
LIFE TEEN PARENT LETTER

Check out our Parent Life website at lparentlife.com for resources on how to guide your teen in a faith-filled way through modern day culture!

LIFE NIGHT: LITERALLY DEAD

CONTENT OVERVIEW

As humans, we are created to experience emotions. We experience happiness, sadness, anger, disgust, fear, and surprise. Even the Church recognizes humans as emotive and teaches that Jesus also experienced these same emotions (CCC 464, 1767). Emotionally healthy human beings are in a constant pursuit of happiness. We know there are many things in life that make us happy: coffee in the morning, getting to work on time, checking off tasks on our to-do lists, spending time with our loved ones, being caught up on laundry, petting the dog, and having a glass of wine at the end of the day. On a larger scale, we also believe that many other things can and would make us happy: buying a new car, landing our dream job, taking a long overdue vacation, receiving lots of likes on a post on social media, getting a bonus at work, and paying off our credit card debt. When we do not receive these things, no matter how little or big, we tend to experience different emotions like sadness, frustration, and impatience.

Our happiness relies on specific people, places, things, and events. While we spend a great deal of time pursuing happiness, we may not realize that a relationship with Jesus is the key to true, fulfilling, and lasting happiness, as well as lasting peace and joy. Joy, unlike happiness, is internal and is not dependent on external situations, people, places, or things. Joy is an internal feeling that is rooted in Jesus. We can be people of joy, even during times we may not be experiencing happiness and even when things in life turn out differently than how we may have planned or expected.

Throughout this Life Night series, we will be talking about emotions. Our emotions are a part of who we are. It is our challenge and task to become aware of these emotions and use our emotions for good. When we realize that Jesus is the source of joy and peace, we can develop a deeper relationship with Christ. This is the key to fulfilling and lasting joy and peace, regardless of what emotions we experience throughout our lives.

CONVERSATION STARTERS

1. Are you happy? What makes you happy? What keeps you from being happy?
2. Do you look to Jesus as a source of joy and peace? Why or why not?
3. Can someone be joyful even when they are not happy? How?