



# UP TO THE SOURCE

*Adoratio* with St. John Paul II

FOR YOUTH

*“You are Strong—with Mary”*

**From the Apostolic Letter of Pope John Paul II to the Youth of the World on the Occasion of International Youth Year (*Dilecti amici 15*), March 31, 1985.**

I am writing to you, young people, because you have overcome the evil one. I write to you, children, because you know the Father... I write to you, young people, because you are strong, and the word of God abides in you"... The words of the Apostle, going back almost two thousand years, are also an answer for today. They use the simple and strong language of faith that bears within itself victory over the evil in the world: "And this is the victory that overcomes the world, our faith". These words have the strength of the experience of the Cross and Resurrection of Christ, the experience of the Apostles and of the generations of Christians that followed them.

In you, in your young hearts, there is a strong desire for genuine brotherhood between all people, without divisions, conflicts or discrimination... Does not this yearning for brotherhood witness to the fact that, as the Apostle writes, "you have known the Father"? Because there can only be brothers and sisters where there is a father. And only where the Father is are people brothers and sisters.

You young people are strong in the strength of divine doctrine: the doctrine contained in Christ's Gospel and summed up in the "Our Father". Yes! You are strong in this divine teaching, you are

strong in this prayer. You are strong because it instills into you love, good will, respect for people, for their life, their dignity, their conscience, their beliefs and their rights. If “you know the Father”, you are strong with the power of human brotherhood.

You are also strong for the struggle: not for the struggle of one against another in the name of some ideology or practice separated from the very roots of the Gospel, but strong for the struggle against evil, against the real evil: against everything that offends God..., against every crime against life: against every sin.

There is no need to be afraid to call the first agent of evil by his name: the Evil One. The strategy which he used and continues to use is that of not revealing himself, so that the evil implanted by him from the beginning may receive its development from man himself, from systems and from relationships between individuals... In other words, so that man may feel in a certain sense “freed” from sin but at the same time be ever more deeply immersed in it.

“Young people, you are strong”: all that is needed is that “the word of God abide in you”. Then you are

strong: thus you will succeed in getting at the hidden workings of evil, its sources, and thus you will gradually succeed in changing the world, transforming it, making it more human and more of God. For it is impossible to detach the world from God or set it up in opposition to God in the human heart. Nor is it possible to detach man from God and set him up in opposition to God. For this would be against the nature of man –against the intrinsic truth that constitutes the whole of reality! Truly the human heart is restless until it rests in God. These words of the great Augustine never lose their validity.

We have before our eyes Mary, who accompanies Christ at the beginning of his mission among men. Mary of Cana of Galilee intercedes for the young people, for the newly-married couple when at the marriage feast the wine for the guests runs out. Then Christ’s Mother says these words to those serving at the feast: “Do whatever he tells you”. He, the Christ. I repeat these words of the Mother of God and I address them to you, to each one of you young people: “Do whatever Christ tells you”. And I bless you in the name of the Most Holy Trinity. Amen.

## Litany of Young Saints

St. Kizito, teenager, martyr of Uganda	<i>Pray for Us</i>
St. John Berchmans, student of Theology	<i>Pray for Us</i>
St. Bernadette of Lourdes, friend of Mary	<i>Pray for Us</i>
St. Agnes of Rome, virgin and martyr	<i>Pray for Us</i>
St. Aquilina of Lebanon, martyr and convert	<i>Pray for Us</i>
St. Tarsicius, altarboy, martyr of the Eucharist	<i>Pray for Us</i>
Sts. Jacinta and Francisco of Fatima, shepherds	<i>Pray for Us</i>
Bl. Pier Giorgio Frassati, college student	<i>Pray for Us</i>
St. Aloisius Gonzaga, religious	<i>Pray for Us</i>
St. Stanislaw Kostka, novice	<i>Pray for Us</i>
St. Maria Goretti, martyr and virgin	<i>Pray for Us</i>
St. Pelagius of Cordoba, martyr	<i>Pray for Us</i>
Bl. Andrew Phu Yen, protomartyr of Vietnam	<i>Pray for Us</i>
St. Kateri Tekawitha, Lily of the Mohawks	<i>Pray for Us</i>
St. Dominic Savio, seminarian	<i>Pray for Us</i>
Saint Thérèse of the Child Jesus, virgin and writer	<i>Pray for Us</i>
Bl. Chiara Badano, student and saint	<i>Pray for Us</i>
St. José Sánchez del Río, martyr	<i>Pray for Us</i>
Bl. Carlo Acutis, teenager	<i>Pray for Us</i>



## A Prayer for the Youth by St. John Paul II

O Lord Jesus Christ,  
keep us, your young people,  
in your love.

Let us hear your voice and believe what you say,  
for you alone have the words of life.  
Teach us how to profess our faith, bestow our love,  
and impart our hope to others.

Make us convincing witnesses to your Gospel  
in a world so much in need of your saving grace.

Make us the new people of the Beatitudes,  
that we may be the salt of the earth  
and the light of the world

at the beginning of the Third Christian Millennium!  
Mary, Mother of the Church, protect and guide us,  
the young men and women of the Twenty-first Century.  
Keep us all close to your maternal heart. Amen.



Christ and the Rich Young Ruler, Heinrich Hoffmann, 1889

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