I. Session One: The Existence of God

A. Goal for the Session

Always begin by clearly defining what you want to accomplish.

To show the teens that God's existence is a sure and reasonable fact on which we can build a relationship with Him.
B. References

1. Questions in the Mind of A Teen

Be sure to know your audience. Brainstorm as many questions they may have about this topic. Some might include:

a. If God does not exist, how can anything exist?

b. How can God exist since I have never physically seen Him?

c. If God exists, why does He seem so distant? Does He have something to hide?

2. Scriptural References

Romans 1:19-20.

19 For what can be known about God is evident to them, because God made it evident to them. 20 Ever since the creation of the world, his invisible attributes of eternal power and divinity have been able to be understood and perceived in what he has made.

Acts 14:15, 17.

15 "Men, why are you doing this? We are of the same nature as you, human beings. We proclaim to you good news that you should turn from these idols to the living God, 'who made heaven and earth and sea and all that is in them.' 17 yet, in bestowing his goodness, he did not leave himself without witness, for he gave you rains from heaven and fruitful seasons, and filled you with nourishment and gladness for your hearts."

Wisdom 13:1.

For all men were by nature foolish who were in ignorance of God, and who from the good things seen did not succeed in knowing him who is, and from studying the works did not discern the artisan.


27 so that people might seek God, even perhaps grope for him and find him, though indeed he is not far from any one of us. 28 For 'In him we live and move and have our being,' as even some of your poets have said, 'For we too are his offspring.'
3. From The Catechism of the Catholic Church

Know what the Church teaches and why by studying the following references from the Catechism.

See paragraphs #26-43.

4. Important Point to Keep In Mind

Most of your teens intellectually believe in God, but practically few understand what difference God makes in their daily lives. This session must emphasize to them all that believing in God means our lives and actions must reflect His existence.

5. Additional Resource


6. Important Related Topics

Our beliefs are all interconnected, forming One Faith in the One Christ.

From a teaching standpoint, every other catechetical topic flows from this fact: God exists. If God does not exist, then everything else we believe is empty.

C. Opening/Discussion Starters/Icebreakers: Led by _____ (10 minutes)

After gathering all the teens and team members, begin by dividing everyone into small groups. (If you are doing a 'Day of Renewal' approach, have them stay in the same small groups throughout the day.) Once they are in small groups, have them discuss the following questions to help them get to know each other:

1. If you were on a desert island, and could only bring 5 things with you, what would they be?

2. What is the most difficult thing about being in High School? What is the best thing about being in High School?

3. What is the best thing about being Catholic? What is the worst thing about being Catholic? (Note: With the 'Discussion Starters', don't worry about them giving you difficult or challenging answers. You just want to have some honest discussion so you can evaluate where they are at in their faith.)
4. Each person who ever existed has been made with a desire in their hearts that only God can fulfill (Romans 1:19-20). Many people try to forget God, yet He is constantly inviting them to be His friend, to be His child, to be His follower. What looks like 'atheism' in people is often just a mask for not wanting to follow God. Our prayer today is that we put aside anything that keeps us from believing in Him.

E. Testimony: Given by ______________________ (5 minutes)

Have a team member discuss a time in their lives when they doubted God's existence.

F. Small Groups (20 minutes)

1. Have you ever struggled with God's existence? Why? Why do so many people doubt God's existence?

2. How can your actions show others that God really exists, and that He loves everyone?

3. Name at least one way that God has shown Himself to you.

4. Why are so many people quick to say that God exists, then quick to act as if He doesn't exist? Have you ever struggled with that?
G. Large Group Discussion: Led by ________________ (10 minutes)

Pick one or two of the above discussion questions and have teens answer them in the large group.

H. Recap: Led by Youth Minister (2 minutes)

*Always end your meeting by summarizing the key point in a concise manner.*

Using the 'Recap with the Saints' material below, bring the discussion to a close and remind them of the main point of the session (see the goal for the session).

While many people believe that atheism is an honest intellectual option, St. Augustine tells us that it is really a decision people make. 'If it is possible to be an atheist, it is because the will to be one is there (On Psalm 73).’ Therefore, we should examine ourselves closely and honestly put aside whatever is keeping us from believing in God.

I. Closing Prayer: Led by ________________ (3 minutes)

Have the teens join hands and prepare them to listen to the words of the Apostle’s Creed. Tell them that this is similar to the Nicene Creed we say at Mass, but it is older. After they are quiet, slowly read the prayer.

*The Apostles’ Creed.*

*I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and the life everlasting. Amen.*

J. Announcements and Snacks

Take this time with your teens to inform them of any upcoming events and to ‘hang out’ with them. Don't forget to have food and drinks available!

Running Time: 55 minutes