

FINDING TRUE HAPPINESS

REJECTING A SHALLOW LIFE TO LIVE FOR GOD

You learned in history class that the core belief of “the American way” is our God-given right to “life, liberty, and the pursuit of happiness.” There’s a lot of goodness and truth to that.

In our Christian faith, though, we embrace a strange paradox, taught by Jesus himself: “He who finds his life will lose it, but he who loses his life for my sake will find it” (Mt. 10:39).

Here’s the simple fact: you’re never going to be truly happy outside of the will of God for your life. Even if you had unlimited popularity, a YouTube channel with 10 million subscribers, and the most amazing girlfriend/boyfriend—if you don’t have Jesus in your heart, misery will be right around the corner.

You might think, “Nope, not me. If I had everything I wanted, I’d be pretty darn happy.” Or you may attempt to strike a deal: “Okay God, give me all the stuff I want—let me just try it out—and if I’m still not happy, then I’ll come back to You.”

Honestly, save yourself the heartache. That’s not going to work. Rather, if you want REAL happiness, first give your heart to God. Totally. Completely. Reject the sin in your life. Seek God’s love and forgiveness. Then say to Jesus, “I’ll give up everything for you. What do YOU want me to do with my life?”

But be patient. Waiting for God’s answer can take years. In the meantime, do everything you can to draw close to Him. Learn what the Church teaches. Go to Confession regularly. Join the youth group. Find good Catholic friends. In general, build your life around the knowledge that *in God alone comes happiness*. In time, He’ll reveal his plan for your life.

ASSIGNMENT

WRITE DOWN PERSONAL GOALS

First prayerfully read Matthew 10:37-39. Now take 10-20 minutes to write down some goals.

1. Write down three things you want to accomplish. They can be about anything: college, sports, travel, etc.
2. Now complete this sentence: “I want to be the kind of person who...” Free-write about the kind of character you want to have.
3. Write down three spiritual desires. These are ways you want to follow God more faithfully.

Now give these all to God by praying sincerely, not for success, but to stay always in His love.



Foolproof Ways

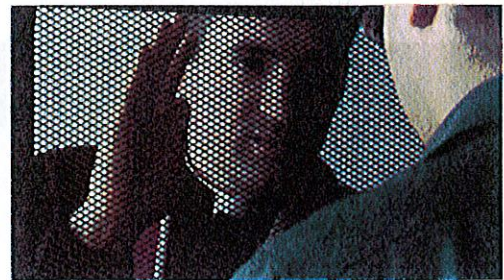
TO DISCOVER YOUR VOCATION



Arthur Loubate

GO TO MARY

Entrust your vocation to the Blessed Mother. Literally thousands of priests, sisters, and saints have turned to Mary for guidance, and she’s delivered. A simple practice is to pray three Hail Marys each day, asking Our Lady to bring you closer to Jesus and reveal your vocation.



Southwark Vocations

GET PLENTY OF SCREEN TIME

No, not *that* kind of screen time. We’re talking about Confession (which is sometimes in a booth where the priest is behind a “screen”). Reconciliation cleans the window of your soul so you can see and hear God better.



Jamie Orillion

STAY CLOSE TO JESUS

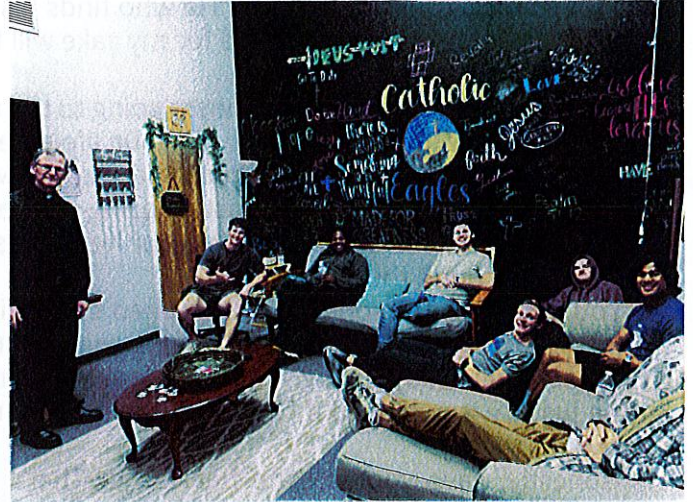
Eucharistic Adoration is one of the best places to hear the Lord. Simply look at Him while He looks at you, then listen.

THE PRIESTHOOD

A group for regular guys

Discernment groups are not only for men who *want* to be priests! Every young man who loves Christ and His Church should spend some time discerning the priesthood. Thus discernment groups are for men who are open to God's call, whatever it may be, and want to learn about priesthood—even if only to rule it out.

Even if a student is called to marriage and fatherhood, learning about the priesthood will make him a better Catholic man! One group leader says to students on campus: "Give Jesus six sessions to learn about discernment and then, if you're not called, go in peace."



Fr. Michael Pratt and Fr. Brett Brannen personally train all group leaders over four Zoom sessions. This is important because there are unique aspects of the discernment groups that ensure they run well and are fruitful for the men. We've found that after training, both priests and lay leaders feel much more confident as they start their own groups.

Sign Up for Leader Training

New group leaders are asked to attend online training sessions taught by other experienced priest-leaders. Learn field-tested principles about inviting young men, maintaining healthy group dynamics, leading discussion, and following up.



January 2025 Training

Four 30-minute sessions

Tuesday, January 7 at 11am EST

Tuesday, January 14 at 11am EST

Tuesday, January 21 at 11am EST

Tuesday, January 28 at 11am EST

Register Online
melchizedekproject.com

