

What Are You Looking For? A Lesson Plan on Desires

This "What Are You Looking For" lesson plan, based on John 1:35-42, encourages youth to introspect about their deepest desires and assess if these align with the path of discipleship. It explores Jesus' question to His disciples, "What are you looking for?", urging them, and us, to ponder our true wants. This reflection extends to considering if we seek a messiah for control, vengeance, or material comfort, as was common among Jews under Roman rule who longed for a Messiah to overthrow their oppressors. The plan also challenges the notion of seeking Jesus for immediate ease or material prosperity, emphasizing instead gratitude and acceptance of life's challenges.

The disciples' response, "Where are you staying?", is highlighted as a deeper inquiry into where Jesus' heart resides - with the poor and marginalized. Participants are prompted to reflect on where their own heart lies: what occupies their thoughts, what excites them, and what brings them fulfillment. This introspection aims to align personal desires with Jesus' teachings, underscoring that God doesn't call for a complete personal overhaul but invites us to use our unique gifts and talents in His service. The lesson encourages finding common ground between our heart's location and Jesus', fostering spiritual growth and discipleship.

Opening Game for What Are You Looking For? Lesson Plan

Play a wishing game.

You have three wishes by a genie. You can have anything you want. There are a couple of rules though. These wishes are only to be used to benefit you personally. Wishing for world peace is great, but this particular genie won't allow it. And no wishing for more wishes!

- What would you wish for?

Allow plenty of time for this discussion. Everyone should get to say what they wished for.

As we transition from our opening wishing game to the Scripture reading of John 1:35-42, let's carry with us the theme of our desires. The game highlighted our personal longings when presented with three unrestricted wishes. Now, as we delve into the Scripture, we'll explore a deeper kind of longing.

When Jesus asks, "What are you looking for?" in this passage, He invites us to consider not just our surface wishes, but the deeper yearnings of our hearts. As we listen to this passage, think about how your wishes from the game align with what you truly seek in life and in your faith journey.

Scripture Reading for What Are You Looking For? Lesson Plan

[John 1:35-42](#) (John the Baptist points out Jesus) - the Gospel Reading for the [2nd Sunday in Ordinary Time – Year B](#)

John was standing with two of his disciples, and as he watched Jesus walk by, he said, "Behold, the Lamb of God." The two disciples heard what he said and followed Jesus.

Jesus turned and saw them following him and said to them, "What are you looking for?"

They said to him, "Rabbi" - which translated means Teacher - "where are you staying?"

He said to them, "Come, and you will see."

So they went and saw where Jesus was staying, and they stayed with him that day.

It was about four in the afternoon. Andrew, the brother of Simon Peter, was one of the two who heard John and followed Jesus. He first found his own brother Simon and told him, "We have found the Messiah" - which is translated Christ. Then he brought him to Jesus.

Jesus looked at him and said, "You are Simon the son of John; you will be called Cephas" - which is translated Peter.

[John 1:35-42](#)

Discussion for the What Are You Looking For? Lesson Plan

Jesus asks the disciples "What are you looking for?" He didn't ask because they were looking for something they dropped on the floor. He is asking what they want. Perhaps Jesus asked this question to make them think about it rather than to get a particular answer.

They could have been looking for a military leader. The Jews at that time were suffering under Roman rule. Many were hoping for the coming of a Messiah who would overthrow the Romans. They sought freedom from oppression and wished these foreigners out of their land.

Sometimes we look for a savior who will conquer our enemies for us. But Jesus did not come to fight people's battles for them, especially with control and violence.

- Have you ever wished that there would be some righteous justice brought on somebody who has hurt you?
- Have you wished for somebody to fail or be humiliated?
- Have you tried to control a situation where you felt weak and powerless?
- How might you ask Jesus to help you in these situations?

<https://young-catholics.com/14383/youth-ministry-lesson-plans-reflections/>

Another possibility was that they would ask for wealth or comfort. The disciples were not wealthy. They worked hard to get by. Many thought the Messiah would usher in a time of prosperity for the Jewish people.

We also look for somebody to make life easier for us. And while Jesus can certainly comfort us, he is probably not going to show up at our front door with a stack of money or magically fix our problems.

- Do you pray for things to be easier?
- Have you ever prayed for something you really wanted and then felt like your prayer was not answered? How did that make you feel?
- Have you tried praying in gratitude for the things you have instead of praying for God to do more?

The answer the disciples gave to the question “What are you looking for?” is interesting. They said “Where are you staying?” They might be asking for an address, but perhaps they also want to know where Jesus’ heart lives. And it turns out that Jesus’ heart is with the poor and the oppressed, those who are left out and left behind.

How do you answer the question “Where do you live?” Don’t answer with an address. Instead think about where your heart is.

- What takes up the most time of each day for you?
- What are you most excited about doing each day?
- What do you think about when you are daydreaming?
- Which things or activities make you feel most alive?

The answers to these will give you some idea of where your heart lives. Does it live in the same zip code as Jesus’ heart?

The great thing about God is that He doesn’t ask us to become a totally different person. Instead, He asks us to use the gifts and talents and personalities to build His Kingdom. And that is where Jesus’ heart lives – in the Kingdom of God.

Reflection Questions for the What Are You Looking For? Lesson Plan

Break into small groups to discuss these ideas further.

- Reflecting on the question Jesus asked, “What are you looking for?”, identify the primary thing you are seeking in your life at this moment. How does it influence your daily actions and decisions?

<https://young-catholics.com/14383/youth-ministry-lesson-plans-reflections/>

- Considering your current wants and desires, how can you channel them to contribute to building the Kingdom of God? Are there specific talents or passions you possess that could be used for this purpose?
- Sometimes our desires may not align with the teachings and values of our faith. If you recognize such wants in your life, what steps can you take to realign them with the Kingdom of God? Consider practices like confession, attending Mass, or performing a daily Examen.
- In what ways can reflecting on the question "What are you looking for?" help you understand and deepen your relationship with God? How can this introspection guide you to a more faith-centered life?
- Discuss how the answer to "What are you looking for?" might change at different stages of your life. How can your evolving answers guide your spiritual growth and understanding of God's plan for you?

Challenge for the What Are You Looking For? Lesson Plan

For this week's challenge in our "What Are You Looking For?" lesson plan, let's delve deeper into understanding and aligning our daily desires with God's plan. Each day, dedicate time to prayerful reflection, starting with the question, "What am I looking for today?" Consider your hopes, tasks, or even fears for the day ahead.

As you identify these daily desires, bring them before God in prayer. Ask for His guidance on how these wants can serve a greater purpose in building His Kingdom. Whether it's a goal at work, a personal challenge, or a simple everyday task, seek ways to align it with the values and teachings of our faith.

Additionally, at the end of each day, reflect on how you've used your desires constructively. Were you able to turn a personal goal into an act of kindness or service? How did your actions contribute to the well-being of others and glorify God?

This exercise is not just about understanding "What are you looking for?" but also about actively shaping our desires to reflect God's love and compassion in our daily lives. It's an opportunity to grow closer to God by aligning our personal ambitions with His divine will.

Prayer for the What Are You Looking For? Lesson Plan

Pray [St. Anselm's Prayer](#), which starts, "O my God teach my heart where and how to seek you..." [Find a printable copy here.](#)

As we conclude our "What Are You Looking For?" lesson, let us gather our thoughts and reflections in prayer, seeking guidance in our continual search for purpose and connection with God. We will use Anselm's Prayer, a profound prayer that resonates deeply with our exploration today. This prayer invites us to ask God to teach our hearts where and how to seek and find

<https://young-catholics.com/14383/youth-ministry-lesson-plans-reflections/>

Him. It acknowledges our longing and our need for God's guidance in our journey of faith. Let's join together in this prayer, allowing its words to echo the desires we've uncovered and the spiritual path we are seeking to follow.

O my God teach my heart where and how to seek you,
where and how to find you...

You are my God and you are my All and I have never seen you.
You have made me and remade me,
You have bestowed on me all the good things I possess,
Still I do not know you...

I have not yet done that for which I was made....

Teach me to seek you...

I cannot seek you unless you teach me
or find you unless you show yourself to me.
Let me seek you in my desire, let me desire you in my seeking.
Let me find you by loving you, let me love you when I find you.

[Printable PDF of What Are You Looking For? A Lesson Plan on Desires](#)

[Click here to download a PDF copy of the lesson plan](#)

Resources for the What Are You Looking For? Lesson Plan

[More Themes](#)

[Background Material](#)

[Music Suggestions](#)

[More Youth Ministry Lesson Plans and Reflections](#)