Hey Everyone! Welcome to our first digital EDGE night. These will be going out every Tuesday and we will be making our way through Old Testament figures and seeing how they point to Christ. Grab your family and a Bible and Join us for today’s lesson about Adam.

**Bible References for today’s lesson** (I’m using the New American Bible revised edition)
- Genesis 1-3  (it might be a good idea to read these before the video.)
- Romans 5:12-18
- 1st Corinthians 15:20-21; 45-49

**Discussion Questions**

1. What are some ways that our lives are still affected by original sin (the sin of Adam) and do we still see its effects in our lives and societies?
2. What been the biggest personal struggle so far in the past couple of weeks?
3. What are some ways that we can choose to say yes to this relationship with Christ during this quarantine?
4. What are some ways that we as a family or group can hold each other accountable and help to make this time a period of growth in our relationships?

**Prayer**

During this time when we can’t go outside of our homes, we can feel like our connections to the sacraments are really being hurt. Yet priests around the world are still offering Mass and we can still make a spiritual communion with them. Saint Pope JPII wrote

> “In the Eucharist, “unlike any other sacrament, the mystery [of communion] is so perfect that it brings us to the heights of every good thing: Here is the ultimate goal of every human desire, because here we attain God and God joins himself to us in the most perfect union.” Precisely for this reason it is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of “spiritual communion,” which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life. St. Teresa of Jesus wrote: “When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you” [The Way of Perfection, Ch. 35.].

It’s time when we can’t receive the Eucharist that we should desire all the more to cling to Jesus. As a closing prayer for this session I’ve include a prayer for an act of spiritual communion. This can be said at any point of the day but also specifically when participating in a Mass where you cannot receive the Eucharist. I would encourage you to pray it now together.
My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart. I embrace You as if You were already there
and unite myself wholly to You. Never permit me to be separated from You.
Amen.

Other Resources

**Life Teens Blog**- includes blogs on how to pray the mass during COVID-19, how to find peace, how to form a routine, and many more short helpful blogs aimed at youth. [https://lifeteen.com/blog/](https://lifeteen.com/blog/)


**Helping Children and Teens Cope with Anxiety About COVID-19**: This article, put out by Seattle Children’s Hospital, offers tips for helping children and teens who are trying to make sense of what the outbreak means for their families and communities. It was sent to me from the Archdiocese as a resource for parents.

**Saint James Facebook**- Here you be able to find more about what the Saint James community is doing to better minister to you during this outbreak. This includes resources, articles, updates, livestreamed Masses, and more. [https://www.facebook.com/stjamesah/?_tn=%2Cd%2CP-R&eid=ARBhas1zyZ2N2WD7E1-gXSNCu61bv5XhXMFFs0QkRkNGLxY8qvqguNyUfoxnGk2lnMkCssRveOMr5A](https://www.facebook.com/stjamesah/?_tn=%2Cd%2CP-R&eid=ARBhas1zyZ2N2WD7E1-gXSNCu61bv5XhXMFFs0QkRkNGLxY8qvqguNyUfoxnGk2lnMkCssRveOMr5A)

**Saint James Life Teen Instagram**- Follow us for content, updates, fun videos, and more as Christina and I continue to minister to the middle school and high school youth of Saint James. [https://www.instagram.com/stjameslt/](https://www.instagram.com/stjameslt/)