



## LESSON THREE

### Objectives:

The student will begin to discern God's voice in his/her life to reset his/her relationship with God, our source of life, who is love, and to identify the MERCIES and the Eighth Commandment Right Relationship..

The student will demonstrate meditation behaviors with 100% participation.

The student will practice recording ideas in Learning Log

- **Materials:**

- MP3 access
- Computer
- Internet access for meditation
- Speakers,
- Copy of the learning log for each student (copy back to back).
- Students need markers or crayons and pencils.
- Optional: If your class has the Sacred Story Cross please have one cross per student. Students are to put the cubes in the correct position prior to class. For third grade the "M" cube for "Mercy" meditation step and the "VIII" for the Eighth Commandment: "You shall not bear false witness against your neighbor."



## LESSON THREE

**Invitation to Prayer:** Gather students to the prayer center.

Open with the Sign of the Cross

Say the “Act of Contrition”

“O my God, I am heartily sorry for having offended You and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance and to amend my life.”

**Introduction:** This year our focus during meditation is:

**I believe God loved me into life and so I commit myself never to break relationship with anyone by my false or destructive words or speech!**

And

**MERCY**

Every day it is important to find quiet and consistent time to pray. We have a personal relationship with God and we can always trust in God. When we have meditation time we will quiet ourselves and listen for God to speak to each of us. Continue to be still and listen for the voice of God. Through silence and listening we will hear what God has intended for us.

God will guide you to know what is causing you to act in a manner that is not God like and to know when you are acting God like.

Looking at the positive side of thing brings you closer to God. Letting go of the negative also brings you closer.

1. What does it mean to talk with someone? (Responses will probably include listening to what the other person has to say, an exchange of information, finding out something).
2. How do you listen to God? (Prayer will be an answer, thus tease out the types of prayers or times such as the "Our Father" or going to Mass). Write the expressions of prayer as students share : (personal, shared, vocal, singing, meditation)

- a. Share a life short story (age appropriate) of Ignatius

As we live we are allowing Christ to shape our *Sacred Story* through meditation. This year we will practice meditation prayer to listen to God in our hearts and to deepen our conversation with God.

3. Environment in room
  - a. Where shall we meditate? Seats? Prayer rug?
  - b. When shall we meditate? After morning recess? After lunch recess? Beginning of day?
  - c. How shall we meditate? Let's establish our class rules for respecting each other's prayer time:
    - i. Create a list of rules for meditation such as:
      1. Allow for silence in the room
      2. Sit comfortably and in my own space
      3. Participate
  - c. D. Emphasize that we are together as a people but listening to God in our hearts. Note that for non-Catholics this can be a silent/peaceful time to think to oneself.
5. Preparing oneself to meditate:
  - a. To start small; focus on the short "breathing" prayers until they become a part of your day when you are not even focused on them..
  - b. Think "I am aware that I can hear (i.e. the birds singing, students coughing, etc.) yes enter into silence with a few deep breaths

6. Optional-Sacred Story Cross: If your class has the Sacred Story Cross please have one cross per student. Students are to put cross the in the correct position. For third grade the “M” cube for “Mercy” meditation step and the “VIII” for the Eighth Commandment: “You shall not bear false witness against your neighbor. “



7. At the end of the meditation time you will have an opportunity to record your thoughts for a minute or so in your learning logs. (Learning logs are a record-keeping tool for students to monitor and reflect on their own learning. Learning logs differ from journals in that they focus on content covered in class, not students' personal and private feelings. Students may reflect on how they feel, but it is always in relation to what is being studied in class.)**How to use the Learning Log:**
1. Listen to the meditation
  2. On the Learning Log have the students find the day of the week and complete each box for that day in one minute.

3. Have students reread their learning log entries weekly and monthly.
8. Practice quiet meditation with.
  - a. Directions to teacher...go to <http://sacredstory.net/jubilee-of-mercy/sacred-story-youth-jubilee/>
  - b. to find the sample meditation. (see directions below).
  - c. Have students respond to the following questions on the learning log:

Write or draw about the joy in forgiving someone or helping build community or family	Write or draw about an experience of sadness in not forgiving someone or failing to help build community or family.
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9. Review what worked and how to improve the experience for all.

**Daily Meditations – These should take 6-7 minutes each day.**

We suggest the meditations take place after morning or lunch recess. The time should be consistent each day and the meditations should be done every school day.

**To get to the meditation there are two options:**

**1. Listen as a class: Teacher goes to Vimeo Meditation library for grade three**

Have students prepare for meditation as discussed and planned with the class. Students listen to the daily meditation. Students complete learning log

**Or**

**2. Listen individually with headphones**

Have students prepare for meditation as discussed and planned with the class. Students listen to the daily meditation and complete learning log.

# THIRD GRADE

**“I believe God loved me into life and so I commit myself never to break relationship with anyone by my false or destructive words or speech!”**

## MERCY

	<p>Write or draw about the joy in forgiving someone or helping build community or family-be specific!</p>	<p>Write or draw about an experience of sadness in not forgiving someone or failing to help build community or family-be specific!</p>
 <p>MONDAY</p>		



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



## Additional Ideas:

- ❖ Do a lesson where the students close their eyes and imagine they are with Jesus on a pathway. Then they could visualize themselves talking with Jesus and saying how thankful they are for him and then share their sins with him.
- ❖ Give students a piece of paper and describe themselves. Ask them, "What makes you, you?" "What makes you different from everyone else?" "What makes you connect with your friends?" How does all of this relate to what God wants us to do?
- ❖ With the beginning of spring students could draw/color a springtime picture. This could represent the "new life we are living."
- ❖ Think about all the different names for God the Father, Son and Spirit.
- ❖ Have students write one gift that they would like to receive from God the most on one side of a piece of paper and how they will use that gift to become a better person on the other side.
- ❖ Writing a letter to Jesus is a great way to prepare for a good confession. The process is deep and freeing.
- ❖ Give students a piece of paper divided in two. On one half, have the students draw and/or write what keeps them close to God. On the other half, have the students draw and/or write what takes them away/distracts them from God. We would then talk about it to get everyone thinking.