

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 – Exploring Prayer

Grade 10 – Lesson 6

Grade 10 Who I AM... Lesson 6 – EXPLORING PRAYER

Who **I AM** Makes A Difference Because Jesus Loves Me!

Christ and Culture - “gratitude is contagious”

Background

In Exodus 32, Moses had a little heart-to-heart conversation with God. He asked God to relent from destroying His people. God relented. This is an awesome expression of the power of prayer between self and God. We speak. God listens. This is also a beautiful testament of the unique and special relationship that Moses and God shared. Not until the arrival of Jesus do we witness the spiritual bond present between God and another individual. Moses had a relationship with God that allowed him the freedom to speak to God as you would speak to a friend – face to face, word to word, interaction of hearing and listening.

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

Ontario Catholic School Graduate Expectations

CGE1f - Seeks intimacy with God and celebrates communion with God, others and creation through prayer and worship

CGE1i - Integrates faith with life

CGE3a - Recognizes there is more grace in our world than sin and that hope is essential in facing all challenges

CGE4f - Applies effective communication, decision-making, problem-solving, time and management skills

CGE5a - Works effectively as an interdependent team member

CGE5e - Respects the rights, responsibilities and contributions of self and others

CGE6d - Values and nurtures opportunities for prayer

Religion Overall Expectation: Prayer

Demonstrate a knowledge of the various purposes of prayer (Prayer 3rd nugget)

Religion Specific Expectation: Prayer

Identify and assess the value of both personal and communal prayer for a life of faith (Prayer 8th nugget)

Learning Goals

- Students will demonstrate a knowledge of the various purposes of prayer (Prayer 3rd nugget)



Success Criteria (possible suggestion)

- *I will achieve success by recognizing that by participating in various forms of prayer, a life of faith develops.*

Instructional Components		
Prior Knowledge and/or Skills Various forms of prayer Gifts of the Holy Spirit <u>Suggested Teacher Daily Reflection</u> Gus Lloyd 60 Second Reflections http://guslloyd.com	Terminology Taize Prayer Adoration Petition Thanksgiving	Resources/Materials Who <u>I AM</u> – prayers Who <u>I AM</u> Exit Card or Prayer Journal Bibles
Prayer/Scripture Focus		
Jesus, I first understood the unconditional love of God through the ‘I AM WHO I AM’ that Moses introduced to me. Remind me of Your great love for me. Let me feel Your love so that I can start to love my enemies. I know and trust that I am important to others. My light is of value to all of those who are around me because I offer positive mental health attitude that shines brightly. Let this light guide me in healthy relationships and spiritual wellness. Let me recognize my own strengths, my own resilience, my own value and my own self-worth. Amen.		
Minds On	Approximately 15 Minutes	Assessment
http://www.youtube.com/watch?v=wsKN_ZNT82M Israel Houghton Your Presence is home to me! Working in pairs, have students brainstorm the following questions: 1. What are different kinds of prayer? Styles of prayer? 2. When are we most likely to use as a form of prayer? 3. Why does prayer sometimes happen naturally? 4. Who prayers for you? 5. How often should you prayer?		A brief discussion to bring students into learning. Music Video by Israel Houghton Your Presence is home to me! <u>Different Kinds of Prayer:</u> 1. Adoration 2. Petition 3. Thanksgiving <u>Different Styles of Prayer:</u> 1. Taize 2. Meditation 3. Spontaneous

Action	Approximately 40 Minutes	Assessment
<p>Cut the following statements into strips. Present each pair with one strip. Have each pair of students work together to explain the statement. Use evidence (quotes) from Exodus 3 or Exodus 32 to support their ideas.</p> <ul style="list-style-type: none">• Prayer is being in the presence of God and in communion with Him, with others and with self.• Prayer is the glorious mystery which we believe in, celebrate, and live our faith as followers of I AM WHO I AM.• Prayer is our response to the call of a loving God – prayer is individual and community based.• Moses was the prayerful mediator between I AM Who I AM and His people ... Jesus is the prayerful mediator between God and humanity• “When we hold a conversation with someone we not only speak, but we also listen. Prayer, therefore, is also listening.” Saint John Paul II• Prayers of petition ask God for things we need but He already knows our needs long before we put words to them.• Approaching God in humility re-establishes our communion with Him and one another – it strengthens our relationship and connectedness.• No one knows what is best for us better than the God who made us in His image and is able to see our present, our past and our future.• Intercessory prayer – praying on behalf of someone else – God sees how our choices, our decisions, our events fit into His big picture.• Prayers of thanksgiving extol God for what He has done and help us to recognize the bounty of our blessings.• Prayers of praise recognize the I AM WHO I AM within all of us while giving God all the glory for the gifts we are granted.• God is always listening, calling us to a closer, more personal relationship with Him.	<p>Student thinking is revealed through answering questions.</p> <p><u>Anecdotal notes: listening, observations</u></p>	
Consolidation	Approximately 15 Minutes	Assessment
<p>Write the following on the board.</p> <p><u>If you want to love your enemies then start by praying for yourself.</u> (Discuss)</p> <p>Teacher Voice</p> <p>“Not for things like a lottery win or a new house. Ask the Holy Spirit for wisdom and patience; kindness and gentleness; power and self-control....even ask for more of God’s love.”</p> <p>Large group discussion. What are some of your gifts that you love about yourself?</p>	<p>Teacher supports students with making connections to the learning goal.</p>	

[illegible]

Who I AM

Prayers – Conversations with God

In Exodus 32, Moses had a little heart-to-heart conversation with God. He asked God to relent from destroying His people. God relented. This is an awesome expression of the power of prayer between self and God. We speak. God listens. Communication takes place. This is also a beautiful testament of the unique and special relationship that Moses and God shared. Not until the arrival of Jesus do we witness the spiritual bond present between God and another individual. Moses had a relationship with God that allowed him the freedom to speak to God as you would speak to a friend – face to face, word to word, interaction of hearing and listening. When was the last time you spoke to God – friend to friend?

Prior Knowledge;

1. What are different ways to pray?
2. When are we most likely to pray for a positive mental health attitude?
3. In which environment does prayer come most naturally?

Pairs:

Cut the statements into strips. Have each pair of students work together to explain the statement. Use evidence (quotes) from Exodus 3 or Exodus 32 to support their ideas.

Share student responses with class.

Write the following on the board. **If you want to love your enemies then start by praying for yourself.** Not for things like a lottery win or a new house. Ask the Holy Spirit for wisdom and patience; kindness and gentleness; power and self-control....even ask for more of God's love.

What are some of your gifts that you love about yourself? Connect to God's love for you. The gifts that you have aren't an accident. He planned for you to have them. When you connect to the gifts that you have, you acknowledge your unique specialness. Now you are connected to spreading the love around to others.

This is the challenge. You have prayed for yourself. You have given thanks for your gifts and talents – now prayer for your enemies. **Why them? Why not another friend or family member? Why does God call us to pray for our enemies? Who are our enemies?**

Closing Prayer

Jesus, through the I AM WHO I AM that Moses introduced to me; I first understood the unconditional love of God. Remind me of Your great love for me. Let me feel Your love and friendship so that I can start to love my enemies. I am important to others. My light is of value to all of those who are around me. Let this light guide me in healthy loving relationships. Amen.

Healthy Relationships with Others

Prayer is being in the presence of God, in communion with Him, in healthy relationship self and with others.

Prayer is the glorious mystery which we believe in, celebrate, and live our faith as followers of I AM WHO I AM. Who I am makes a difference!

Prayer is our response to the call of a loving God – prayer is individual and community based – it reaches from one heart to another.

Moses was the prayerful mediator between I AM Who I AM and His people ...
Jesus is the prayerful mediator between God and humanity

“When we hold a conversation with someone we not only speak, but we also listen. Prayer, therefore, is also listening.” Saint John Paul II

Prayers of petition ask God for things we need but He already knows our needs long before we put words to them.

Approaching God in humility re-establishes our communion with Him and one another – it strengthens our relationship and connectedness.

No one knows what is best for us better than the God who made us in His image and is able to see our present, our past and our future.

Intercessory prayer – praying on behalf of someone else – God sees how our healthy choices, decisions, events fit into His big picture.

Prayers of thanksgiving extol God for what He has done and help us to recognize the bounty of our blessings and the value of healthy choices.

Prayers of praise recognize the I AM WHO I AM within all of us while giving God all the glory for the gifts we are granted.

God is always listening, calling us to a closer, more personal, healthy relationship with Him. Healthy relationships with others.

Exit Card

WHO I AM... EXIT CARD

What does spreading God's unconditional love look like, sound like, feel like?
How does spreading God's love promote positive mental health attitudes and forgiveness?

Who I AM... Exit Card

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How does spreading God's love promote positive mental health attitudes and forgiveness?