

# Choose Joy

## NET RETREAT PARENT GUIDE

### Dear Parents,

What is NET? NET Ministries is a missionary organization that focuses on inviting Catholic youth into a deeper relationship with their community and Jesus. During NET Retreats, youth play games, hear a Gospel message, and participate in a time of prayer.

The theme for this retreat was **“Choose Joy,”** which focuses on how we can only find true joy in Jesus Christ.

God created us to live a life of happiness, but often we choose instant gratification over authentic joy. God has given every person free will. With free will, we can choose to accept God's love, or we can choose to reject it. The world suggests that we can be happy without God. But, it is only by freely accepting God's will for our lives that we can find authentic joy.

### Consider asking your teen:

- **What makes you the most happy?**
- **What is the difference between being happy and experiencing joy?**
- **What do you do when you feel sad? Does it help?**
- **How was the prayer time during the retreat?**

*Share your own thoughts.*

### Going forward:

At the end of each NET Retreat, we encourage retreatants to grow in the four pillars of the Catholic Church: Prayer, Sacraments, Fellowship, and Service.

Some ideas to help your teen to grow in the pillars, respectively, are setting aside more time in the morning to pray, going to Adoration or Confession, discussing ways to grow in the faith with friends, and volunteering for your church, school, or community.

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### Theme Quote

“I come that you might have life and have it abundantly.”

**John 10:10**

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