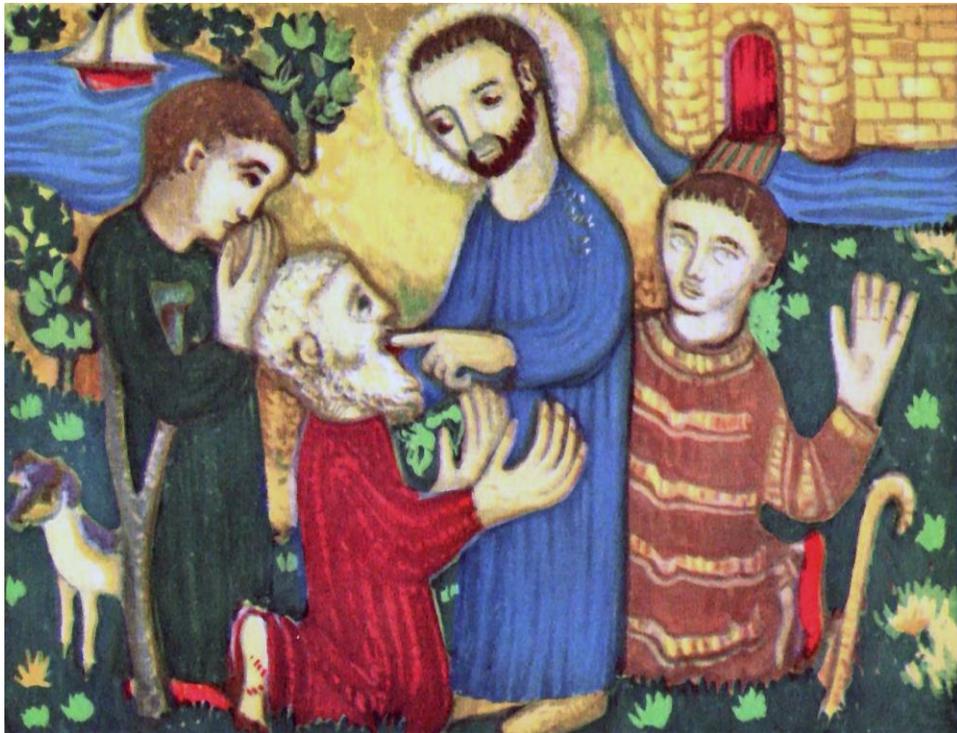


SACRED STORY

YOUTH



SECOND GRADE LEVEL
LESSON THREE



LESSON THREE

Objectives:

-The student will understand that meditation is a time to listen to God to identify the MEMORY and Right Relationship and demonstrate meditation behaviors with 100% participation.

-The student will practice recording ideas in a Learning Log – optional –

- **Materials:**

- MP3 access
- Computer
- Speakers
- Internet access for meditation and PowerPoint
- Copy of the learning log for each student (copy back to back) pencils or markers.

Optional: If your class has the Sacred Story Cross please have one cross per student. You might want to have the cross cubes put in the correct position prior to class. For second grade the “M” cube for “Memory” meditation step and the “III” for the Third Commandment: “Remember to keep holy the Sabbath day.”





LESSON THREE

Invitation to Prayer:

Gather in prayer circle, light a candle

Sign of the Cross and sing “It’s me O Lord” song at

<http://www.youtube.com/watch?v=YiVNO6a89ck&list=PL99E400AF6A93E75B>

Introduction: This year our focus during meditation is

**I believe God loved me into life and I commit myself to the relationship by
always dedicating the Sabbath Day as one of praising,
reverencing and serving God.**

MEMORY

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.

St. Ignatius' story (on their level of course) was able to turn from a life of poor choices to good choices.

God is involved in every single thing that we do and when we enter heaven, we need to be mindful of what God sees in us. What we do every single moment counts and is a reflection of how we feel about God, others and ourselves.

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) As we live we are allowing Christ to shape our *Sacred Story* through meditation

3. Over this school year we will practice meditation prayer to listen to God in our hearts and to deep and our conversation.
4. Show OPTIONAL PowerPoint about how to meditate.
5. 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 in a sacred bubble
 3. Participate
 - 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.
6. 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.
7. Let us practice the words we will be saying during the mediation. Say these words after me.

(Say) Jesus, may I always remember that You are present in my heart and You love me.

(Say) Jesus in my heart, may I always love You in return.

(Say) Jesus, may I always remember Your voice of love in my heart.

Optional: If your class has the Sacred Story Cross please have one cross per student. You might want to have the cross cubes put in the correct position prior to class. For the second grade, Sacred Story Cross has the “M” cube for “Memory” meditation step and the “III” for the Third Commandment; “Remember to keep holy the Sabbath day.”



Independent Practice:

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.)

Practice a meditation as a class (see PowerPoint) (Teacher – Please have speakers connected to computer and turned on loud enough for all children to hear the reflection. Connect to internet and to the Vimeo Meditations for year two of Sacred Story Youth)

To get to the meditation there are two options:

1. Listen as a class: Teacher goes to

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.

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 draw or write only the strongest feeling – joyful praise or sadness experienced.
3. Have students reread their learning log entries weekly and monthly.

Have students respond to the following on their learning logs:

Write or draw about what you “remember” that made you filled with joy OR write or draw about a sadness you experienced.

Closure:

Review what worked and how to improve the experience for all.

Looking at the positive side of thing brings you closer to God. Letting go of the negative also brings you closer. We are the Sacred Story and the telling takes our whole lives to live out. Encourage students to pray every day, even when it feels like no one is listening and to be patient and trust that GOD is really working in our lives, even when it doesn't seem like HE is!

Second Grade (copy these two pages back to back)

I believe God loved me into life and I commit myself to the relationship by always dedicating the Sabbath Day as one of praising, reverencing and serving God.

MEMORY

Write or draw about what you “remember” that made you filled with joy OR write or draw about a sadness you experienced.



MONDAY

T



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

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 when possible. The more consistent the practice, the more the students will learn and benefit.

To get to the meditation there are two options:

1. Listen as a class: Teacher goes to

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. Students complete learning log.



Additional Ideas:

- ❖ When studying First Reconciliation use St. Ignatius' story to explaining how he handled doing away with his sinful nature and instead replacing it with spiritual thoughts and deeds.
- ❖ Write a similar letter (starting with thankfulness, etc.) and ending with their sins and how the sins create a wall between God and themselves. They could even illustrate.
- ❖ 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 have them 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.