

| Time                      | Phase                                                 | Action / Script Cues                                                                                                                                                                                                                                                                                                                                                               |
|---------------------------|-------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 00:00 – 00:05<br>(5 min)  | <b>Welcome &amp; Opening Prayer</b>                   | <ul style="list-style-type: none"> <li>• Settle group around center clay pot &amp; unlit candle.</li> <li>• Leader Prayer: "Lord, in a culture of constant production, remind us that our worth is in who we are, not what we achieve. Meet us in our fatigue. Amen."</li> </ul>                                                                                                   |
| 00:05 – 00:12<br>(7 min)  | <b>Icebreaker</b><br>The Battery Check                | <ul style="list-style-type: none"> <li>• Ask all to hold up fingers (1–10) showing current "internal battery percentage."</li> <li>• Call on 2–3 volunteers: "What drained your battery most this week? What recharged it?"</li> <li>• Bridge: Connect answers to screen fatigue, future anxiety, and societal pressure.</li> </ul>                                                |
| 00:12 – 00:22<br>(10 min) | <b>Word &amp; Reflection</b><br>Pope's Message        | <ul style="list-style-type: none"> <li>• Proclaim 2 Corinthians 4:7–9.</li> <li>• Point 1: You are not a machine. Culture measures production; God offers gratuitous love.</li> <li>• Point 2: Frailty is an invitation, not a failure. Clay jars hold divine treasure.</li> <li>• Point 3: Fraternity before argument. Love the person before trying to convince them.</li> </ul> |
| 00:22 – 00:30<br>(8 min)  | <b>Processing</b>                                     | <ul style="list-style-type: none"> <li>• Hand out paper slips and pens.</li> <li>• Prompt: "Write 1 anxiety, burnout, or pressure weighing on you right now."</li> <li>• In silence/soft music, each person drops their slip into the clay jar.</li> </ul>                                                                                                                         |
| 00:30 – 00:40<br>(10 min) | <b>Small Group Breakout</b><br>(groups of 3–4 people) | <ul style="list-style-type: none"> <li>• Split quickly into groups of 3–4</li> <li>• Present the 3 Small Group Questions below (write on board or hand out).</li> </ul>                                                                                                                                                                                                            |
| 00:40 – 00:45<br>(5 min)  | <b>Closing</b>                                        | <ul style="list-style-type: none"> <li>• Light candle by the pot; dim lights.</li> <li>• Final Acclamation (Call &amp; Response):<br/>Leader: "In the joy of our faith, we say together:"<br/>All: "For us, to live is Christ!" (Phil 1:21)</li> <li>• Close with the Our Father holding hands.</li> </ul>                                                                         |