

# EDGE INTRODUCTION

Welcome to the Life Teen Family

**Welcome to the Life Teen family and the exciting world of middle school ministry!** We are honored that you have subscribed to Edge Support and pray that it will be a blessing as you strive to bring the youth of your parish into a relationship with Jesus Christ.

Middle school ministry is not an easy task. This is why we work hard to create fun and engaging materials to help you teach young people about Jesus and the Catholic faith. **Our goal is to resource your parish so you can serve the needs of the middle school youth entrusted to you.** Our materials are 100% Catholic, and over a three-year cycle, you will be provided with enough content to cover the fullness of the faith in a fun and relevant way.

Gen Z is unlike any generation before. Young people today are less religious, less likely to claim a faith-based identity, and no longer raised within a Christian worldview. So, the Church's embrace of this generation must include innovative approaches to youth ministry. **Life Teen exists to empower youth ministers and parishes to evangelize teens.** We take an entirely new approach to talking about our Catholic faith with middle school youth.

**Life Teen believes that when a teenager encounters Christ through the beauty of the Catholic Church, they will transform their parish, community, and culture.** Therefore, our resources address the unique developmental needs of middle school youth and are designed to have broad appeal to facilitate this encounter. Our methodology follows the structure of the Mass and divides each Edge session into a Gather, Proclaim, Break, and Send.

## GATHER

Every Edge session begins with a Gather where youth are welcomed and introduced to the topic. The Gather includes a game or activity that encourages active participation and builds community while responding to the developmental needs of this age group for movement.

## PROCLAIM

The Proclaim provides the main teaching of the Edge Night. It is delivered by the youth minister, priest, or experienced core member. Most Gen Z youth have very short attention spans, so our teaching outlines are interactive and no more than ten minutes in length.

## BREAK

The Break provides opportunities for youth to examine big ideas and gain skills for expressing faith. The participants divide into small groups led by core members. Small groups provide a safe place for young people to share their faith, ask questions, and wrestle with new ideas. As they build community, they grow as disciples of Christ.

## SEND

Each Edge Night concludes with an opportunity to encounter Jesus through prayer. Nothing else from the Edge Night will matter in the long run if the youth and core members do not personally know Jesus.

As part of the Life Teen movement, you receive shipments of materials. You also receive backup from a team of support for your ministry. No matter your Edge program's size, ethnic makeup, or economic profile, we've got you covered. From training to strategizing to encouraging, we are here for you. Most importantly, your parish will be in the prayers of all of us here at Life Teen.

May God bless you as you share the Gospel message with middle school youth!