

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

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

Who I AM Prayer Service – Be With Me

Grade 9 – Lesson 1

Grade 9 Who I AM... Lesson 1 WHO I AM – Prayer Service

BE WITH ME “Gratitude is Contagious” Building resiliency!

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 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 *Who I AM* is individual. *I AM* important because of how I view myself and others view me. The *I AM* within me is the blending of others moulding and shaping my character so that I grow in resiliency and foster a Catholic attitude of maturity. 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 Expectation

Express connections between the relationships described in biblical events and their own life experiences.

Religion Specific Expectation

Demonstrate knowledge of Scripture as the saving history of God’s activity in the life of the people of Israel and of the early Christian community.

Learning Goals

- Students will demonstrate an understanding of the virtue of unconditional love.
- Students will demonstrate an understanding of unconditional forgiveness as a strategy for positive health and wellness, building resilient attitudes, and developing Christian maturity.
- Students will demonstrate an understanding of how Sacred Scripture is the Word of God expressed in human terms.

Instructional Components		
Prior Knowledge and/or Skills Exodus 3:14 Moses and the conversation with God through the Burning Bush.	Terminology Pay-it-forward Gratitude / Appreciation Positive Mental Health /Wellness Celebrate Life! <u>Resiliency</u> <i>The deep knowledge and understanding that we each are equipped with the necessary tools to handle the minor and major adversities that comes with life.</i>	Resources/Materials Bibles / Chapel location God Letter Prayer Journals Who I AM prayer service A Creed to Live By...
Prayer/Scripture Focus		
Reading from the book of Exodus 3 ‘God called to Moses out of the bush, “Moses, Moses!” And Moses said, “Here I am.”		
Minds On	Approximately 15 Minutes	Assessment
Teacher will read the background information to students. “For the next week we will be 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 is the blending of others moulding and shaping my character. The two meanings are married in one understanding. <i>Who I AM</i> makes a difference to self and others.” Distribute the handout A Creed To Live By . Have students each take a turn reading one line. Choral Reading Students participate in a choral reading of A Creed To Live By.		Anecdotal Observations Teacher may want to do a mini-lesson on inference and making connections. Handout – A Creed To Live By Anecdotal Observations
Action	Approximately 45 Minutes	Assessment
Chapel or classroom Gather in the classroom or school chapel for the Who I AM prayer service. * Assign students with their reading selection. Students take an active role by reading and responding to a variety of prayers/reflections during the Who I AM prayer service celebration.		Letter from God – enough copies for each student. Placed in envelope with

<p>Where indicated on 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 <u>Letter from God</u>. With quiet music as a background, allow students time to read the letter. Allow time for the letter to resonate.</p> <p>Pair Share Have students partner up. Each will read the letter to the other. Switch.</p> <p>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.</p> <p>After the prayer service, students could gather in a circle to 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.</p> <p>Teacher Voice “If we strengthen peer relationships, what might happen? “</p> <p>The teacher could connect the discussion to positive mental health, resiliency, Christian prayer and Catholic community provide a means of developing positive metal health attitudes through unconditional love and unconditional forgiveness.</p> <p>Extend the lesson Students partner up and create a Who I AM Creed To Live By. Have students present their creed. Post creeds in class to celebrate success.</p>	<p>student’s name</p> <p>WOW Christian Music is amazing!</p> <p>Anecdotal notes based on class discussions.</p>	
Consolidation	Approximately 10 Minutes	Assessment
<p>In Prayer Journal reflect on the following questions:</p> <p>1. How is Jesus, through His unconditional love and unconditional forgiveness, sent to refresh you?</p> <p>2. How did you respond when you saw that the letter was from your Father?</p> <p>3. Who would you like to share this God letter with? Why?</p>	Prayer Journal	
Final Notes		
<p><i>“Teachers are like gardeners. They provide the things needed for growth: knowledge, wisdom, advice, comfort, support, and love, enabling students to develop to their full potential. In and through this delicate act of gardening, of caring and giving, the teacher facilitates the beautiful development of the life within the seed.”</i> (from: Filomena Tassi & Peter Tassi, 500 Prayers for Catholic Schools & Parish Youth Groups, Twenty-third Publications, 2004.)</p>		

Letter

My Dear Precious Child,

This is your Father writing to say how much I care for you. I created you in My image. I am like oxygen - you can't see Me but you need Me.

I want you to know Me better. Are you interested in knowing Me?

The morning sunrise was My gift to you. Did you notice?

Your friends and their friendship with you...that is another gift I have given you. I wanted to do something special, so I blessed you with joy.

How about the cool breeze I sent to refresh you? Did you enjoy it?

I watched over you all day and protected you with My unconditional love. Are you aware of My presence? I am always near to you.

I hope you will talk to Me soon. It's really easy. So much easier to talk to Me than to operate one of those fancy gadget cell phones. With Me the service is always free. You don't have to worry about losing the connection. I never have static or lose service. I am always in range. Prayer is the world's greatest wireless connection ever invented.

My child, you worry too much. You have been blessed with the gift of resiliency - the understanding of how to handle life problems. Never panic - Just PRAY. When you are ready, I will be near. I love you very much. I will be handling all of your problems today...I don't need any help. Thank you for reading this letter! Enjoy YOUR day ☺

Your Friend,

God

Who I AM Prayer for Intermediate Division (Grade 9)

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 [adapted and selected verses from Exodus 3 NRSV] 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.

What did Moses do when he noticed that the bush was not burning up?

How was Moses asked to show reverence for God's presence in the burning bush and what did God say to call that place?

What is the significance of the name that Moses was given by God and how would it achieve its purpose?

Intentions: Note: prepare them 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, ECE's, 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 we now pause to think of ...*names of people*...; that they know that God, the Great I AM, loves them unconditionally,

We pray

Lord, hear our prayer

PRESENT LETTER 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 my life who we can say thank you to with our words and actions. Help us to be the best person 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 presentation of the Gift of Words project:

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

A Creed To Live By....

Don't undermine your worth by comparing yourself with others.

It is because we are different that each of us is special.

Don't set your goals by what other people deem important.

Only you know what is best for you.

Don't take for granted things closest to your heart.

Cling to them as you would your life, for without them life is meaningless.

Don't let your life slip through your fingers by living in the past or the future.

By living your life one day at a time, you live all the days of your life.

Don't give up when you still have something to give.

Nothing is really over...until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each other.

Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find.

The quickest way to receive love is to give love, the fastest way to lose love is to hold it too tightly, and the best way to keep love is to give it wings.

Don't dismiss your dreams. To be without dreams, is to be without hope; to be without hope is to be without purpose.

Don't run through life so fast that you forget not only where you have been but also where you are going.

Life is not a race, but a journey to be savoured each step of the way.

God Bless!

[Nancye Simms 1996]