

# Teen Missionary Covenant

St. Peter Chanel's vision is to see you become fully alive, rooted in Christ, reflecting His love and mercy.

As a Teen Missionary, I understand that I am accepting God's call to live out this vision in the community. I understand that this requires joy, humility, and a servant's heart. I understand that I am expected to be active in my faith by participating frequently in the Sacraments, so that I might be a reflection of God's love and mercy to my peers. As a Teen Missionary, I will live into the following guidelines in order to help shape my life with love and discipline.

## Fully Alive

### **Glorify God in Relationships and in Community**

"Encourage one another and build one another up. - 1 Thessalonians 5:11

"If your brother sins against you, go and tell him his fault between you and him alone. If he listens to you, you have won over your brother." - Matthew 18:15

As a Teen Missionary I will strive to:

- Attend all scheduled formation meetings and youth nights
- Avoid complaining, sarcasm, and gossip
- Trust that others have good intentions, even when there is a gap between what I expect people to do and what they actually do
- Listen first, talk second
- Avoid establishing cliques
- Reconcile differences that arise quickly and as forgiving as possible

### **Glorify God in my Person**

"A clean heart create for me, God, renew a steadfast spirit within me." - Psalm 51:12

"Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body." - 1 Corinthians 6:19-20

As a Teen Missionary I will strive to:

- Communicate God's love through my language, using words to encourage and affirm
- Take care myself through proper nutrition and rest
- Maintain chastity in my relationships, not shying away from opportunities to set appropriate boundaries in order to uplift others' dignity as sons and daughters of God
- Abstain from the illegal use of alcohol, cigarettes, vaping, and drugs

## Rooted in Christ

### **Grow my Relationship with God**

"Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me, you can do nothing." - John 15:4-5

As a Teen Missionary I will strive to:

- Attend Mass at least every Sunday
- Maintain a habit of daily prayer and reflection
- Participate in the Sacrament of Reconciliation at least on a quarterly basis
- Participate in Adoration at least monthly

### **Glorify God in use of Technology and Entertainment**

"For God alone my soul waits in silence, for my hope is from him." - Psalm 62:5

As a Teen Missionary I will strive to:

- Limit the use of technology and screen-based entertainment in order to develop a greater receptivity to God's voice
- Use technology in a way that glorifies God, seeking to encourage others and respect yourself
- Abstain from pornography and inappropriate conversations

## Reflecting His Love & Mercy

### **Glorify God in Hospitality**

"As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another." - John 13:34-35

As a Teen Missionary I will strive to:

- Look for those that are by themselves
- Invite others to join them during Youth Nights and other activities
- Know each person by name, setting a welcoming culture of inclusivity