



# UP TO THE SOURCE

*Adoratio* with St. John Paul II

FOR YOUTH

*Follow Me!*

**From the Apostolic Letter of Pope John Paul II to the Youth of the World on the Occasion of International Youth Year (*Dilecti amici* 8–9), March 31, 1985.**

During youth a person puts the question, “What must I do?” not only to himself and to other people from whom he can expect an answer, especially his parents and teachers, but he puts it also to God, as his Creator and Father. He puts it in the context of prayer. He therefore asks God: “What must I do?”, what is your plan for my life? Your creative, fatherly plan? What is your will? I wish to do it.

In this context the “plan” takes on the meaning of a “life vocation,” as something which is entrusted by God to an individual as a task. Young people, entering into themselves and at the same time entering into conversation with

Christ in prayer, desire as it were to read the eternal thought which God the Creator and Father has in their regard. They then become convinced that the task assigned to them by God is left completely to their own freedom, and at the same time is determined by various circumstances of an interior and exterior nature. Examining these circumstances, the young person, boy or girl, constructs his or her plan of life and at the same time recognizes this plan as the vocation to which God is calling him or her.

I desire therefore to entrust to all of you, the young people, this marvelous task which is

linked with the discovery before God of each one's life vocation. This is an exciting task. It is a fascinating interior undertaking. In this undertaking your humanity develops and grows, while your young personality acquires ever greater inner maturity. You become rooted in that which each of you is, in order to become that which you must become.

...“What do I still lack?” This question is a very important one. It shows that in the heart of a young person who is forming the plan for his or her whole life, there is hidden an aspiration to “something more”... When the young man asks about the “more,” Jesus looks upon him with love, and this love finds here a new meaning. Man is carried interiorly, by the hand of the Holy Spirit, from a life according to the commandments to a life in the awareness of the gift... And Jesus says: “If you would be perfect, go, sell what you possess and give

to the poor, and you will have treasure in heaven; and come, follow me.”

The Church finds Christ's “Follow me” at the beginning of every call to service in the priesthood, and at the beginning of the religious vocation...

It is for this reason that I wish to say this to all of you young people, in this important phase of the development of your personality as a man or a woman: if such a call comes into your heart, do not silence it! Let it develop into the maturity of a vocation! Respond to it through prayer and fidelity to the commandments! For “the harvest is plentiful” and there is an enormous need for many to be reached by Christ's call “Follow me.” There is an enormous need for priests according to the heart of God—and the Church and the world of today have an enormous need of the witness of a life given without reserve to God.



Bl. Pier Giorgio Frassati

## 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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