

Religious Education & Positive Mental Health and Wellness: end of September to Thanksgiving

May also be used during Advent or Lent as a Gratitude project.

Grade 8 – Lesson 1

Grade 8 Who I AM... Lesson 1 WHO I AM – Prayer Service

“Unconditional Love is... Contagious”

Background information on Who I AM Makes A Difference Because Jesus Loves Me!:

The meaning to the *Who I AM* project is twofold: *Who I AM* is part of the hallmark conversation God and Moses shared in the Old Testament. The I AM in this context acknowledges the importance and value of God within our life. The second meaning to *Who I AM* is individual. I AM important because of how I view myself and others view me through positive messages. The I AM within me is the blending of others moulding and shaping my character. The two meanings are married in one understanding. *Who I AM* makes a difference to self and others.

I AM = value of God I AM = value of me

Curriculum Expectation – Ontario Catholic School Graduate Expectations, Overall and Specific Expectations from related Subjects

Ontario Catholic School Graduate Expectations

CGE1c: Actively reflects on God's Word as communicated through the Hebrew and Christian scriptures

CGE2a: Listens actively and critically to understand and learn in light of gospel values

CGE3d: Makes decisions in light of gospel values with an informed moral conscience

Religion Overall Expectations

PR2: Understand how one develops the habits of prayer according to the spirit and example of Jesus Christ.


Religion Specific Expectations

LS3.2: Outline the basic principles that guide the Church’s social teaching with respect to personal responsibility and participation in public life and give examples of how each promotes the good of individuals and the common good of society.

Learning Goals

- Students will demonstrate an understanding of various forms of prayer through actively participating in *Who I AM* Prayer Service.
- Students will demonstrate an understanding of how the Gospel invites them to grow in faith and wholeness.
- Students will demonstrate an understanding of unconditional love and unconditional forgiveness as instrumental tools in

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| | | <p>building and maintaining positive healthy relationships.</p> <p>Success Criteria (suggestion)</p> <p><i>I will achieve success by actively participating in Who I AM Prayer Service through reading the Gospel message, listening attentively and participating with appropriate hand gestures when required.</i></p> |
| Instructional Components | | |
| <p>Prior Knowledge and/or Skills Exodus 3</p> <p>Resiliency - The knowledge that you are equipped with the tools needed to handle the adversities that life presents. Leaning on your faith, found within God, assists you to build resiliency from within. Celebrate your life!</p> | <p>Terminology Burning Bush Pay-it-forward/Gratitude Unconditional Love Unconditional Forgiveness Celebrate Life</p> | <p>Resources/Materials Bibles / Chapel location * Who I AM Prayer Service Moses Letter Prayer Journals /Exit Cards</p> |
| Prayer/Scripture Focus | | |
| <p>Gospel of John 14: 1</p> <p>‘Do not let your hearts be troubled. Believe in God, believe also in me.’</p> | | |
| Minds On | Approximately 15 Minutes | Assessment |
| <p>Teacher Voice “We are participating in a pay-it-forward project called Who I AM Makes A Difference Because Jesus Loves Me! The meaning to the <i>Who I AM</i> project is twofold: <i>Who I AM</i> is part of the hallmark conversation Moses and God shared in the Old Testament. The I AM in this context acknowledges the importance and value of God within our life. The second meaning to <i>Who I AM</i> is individual. I AM important because of how I view myself and others view me. The I AM within me</p> | | <p>A brief conversation intended to bring students into new learning</p> |

| is the blending of others moulding and shaping my character. The two meanings are married in one understanding of unconditional love and unconditional forgiveness. <i>Who I AM</i> makes a difference to God, self and others.” Think – Pair - Share 1. What did Moses do when he noticed that the bush was not burning up? 2. What was Moses told about the place of the Burning Bush and what was he to do while he was there? | | Anecdotal notes: observations, listening  |
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| Action | Approximately 20 Minutes | Assessment |
| Chapel or classroom Gather in the classroom, school chapel, or parish for the Who I AM prayer service. Assign students with their reading selection. Students take an active role during the Who I AM Prayer Service by reading a variety of prayers/reflections, listening attentively, and using appropriate hand gestures when required. Prior to the closing prayer in the Who I AM prayer service, teacher will pause and present each student with a PERSONALIZED envelope – the student’s name is clearly written on the front of the envelope. The sealed envelope contains the Moses Letter [See: Moses Letter] With quiet music as a background, allow students time to read the Moses Letter. (10 minutes for quiet reading /reflection/music) Teacher will continue the prayer service by reading the greeting and first sentence of the Moses Letter. Each student will continue the letter by reading one sentence until the letter is complete. *Allow one minute of silence for the power of the letter to be absorbed before continuing. Teacher will complete the prayer service and thank students for their respect toward the Who I AM initiative. After the prayer service, students could gather in a circle to further provide an opportunity to develop caring relationships – a key component to positive mental health. Students need to know they can have supportive relationships with school staff and peers, relationships that reflect trust, respect and non-judgement. Teacher Voice “If we struggle with peer relationships, what might happen? “ Students might say things such as become alienated, feel alone, or feel isolated, which in turn could lead to mental health concerns such as alienation. The | | Student thinking is probed through purposeful activities. Music Selections You are I AM (Mercy Me) I Can Only Imagine (Mercy Me) The Hurt & Healer (Mercy Me) Homesick (Mercy Me) With all I AM (By Hillsong) <u>Anecdotal notes based on class discussions.</u> |

| <p>teacher could connect the discussion to positive mental health and how Christian prayer and Catholic community provide a means of developing positive mental health.</p> <p>Teacher could model, promote, and encourage the descriptions given by students ensuring every student's voice is heard.</p> | |
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| Consolidation | Assessment |
| <p>In Prayer Journal or Exit Card reflect on one of the following questions:</p> <p>Why did Moses reveal to you about his character?</p> <p>What is the significance of receiving a letter of unconditional love from Moses?</p> <p>How does Moses model unconditional love and unconditional forgiveness?</p> | <p>Teacher supports students with making connections to the learning goal.</p> <p>Prayer Journal or Exit Card</p> |
| Final Notes | |

Who I AM Prayer for Intermediate Division (Grade 8)

Welcome and Introduction:

Opening Prayer:

In the name of the Father and of the Son and of the Holy Spirit,
Loving God, the Great I AM, we thank you for all of the good things that you have given us; for the beauty of your creation, for our school, our teachers and for the love of our family and friends. Thank you for loving us all unconditionally and for making each one of us the special gift that we are, amen.

Reading: A reading from the book of Exodus [selected versed from Exodus 3]
God called to Moses out of the bush, "Moses, Moses!" And Moses said, "Here I am." Then God said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "Come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" God said, "I will be with you". But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you', and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'" God also said to Moses, "This is my name forever, and this my title for all generations."

Gospel Reading: A reading from the Gospel of John 14: 1-14

"Do not let your hearts be troubled. You trust in God, trust also in me. ² In my Father's house there are many places to live in; otherwise I would have told you. I am going now to prepare a place for you, ³ and after I have gone and prepared you a place, I shall return to take you to myself, so that you may be with me where I am. ⁴ You know the way to the place where I am going. ⁵ Thomas said, 'Lord, we do not know where you are going, so how can we know the way?' ⁶ Jesus said: I am the Way; I am Truth and Life. No one can come to the Father except through me. ⁷ If you know me, you will know my Father too. From this moment you know him and have seen him. ⁸ Philip said, 'Lord, show us the Father and then we shall be satisfied.' Jesus said to him, ⁹ 'Have I been with you all this time, Philip, and

you still do not know me? 'Anyone who has seen me has seen the Father, so how can you say, "Show us the Father"? ¹⁰ Do you not believe that I am in the Father and the Father is in me? What I say to you I do not speak of my own accord: it is the Father, living in me, who is doing his works. ¹¹ You must believe me when I say that I am in the Father and the Father is in me; or at least believe it on the evidence of these works. ¹² In all truth I tell you, whoever believes in me will perform the same works as I do myself, and will perform even greater works, because I am going to the Father. ¹³ Whatever you ask in my name I will do, so that the Father may be glorified in the Son. ¹⁴ If you ask me anything in my name, I will do it." Amen

Reflection Questions:

Write the answers in your journal or on another piece of paper. Be prepared to share your answers.

1. What emotions do you think Moses experienced standing before the Burning Bush?
2. How would you have reacted standing before a Burning Bush that did not consume itself?
3. Moses had imperfect speech and lacked confidence. Why do you think choose Moses instead of someone else?

Intentions: *Note: prepare students to think about one or two people who are special to them for the fourth intercession*

The response to the prayer is; Lord, hear our prayer

For the Pope, the church and all Christians; that they know that God, the Great I AM, loves them unconditionally,

We pray Lord, hear our prayer

For all who work in our schools; our school principal, vice-principal, youth workers, teachers, EAs, secretaries and custodians; that they know that God, the Great I AM, loves them unconditionally,

We pray Lord, hear our prayer

For our families and our friends; that they know that God, the Great I AM, loves them unconditionally,

We pray

Lord, hear our prayer

For the special people that I now pause to think of ...*names of people...*; that they know that God, the Great I AM, loves them unconditionally and forgives them unconditionally,

We pray

Lord, hear our prayer

Present Letters to STUDENTS

Closing Prayer:

Loving God, the Great I AM, we thank you that you are always with us, helping us, guiding us, keeping us safe and for the unconditional love you give to us. We ask you to show us the special people in r lives who we can say thank you to with our words and actions. Help us to be the best people we can be and to remember that, **Who I am** makes a difference to you, we pray, in the name of the Father and of the Son and of the Holy Spirit, amen

On the following days:

In the name of the Father and of the Son and of the Holy Spirit,

Loving God, the Great I AM, I thank you that you are always with me, helping me, guiding me, keeping me safe and for the unconditional love you give to me. I pray now for the special person in my life who I can say thank you to with my **Gift of Words**. Help me to be the best person I can be and to remember that, **Who I am** makes a difference to you, we pray, in the name of the Father and of the Son and of the Holy Spirit, amen

On the day of The Presentation of the 'Gift of Words'

In the name of the Father and of the Son and of the Holy Spirit,

Loving God, the Great I AM, I thank you that you are always with me, helping me, guiding me, leading me and keeping me safe. I also thank you for the unconditional love that you give to me. I pray now for the two special people in my life to whom I can say thank you with my **Gift of Words**. Please give me the courage to speak to them and tell them what they mean to me. Help me to remember that, **who I am** makes a difference to others and to you, I pray, in the name of the Father and of the Son and of the Holy Spirit, amen

Moses' Letter

Greetings from Exodus 3:14,

How are you? This note may seem strange to you but not as strange as having a burning bush talk to you.

That's right - it's me, Moses. I just had to write you a note and let you know how unique you are.

When God asked me to follow Him, I thought 'pick someone else'. I didn't think I was special enough for a God Job. I really didn't like my speech - I often stumbled when I tried to put a sentence together. So there is God, saying 'hey dude, you are going to set my people free.'

Anyway, the reason I am writing to you is to tell you that if God thinks I am special enough for Him - that's good enough for me! Believe that He thinks you are unique too!

He created YOU just as special. He gave YOU cool gifts and talents that are unique to who you are! WOW

Use your gifts. Trust your passions. Thank Him for your talents. Who you are makes a difference to everyone!

Don't forget to talk to Him. He really enjoys hearing from you. After all, He created you in His image. That's cool ☺

Your BFF,

Moses

Exit Card

1. What did Moses do when he noticed that the bush was not burning up?
2. What was Moses told about the place of the Burning Bush and what was he to do while he was there?
3. If you could ask Moses one question, what would it be?