ALL HEART

An Edge Retreat Series on Self-Worth

DEAR PARENTS AND FAMILY,

Retreats are amazing opportunities for middle school youth to grow in their relationship with God and relationships with a community of like-minded peers. On this "All Heart" retreat, your child will meet the Biblical figure David as he lived as a man after God's own heart. Just as God chose David not by his outward appearance but by his heart, your son or daughter will come to know how God loves them individually, desires to be reconciled to them after stumbling, and fulfills their every desire. When your child comes home, they will be encouraged to "take heart" and live courageously for God, just like David.

RETREAT SESSIONS

David is known as a man after God's heart. This retreat explores the concept of the heart: its vulnerabilities, how it may be harmed or broken, and how God heals and satisfies the desires of our hearts.

This retreat contains the following sessions:

- **Heart On Your Sleeve -** David the Shepherd Boy
- **Heartache -** David the King
- **Heart's Desire -** David the Poet
- **Take Heart -** Living Like David

SCRIPTURE REFERENCE

"But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord sees not as man sees; man looks on the outward appearance, but the Lord looks on the heart.'" (1 Samuel 16:7)

CATECHISM REFERENCE

"David is par excellence the king 'after God's own heart,' the shepherd who prays for his people and prays in their name. His submission to the will of God, his praise, and his repentance, will be a model for the prayer of the people. His prayer, the prayer of God's Anointed, is a faithful adherence to the divine promise and expresses a loving and joyful trust in God, the only King and Lord. In the Psalms David, inspired by the Holy Spirit, is the first prophet of Jewish and Christian prayer. The prayer of Christ, the true Messiah and Son of David, will reveal and fulfill the meaning of this prayer." (CCC 2579)

FAMILY REFLECTION QUESTIONS

- What was your favorite part of the retreat?
- What kind of prayer makes you feel closer to God? How can we incorporate more of it in our lives?
- What is one way our family can be more like David?