**SEALED. 1 Session 3 – Jesus of History/Christ of Faith**

**Teen Reflection:**

From the YouCat readings about Jesus, fully God and fully human, what stands out most to you and why?

**Parent and Teen Reflection:**

Jesus experienced fear of death, temptation, loneliness, sadness, and was ridiculed by others. He was similar to us in all things but sin. He relied on prayer, fasting, and trust in the will of his Father to overcome these trials. Parents, tell your teen a story about a time when you turned to God in the midst of a trial where there was no end to your suffering, but how with God present you felt a deeper sense of comfort/peace/strength to persevere, even in the midst of suffering or trail. How have you or can you follow Jesus' example of perseverance and fortitude in your own struggles? How can you, as a family, work to follow Jesus' example together? Teens, ask your parents to pray for you and with you to invite Jesus into a struggle you face currently. Take a few moments to pray with and for one another.