

Teen SOYO Lighthouse Ministry

Rap Session Topics

Rap Session #1: How much should I care what my peers think of/ about me?

- *Dangers of looking to others for our sense of self-worth
- *Address fears of rejection
- *Accepting the gifts that God gave us
- *Not living in function of others
- *A key component to being a leader

Rap Session #2: Substance Abuse as Self-Medicating and what this means.

- *Individuals using substances to avoid, block out, or cope with emotions of fear, Anxiety, and sadness.
- *What is the right way to handle these emotions?

Rap Session #3: The Passions: What are they and what do we do with them?

- *What are the passions?
- *How do we respond to them?
- *How are they deceptive?

Rap Session #4: Confession: What is it and what makes for a healthy confession?

- *Do we have a healthy understanding of confession?
- * Do we worry what the priest will think?
- *Can or should I keep confessing the same sin?

Rap Session #5: Avoiding Peer Pressure without Wounding our Brother or
Sister

- *Learning how to follow our convictions without falling into judging others and self-righteousness.

Rap Session #6: Prayer: When, Where, and how?

- *Why is prayer important?
- *What should we pray for?
- *How prayer helps us to grow spiritually.

Rap Session #7: Looking Within & Gaining Insight: What is it, how do we obtain it, and what do we do with it?

- *Knowing ourselves and having the ability and language to express what we are thinking and feeling.
- *Learning why we might struggle with certain things more than others
- *Learning to monitor our thoughts and practice vigilance

Rap Session #8: Humility: The Key to being free and obtaining peace

- *Humility as a great virtue and a sign of strength
- *Discuss this quote from St. Isaac the Syrian, "He who seeks his own glory, will not lack occasions for grief".

Rap Session #9: Sin, Repentance, & Forgiveness

- *What is Sin?
- *How does it affect us?
- *What do we do when it happens?
- *How do we respond to be being or feeling betrayed?

Rap Session #10: Christ vs the world: Christ as the source of life and the only source of true peace.

- *Christ and the Church gives us a peace that the world cannot give us
- *Christ and the church give us identity, meaning, and purpose in our life in this world.

*Parish priests are always encouraged to attend or lead the teen rap sessions, particularly for rap sessions #s: 3,4, 6, and 9.

***Created by the Eastern Region SOYO Executive Board 2016**