



Recovery Sunday Formation: Youth

(An alternative to this formation plan is to invite a speaker to speak about youth addiction and recovery.)

Celebrate Homecoming and Recovery

Before class:

Write slogans and Serenity Prayer on white board or prepare slides with same. Find scripture passage to read. Arrange classroom to provide substantial space for role play of the story.

Invite youth to discuss addiction:

What is it? What kinds of substances do people become addicted to? Do you know anyone who suffers from addiction? What does addiction "look like?"

Possible indications: increasingly desperate need for the substance; despair; compulsion; obsessed with substance; retreat from family, friends; irritability; unpredictability; inability to keep commitments; hopelessness; thoughts of suicide. Other?

Share Story of Prodigal Son:

Read Luke 15: 11-32

Discuss Story:

Review characters, setting, plot movement.
With whom do you identify in the story and why?
How can we celebrate another's recovery?

Role Play:

Invite youth to step into the story by taking a role to play. Encourage them to really step into the character: how does the world look to that person? What feelings/emotions rise up?
Act out the story. Observers can be "fellow servants" of the father who watch and respond to the action.

Debrief:

What feelings did you feel as the son? The father? The brother? The fellow-servants?
Why did Jesus tell this parable? What did he want his listeners to hear and understand?

Group Activity: Slogans

Many in recovery use slogans to help them return to wholeness. You might have these examples written on a white board (or similar) for easy reference. OR write slogans on strips of paper and then distribute to groups of 3-4.

Examples: Keep It Simple; One Day At A Time; Let Go and Let God; First Things First; Expect a Miracle

How might these sayings make a difference to a person in recovery? Possible answers: offer hope; invite patience; reminder of God's presence with them; reminder of God's ability to heal and restore.

Closing:

Invite youth to close with a unison recitation of the Serenity Prayer, as many 12 step recovery groups close their meetings.

The Serenity Prayer

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as Jesus did, this sinful world
As it is, not as I would have it;
Trusting that God will make all things right
If I surrender to God's will;
So that I may be reasonably happy in this life
And supremely happy with God
Forever and ever in the next.

Amen.

(prayer attributed to Reinhold Neibuhr, 1892-1971)