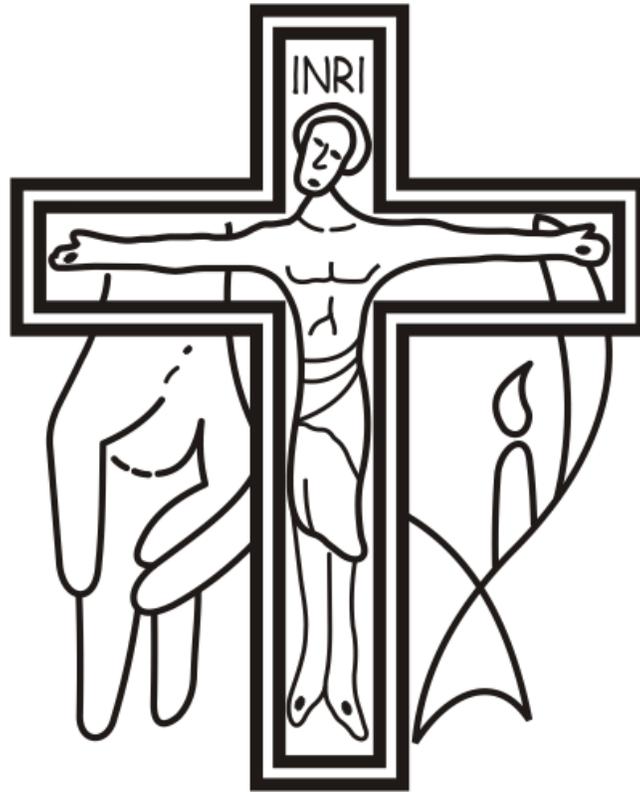


# Via de Cristo



***“Christ is counting on you”***

Name: \_\_\_\_\_

## Ideal

Rollo # 1

15 Minutes

## IDEAL

**Time:** 15 minutes. Content of this rollo is expected to take 15 minutes.

**Orientation:** Ideal is the first rollo and sets the tone of the Via de Cristo weekend. This is the beginning of the pilgrims'/weekenders' VdC journey. As the first talk, it should be given by an experienced rollista who can set the foundation for the remaining 14 talks. It is essential that the speaker is prepared spiritually in order to convey a sense of calm and react appropriately to any disturbances. The pilgrims will not know how to respond, engage, or react. The speaker should be prepared for anything. The Ideal rollista has the added responsibility of explaining the purpose of write-downs and note taking. The intent of the Ideal talk is to create a desire to identify their ideals and lead them to the Christian ideal.

**Style:** The Rollo Room will be filled with excitement and nervous energy. As the first talk, the pilgrims are unaware of the agenda and how the weekend will proceed. Most people will be with strangers, which adds to the level of anxiety. The rollo should be dynamic and engaging at the same time. The concepts should be delivered clearly and concisely, without introducing overly theological or philosophical topics. The speaker should be calm and friendly to put the pilgrims at ease.

**Objective:** As the first rollo, this talk is intended to ease the pilgrims into the pattern of the weekend. The rollo prepares pilgrims to open their hearts and minds for the remaining lessons. Ideal lays the groundwork for the entire weekend. It is important that the following items are conveyed:

- Define an ideal
- Teach the importance of having an ideal
- Establish Christianity as the perfect ideal
- Discover our current ideals
- There is to be no mention of God or faith.

## 1. INTRODUCTION

Now is the moment to stop and think. What is the meaning and direction of our lives? People live in two worlds: the material and the spiritual. Our lives are more complex than and superior to other animals.

A. Humans are the only beings in creation that have:

- Intellect: The ability to understand
- Will: The ability to act, to seek after something desired
- Freedom: The ability to choose

B. We are endowed with intelligence, will, and freedom. Through the gift of freewill we can direct our lives toward the outcomes we choose. We can govern our actions to not only live but thrive.

## 2. HUMAN POTENTIAL

Everyone has the drive for happiness and self-fulfillment. Essentially all people are born the same way. Why do some people seem to accomplish so much more than others?

A. All people have enormous potential and innate talents.

B. Our potential is best realized by setting goals.

C. We use ideas and thoughts to direct our lives toward the fulfillment of an idea or goal.

D. We challenge our potential by committing ourselves totally.

E. Self-giving is one of the highest personal acts we can accomplish.

F. Giving oneself can be directed to:

- Self
- Objects
- Ideas
- Others

## 3. WHAT IS AN IDEAL?

An ideal is the center of our goals; it is the axis of our life. It is the combination of ideas, aspirations, and preferences which attract us and move us toward the attainment of our goals.

A. Everyone has an ideal.

B. Our ideals change as we age and change. (Provide examples/anecdotes)

- Childhood: games, toys, physical conquest...
- Youth/adolescence: sports, adventures, school, love
- Adulthood: Money, career, family, honor, etc.

#### **4. ELEMENTS OF AN IDEAL**

- A. Vision, or static element. Vision the “what” of our ideal. It is the combinations of our dreams, hopes and preferences for life. Our vision provides the framework of the ideal.
- B. Motivation, or dynamic element. Motivation is the “why” behind the vision. It is the force that moves us to achieve our goal. Motivation gives us the power to accomplish our ideal.

#### **5. THE INFLUENCE OF AN IDEAL ON LIFE**

- A. An Authentic (Healthy) Ideal
  - Gives purpose and meaning to life.
  - Causes us to rise above ourselves.
  - Develops optimism by fostering hope, vitality, and freewill.
  - Creates direction by acting through conviction instead of instinct.
- B. A False (Unhealthy) Ideal
  - Discourages and disheartens
  - Prevents us from trying new, and perhaps authentic, ideals.

#### **6. OBSTACLES TO ACHIEVING OUR IDEAL**

People don't plan to fail. They fail to plan. We don't always achieve our ideal. There are obstacles that remove us from our path.

- A. Evil, injustice, and unhappiness exist
- B. Limitations cause frustration and restlessness, which can be a motivating force (give example).
- C. We are limited by our self-centeredness.

#### **7. QUALITIES OF AN IDEAL**

- A. An ideal can satisfy an individual's every need.
  - It is vital and provides great meaning
  - It is complete. We can direct our whole life toward this ideal.
  - It has definable goals
- B. Each goal will fulfill our present and future needs.
  - These goals will inspire us to reach out and give of ourselves
  - The goals challenge us to fulfill our potential.
  - It must be attainable. An unrealistic ideal causes frustration instead of inspiration.
  - It must be motivating. It empowers us to overcome obstacles to meet its criteria.

An authentic ideal leads us to a mature and meaningful life.

## 8. TYPES OF IDEALS

There are as many ideals as there are people. We might want to become famous; we may wish for peace in our family, or for peace in the world. We may want to excel in sports or music, or be an amazing parent, etc.

### A. Categories

- Subject: Personal, family, collective, national, and universal.
- Goals: Wealth, achievement, fame, glory.

### B. Meaning: Apparent vs Real

- An apparent ideal is what we like to believe motivates us. Our apparent ideal is what we tell ourselves it is. It completes the phrase, “my ideal should be...”
- A real ideal is one that truly motivates us. Our real ideal is the one that we live. It completes the phrase, “my ideal is...”

Apparent and real ideals may not be the same.

## 9. NECESSITY OF KNOWING OUR IDEAL

### A. We must know our ideal in order to accomplish it.

- Like the mast on a sailboat, it guides, directs, governs the entire course of our life!
- (Share a brief example of an ideal which accomplishes this)

### B. How can you discover your ideal? Just ask these questions.

- How do I spend my spare time?
- Where do I spend my spare money?
- What do I think about the most?

## 10. CONCLUSION

We were all created with enormous potential. Our potential is only limited by our thoughts and decisions.

### A. YOUR IDEAL LIES IN THE ANSWER TO THESE QUESTIONS

- How do I spend my spare time?
- Where do I spend my spare money?
- What do I think about the most?

Take a few minutes to write down your answers to these three questions. The answers are for you alone. You will not be asked to share. Reflect on how your answers have directed your life and how you have arrived at this VdC weekend.