to live a normal Christian life.

Then there is praying over for baptism in the Spirit. We pray for a renewed infilling of the Holy Spirit, to enable participants to manifest a renewed outpouring of the same Spirit in their lives.

Growing in the Spirit

"They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers." (Acts 2:42)

This talk speaks about the five tools to growing in the Christian life. These are prayer, study, service, fellowship and the sacraments. This paves the way for people to become witnesses who can credibly share the gospel.

The participants are invited to continue their journey, as they make a commitment to the Live Christ, Share Christ movement through a covenant.

// note: Separate talk outlines of the Life in Christ Seminar may be given upon request.

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