

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 7 - Lesson 1

Grade 7 Who I AM... Lesson 1 WHO I AM – Prayer Service

“Gratitude 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 Expectation

PR2: Understand that the various forms of prayer have their origin in scripture and are expressed in the Church's tradition of communal prayer.

Religion Specific Expectation

PR2.1: Examine the Scripture to identify the importance of giving praise to God at all-time Psalm 119:164; Psalm 1:2; Exodus 29: 38-46; Ephes. 6:18; 1 Thess. 5:17; Acts 2:15, 3:1 Acts 10:3, 9, 13, 19; Acts 16:25.


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 and the development of Christian maturity.

Success Criteria

(suggestion)

I will achieve success by participating in Who I AM Prayer Service through reading the Gospel

		<i>message, listening attentively & appropriate hand gestures when required.</i>
Instructional Components		
Prior Knowledge Moses and the conversation with God through the Burning Bush. Students will have read Exodus 3	Terminology Burning Bush Pay-it-forward Gratitude / Appreciation Unconditional Love Unconditional Forgiveness	Resources/Materials Bibles Chapel location * Who I AM Prayer Service Dear Friend, (Jesus) letter Prayer journals /Exit Cards
Prayer/Scripture Focus		
Gospel of John 14: 6 Jesus said: I am the Way; I am <u>Truth</u> and Life. No one can come to the Father except through me.		
Minds On	Approximately 15 Minutes	Assessment
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 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 resiliency and a positive mental health attitude, grounded in Character Education, Catholic Virtues and the Ontario Catholic School Graduate Expectations.”		A brief conversation intended to bring students into new learning <u>Anecdotal notes:</u> <u>observations,</u> <u>listening</u>
<u>Think – Pair - Share</u> 1. Why do you think a conversation would take place between Moses – a humble shepherd - and God? 2. When God spoke to Moses, through a Burning Bush, Moses was asked to remove his sandals. What is the significance of Moses removing his sandals?		

<p>3. Share a time when you were expected to remove your shoes. What was your reasoning for doing so?</p>	
Action	Assessment
<p>Chapel or classroom</p> <p>Gather in the classroom, school chapel, or local 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.</p> <p><u>Prior to the closing prayer</u> 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 Dear Friend, Love your friend Jesus letter [See: Dear Friend, Love your friend, Jesus]</p>	<p>Student thinking is probed through the purposeful and spiritual activity of a Prayer Service designed uniquely to the Who I AM project, specific to grade 7.</p> <p><u>Anecdotal notes:</u> <u>observations,</u> <u>listening</u></p> <p><u>Music Suggestions</u></p> <p>We Cry Holy (Chris Tomlin) I Can Only Imagine (Mercy Me) Amazing Grace (Chris Tomlin)</p> <p>(WOW Christian Music CDs offer wonderful selections)</p>
Consolidation	Assessment
<p>In Prayer Journal or <u>Exit Card</u> reflect on one of the following questions:</p> <p>Why would Jesus reveal Himself to you as BFF4ever?</p> <p>What is the significance of being Jesus’ BFF4ever?</p> <p>Why is it important to acknowledge Jesus’ presence in your life?</p>	<p>Teacher supports students with making connections to the learning goal. Prayer Journal or <u>Exit Card</u></p>

Final Notes

Extend the lesson:

1. Mini - lesson on inference and connections
2. Create a 6 frame cartoon of Moses and the Burning Bush. Construct a rubric to complement the activity.
3. Create a classroom prayer chain (strips of construction paper linked together) acknowledging the different places you see evidence of Jesus' unconditional love and unconditional forgiveness throughout the day. Continue the prayer chain until you link it around the classroom. Predict how long it will take before the chain wraps around the four walls of the classroom. Challenge another class to do the same.
4. Create a Bulletin Board. Students remove their shoes and trace their feet on yellow, red, or orange construction paper (represents the colours of the flames within the Burning Bush). In each of the toes, write one thing/person that they are grateful for. In the center of the foot, write the words Who I AM Makes A Difference Because Jesus Loves Me!
5. Describe situations in which you used resiliency as an effective coping strategy.

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!

"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." (from: Filomena Tassi & Peter Tassi, 500 Prayers for Catholic Schools & Parish Youth Groups, Twenty-third Publications, 2004.)

Who I AM Prayer for Intermediate Division (Grade 7)

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.

First 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:

Oral Discussion - Compare the similarities and differences between the two readings.
What did you notice the same between the two? What are the differences?

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

1. What did Moses do when he noticed that the bush was not burning up?
2. How was Moses asked to show reverence for God's presence in the burning bush?
3. What did God say to call that place?
4. If you were the Burning Bush, what would your point of view be in relation to the God and Moses conversation? (5 sentences)

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 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 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 our 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

Dear Friend Letter

Dear Friend

This letter is especially for you because I care. Who you are is a blessing!

I want you to know Me better. So I did something very cool. It was because of Me that you awoke this morning to a brilliant sunrise. When you opened your window to let the fresh air in, I was hoping to get your attention.

You didn't notice me. So I waited patiently. Later, when you were walking with friends, I poured warm sunshine on you. The wild flowers let their sweet perfume filter through the air and dance around your toes. Did you notice?

You still didn't notice Me. Why? I am never too busy for you.

As the sun set, I thought you would relax and enjoy the beauty I painted for you. You hurried off to a friend's house. I thought I was your friend.

As you slept, I surrounded your thoughts with peace and joy. You were unaware of my presence, but I was there.

I hope you will talk to Me soon. I love the sound of your voice.

When you are ready, I will be near. I love you very much. You are a gift.

Your BFF4ever, Jesus

Exit Card

WHO I AM...

EXIT CARD

Why would Jesus reveal Himself to you as BFF4ever?

What is the significance of being Jesus' BFF4ever?

Why is it important to acknowledge Jesus' presence in your life?