

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

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

Religion Unit 1 – The Prayer Service

Grade 10 – Lesson 1

**Grade 10 Who I AM... Lesson 1 – The Prayer Service**

WHO I AM – the value of God and the value of self through showing gratitude toward others.

**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 by building on Character Education, Catholic Virtues, Catholic Graduate Expectations, resiliency, self-worth, and self-esteem.

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: Scripture**

- recognize the Gospels as testimonies of faith in Jesus and an invitation to grow toward wholeness by living as His faithful disciples (Scripture #2 nugget)


**Religion Specific Expectation: Scripture**

- demonstrate how the Gospels are the primary source of information and understanding about the person of Jesus (Scripture #1 nugget)

**Learning Goals**

- Student will recognize the Gospels as testimonies of faith in Jesus and an invitation to grow by living as His faithful disciple (Scripture #2 nugget)
- Students will understand how the Old Testament and the New Testament are connected through Moses and Jesus. Through Jesus, unconditional love, forgiveness and celebration of life are modeled to others.
- Students will grow in knowledge of the power

		<p>of prayer, worship and thanksgiving through Scripture</p> <p><b>Success Criteria</b> (<u>possible suggestion</u>)</p> <p><i>I achieve success by taking an active role in Who <b>I AM</b> prayer service through reading, reflecting, listening attentively and responding with appropriate words or gestures.</i></p>
<b>Instructional Components</b>		
<p><b>Prior Knowledge and/or Skills</b> Moses and the conversation with God through the Burning Bush.</p> <p><b><u>Suggested Teacher Daily Reflection</u></b> Gus Lloyd 60 Second Reflection <a href="http://guslloyd.com">http://guslloyd.com</a></p>	<p><b>Terminology</b> Burning Bush Pay-it-forward Gratitude Unconditional Love Unconditional Forgiveness Celebrate Life</p>	<p><b>Resources/Materials</b> Bibles Possible Chapel location * Who <b>I AM</b> prayer service Dear Friend, (Jesus) letter Prayer Journals /Exit Cards Dear Jesus, letter</p>
<b>Prayer/Scripture Focus</b>		
<p><b>Gospel of John 14: 1 – 2</b></p> <p>‘Do not let your hearts be troubled. Believe in God, believe also in me. <sup>2</sup>In my Father’s house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you?’</p>		
<b>Minds On</b>	<b>Approximately 15 Minutes</b>	<b>Assessment</b>
<p><b>Teacher Voice</b> “We are participating in a pay-it-forward project called Who <b>I AM</b> Makes A Difference Because Jesus Loves Me! The meaning to the <i>Who <b>I AM</b></i> project is twofold: <i>Who <b>I AM</b></i> is part of the hallmark conversation God and Moses shared in the Old Testament. The <b>I AM</b> in this context acknowledges the importance and value of God within our life. The second meaning to <i>Who <b>I AM</b></i> is individual. <b>I AM</b> important because of how I view myself and others view me. The <b>I AM</b> within me is the blending of others moulding and shaping my character. The two meanings</p>		<p>A brief conversation intended to bring students into new learning.</p>

<p>are married in one understanding. <i>Who <b>I AM</b></i> makes a difference to self and others by building on Character Education, Catholic Virtues, Catholic Graduate Expectations, resiliency, and positive mental health including self-worth, self-esteem.”</p> <p><b>Think-Pair-Share</b>          What do you think are some of the greatest factors that help shape your positive attitude...your character?          Where did this conversation between Moses and God take place?          How did God present Himself as a God of Love, Forgiveness and Life?</p>	 <p><b><u>Anecdotal notes:</u></b>  <b><u>observations,</u></b>  <b><u>listening</u></b></p>
<b>Action</b>	<b>Assessment</b>
<p><b>Chapel or classroom</b>          Gather in the chapel for Who <b>I AM</b> PRAYER SERVICE.          Assign students their reading selection.          Students take an active role by reading a variety of prayers/reflections, listening attentively, and responding with appropriate words or gestures during the Who <b>I AM</b> prayer service celebration.</p> <p>Where indicated on the Who <b>I AM</b> 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 Dear Friend, Love your friend Jesus letter [See: <b>Dear Friend, Love your friend, Jesus</b>]</p> <p>With quiet music as a background, allow students time to read the letter from Jesus. (10 minutes for quiet reading / reflection)</p> <p>Teacher will continue the prayer service by reading the greeting and first sentence of the Dear Friend letter. <b>“Dear Friend, I had to write to tell you how much I love and care for you.”</b>          Each student will continue the letter by reading one sentence until the letter is complete.  <i>*Allow one minute of silence for the power of the letter to be absorbed before continuing.</i></p> <p>Teacher will complete the closing prayer to the Who <b>I AM</b> Prayer Service and <b>thank students</b> for their respect toward the Who <b>I AM</b> initiative.</p>	<p>Student thinking is probed through purposeful activities.</p> <p>Dear Friend,          Love Jesus</p> <p><b><u>Anecdotal note:</u></b>  <b><u>observations,</u></b>  <b><u>listening</u></b></p>
<b>Consolidation</b>	<b>Assessment</b>
<p><b>Teacher Voice</b>          “The learning goal of today’s lesson is an invitation to grow as a disciple of Jesus. One way we can accomplish this is to use Scripture in prayer, thanksgiving, and</p>	<p>Teacher supports students with</p>

<p>worship. In your <b>prayer journal</b>, you are writing a letter to yourself from Jesus. Your task is to write to yourself a uniquely individualized letter that highlights your personal gifts, talents and blessings. Include moments when you have shown unconditional love, forgiveness and celebrated life. See yourself the way that God sees you.”</p> <p><b>Exit Card (if time allows)</b> Why did Jesus address the letter Dear Friend? What part of Jesus’ letter resonated with you the most? Why?</p>	<p>making connections to the learning goal.</p> <p><u><b>Anecdotal notes based on class discussions.</b></u></p> <p><u><b>Prayer Journal</b></u></p> <p><u><b>Exit Card</b></u></p>
<p><b>Final Notes</b></p>	
<p><b>Extend the Lesson:</b> Whose point of view was evident in the Dear Friend letter? How does this point of view authentically represent the author?</p> <p><b>Text Extension:</b> <i>Moses The Long Road to Freedom</i> by Ann Keay Beneduce</p> <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></p> <p>(from: Filomena Tassi &amp; Peter Tassi, 500 Prayers for Catholic Schools &amp; Parish Youth Groups, Twenty-third Publications, 2004.)</p>	

### Dear Friend Letter

Dear Friend,

I just had to write to tell you how much I love you and care for you.

Yesterday, I saw you walking and laughing with your friends; I hoped that soon you'd want Me to walk along with you, too. So, I painted you a sunset to close your day and whispered a cool breeze to refresh you. I waited; you never called. I just kept on loving you.

As I watched you fall asleep last night, I wanted so much to touch you. I spilled moonlight onto your face trickling down your cheeks as so many tears have. You didn't even think of me; I wanted so much to comfort you.

The next day I exploded a brilliant sunrise into a glorious morning for you. But you woke up late and rushed off to work-you didn't even notice. My sky became cloudy and My tears were the rain.

I love you! Oh, if you'd only listen. I really love you! I try to say it in the quiet of the green meadow and in the blue sky. The wind whispers My love throughout the treetops and spills it into the vibrant colors of the flowers.

I shout it to you in the thunder of the waterfalls and composed love songs for birds to sing for you. I warm you with the clothing of My sunshine and perfume the air with nature's sweet scent.

My love for you is deeper than the ocean and greater than any need in your heart. If you'd only realize how I care. I died just for you. My Father sends His love. I want you to get to know Him. He cares, too! So please call Me soon. No matter how long it takes, I'll wait because I love you.

Love from your Friend, Jesus

Who I AM... (exit card)

M  
A  
K  
E  
S  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

*Because*

**Jesus Loves Me!**

---

Who I AM... (exit card)

M  
A  
K  
E  
S  
  
A  
  
D  
I  
F  
F  
E  
R  
E  
N  
C  
E

*Because*

**Jesus Loves Me!**

### Who I AM Prayer for Senior Division (Grade 10)

*Note: Give each student a copy of the prayer services.*

#### Welcome and Introduction:

##### Opening Prayer:

Let us pray, 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 community, our teachers and for the love of our family and friends and for the gift of our own resilience. 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."

Reflection: *Pause for a moment for silent reflection.*

Gospel: A reading from the Gospel according to John [14.1-7 NRSV]

Jesus said, "Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going." Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

Reflection: *Pause for a moment for silent reflection.*

NRSV New Revised Standard Version of the Bible

pduenne@rccdsb

Reflection Questions: Write your answers on the back of this sheet. Be prepared to share your answers with a small group (2-3 students).

Whose voice was heard from the burning bush and what was it that God first asked of Moses?

What was the name that Moses was given to identify the voice within the burning bush?

What did Jesus say he would prepare for us and how do we get there?

How is the name/phrase I am / I AM used in the Bible readings?

Through Jesus, we witness unconditional love, unconditional forgiveness and celebration of life. How have you practiced any of the above?

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, our church and all Christians; that they know that God, the Great I AM, loves them unconditionally, we pray Lord, hear our prayer

For our school principal, 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 ourselves and for the special people that we now pause to think of [pause].....; that they know that God, the Great I AM, loves them unconditionally, we pray.

**\*PAUSE to distribute letters to students \***

Closing Prayer:

Loving God, the Great I AM, we thank you that you are always with us, helping us, guiding us, leading us, keeping us safe and providing us with resilience to bounce back when we encounter difficulties or adversities. We also thank you for the unconditional love that you give to us. We ask you to show us the special people in our lives to whom we should show our gratitude with our words and actions. Help us to be the best person we can be and to remember that, who we are makes a difference to others and to you, we pray, in the name of the Father and of the Son and of the Holy Spirit, Amen



On the following days: *[pronouns change to reflect the more personal nature of the WHO I AM]* 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. Bring to my mind two people in my life who I am grateful for, people who have helped me, guided me or loved me in a special way. I pray now for those two special people. 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

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

pdunne@rccdsb