

An invitation

Archbishop John, our Bishop in Southwark, has a message for young people. He wants you to know that you are valued and loved, both by God and by the Church. And he wants to encourage you to stay spiritually healthy, now more than ever. You may have more time on your hands at the moment. Or you may be trying to make sense of all that is going on. We hope that we can help you to think and reflect on some of the big questions about life, so that we can all grow in understanding.

You will meet Matthew, Fletcher, Martha and Niamh in our 5 short videos. After exploring a message from Pope Francis called 'Christ is Alive', they spent a day at Aylesford Priory in Kent sharing their thoughts and feelings in a real way. The main themes from the Pope are unpacked. And we've provided some resources to help you reflect and pray. We invite you to watch the videos and use the notes and questions to reflect on your everyday situations and the journey of your life.



We suggest keeping a journal to help you make the most of this process. It could help you to think through some of the themes from the videos and also be an outlet for looking at all aspects of your life and relationships. You may well have questions from your reflections. Perhaps you can highlight these as you go along and later talk them through with someone you trust who will be able to accompany you.

What do I do?

- This is not a box set for bingeing on! Take your time.
- Once you have watched the message from Archbishop John, think about how you might respond.
- Get what you need - find the best way for you to journal, find a quiet place to sit
- Take time to respond. Spend some time in silence and prayer.

Read the reflection sheet linked to the video:

1. [Journeying together](#)
2. [Take God at His Word](#)
3. [Facing challenges](#)
4. [As one friend speaks to another](#)
5. [Gifts and vocation](#)

Supporting resources:

- [Keeping a journal](#)
- [Praying with the Bible](#)
- [Summary of 'Christ is Alive'](#)