

# POST-SYNODAL APOSTOLIC EXHORTATION

## ***CHRISTUS VIVIT***

### OF THE HOLY FATHER **FRANCIS**

#### TO YOUNG PEOPLE AND TO THE ENTIRE PEOPLE OF GOD

143. Dear young people, make the most of these years of your youth. Don't observe life from a balcony. Don't confuse happiness with an armchair, or live your life behind a screen. Whatever you do, do not become the sorry sight of an abandoned vehicle! Don't be parked cars, but dream freely and make good decisions. Take risks, even if it means making mistakes. Don't go through life anaesthetized or approach the world like tourists. Make a ruckus! Cast out the fears that paralyze you, so that you don't become young mummies. Live! Give yourselves over to the best of life! Open the door of the cage, go out and fly! Please, don't take early retirement.

#### *A thirst for life and experience*

144. While drawn towards the future and its promise, young people also have a powerful desire to experience the present moment, to make the most of the opportunities life offers. Our world is filled with beauty! How can we look down upon God's many gifts?

145. Contrary to what many people think, the Lord does not want to stifle these desires for a fulfilling life. We do well to remember the words of an Old Testament sage: "My child, treat yourself well, according to your means, and present your offerings to the Lord; do not deprive yourself of a day's enjoyment, do not let your share of desired good pass by" (*Sir* 14:11.14). The true God, who loves you, wants you to be happy. For this reason, the Bible also contains this piece of advice to young people: "Rejoice, young man, while you are young, and let your heart cheer you in the days of your youth... banish anxiety from your mind" (*Ec* 11:9-10). For God "richly provides us with everything for our enjoyment" (*1 Tim* 6:17).