



Catholic Central Activity Guide

Being Human

Diving Deeper

- ▶ How a person thinks about what humanity is shapes perspectives on relationships and life. What do you think makes us human? Is it knowledge, curiosity, the arts, mercy, compassion, forgiveness or technology?
- ▶ Saint Irenaeus wrote: *Gloria dei, homo vivens*. "The Glory of God is man fully alive." What does it mean for a person to be fully alive? What gets in the way of feeling fully alive? When have you felt most authentic and alive?
- ▶ Kai and Libby remind us that Catholics believe that we are made in the image and likeness of God – the *imago dei*. Psalm 139 says God "formed our inmost beings," and that we are "wonderfully made." Ask yourself: When are times when I have felt strongly convinced of this? When are times when this realization has been a struggle for me?

Go Forth

- ▶ Discovering our humanity: Make time to perform one of the Corporal Works of Mercy this week (feeding the hungry, clothing the naked, visit the imprisoned ...). Focus on whom you are feeding, clothing, visiting, etc., rather than what you are giving or providing them. While doing one of the Works of Mercy, get to know the name and something about the person you are assisting.

Activity for Large Groups (10+)

- ▶ Lifeboat Activity: Tell the group members that they are in a sinking lifeboat. Tell them that they are going to be assigned a character. To help the most people survive, they have to throw three people off the boat. There is no way around this: they have to toss three people off.
 1. Give each person a character. For example: Young Man With ADD, Deaf Man, Depressed Man.
 2. After the group members decide whom they want to toss overboard, reveal to everyone that the characters they were assigned are actually famous people. For Example: Young Man with ADD is Justin Timberlake; Deaf Man is Beethoven; Depressed Man is Abe Lincoln.
 3. Discuss how our perception of people can easily change, and that everyone deserves dignity as a human person.
 4. [Here is a link](#) to a list of famous people to choose from with disabilities, depending how many people are in your large group.
 5. This activity produces a lot of good discussion about not judging people's situations or labels, but seeing every person as a child of God.





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Activity for Small Groups (4-9)

- ▶ The ability to enjoy and fully comprehend art, music, film, poetry and other cultural elements is something unique to human beings. Choose a favorite book, piece of art, music or poetry with your group, share a passage/clip, and explain why it makes you feel human.

Get More

- ▶ Peter Kreeft. "[Why a Christian Anthropology Makes a Difference](#)." An address to the The Catholic Medical Association's 79th Annual Educational Conference (October 27-30, 2010).
- ▶ [Bishop Robert Barron: Living as the Image of God: Created for Joy and Love](#)
- ▶ [Catechism of the Catholic Church, Part Three, Life in Christ \(1691-2557\)](#)
- ▶ [Alive Again, Matt Maher](#)

