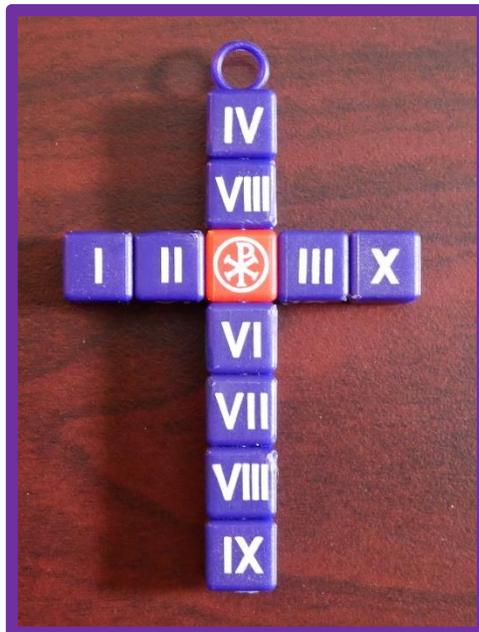


LESSON THREE

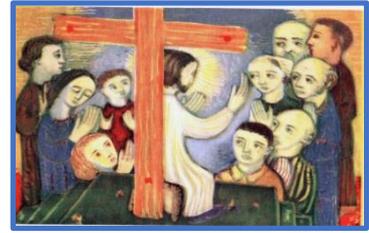
Objective: The student will be able to define Consolation and Desolation and to begin to discern God's voice in his/her life to reset his/her relationship with God, our source of life, who is love by fully participating in the meditation and reflection process with 100% participation.

Materials:

- MP3 player
- Computer
- Internet access for meditation
- Consolation/Desolation Top Hat activity page
- Copies of the learning logs for all students
- Students will need a pencil or pen and/or markers
- Sacred Story Cross: If your class has the Sacred Story Cross please have students put the cubes in correct position: C, P & M for "Creation, Presence, & Memory" and "V" for the Fifth Commandment.



LESSON THREE



Invitation to Prayer:

Pray the “Our Father.”

Introduction: Over the next few months we will practice meditation prayer to listen to God in our hearts and to deep and our conversation. As we meditate the center of our thoughts will be:

I believe God loved me into life and so I commit myself to a relationship with all those made in God’s image and likeness by vowing to do nothing to hurt anyone.

Our meditation themes will be **CREATION, PRESENCE, and MEMORY**

Meditation is a prayer when people sit quietly and read or listen to God. It is a time for conversation with God in our hearts and in our minds. Over the next few months, we will practice meditation prayer to listen to God in our hearts and to deep and our conversation. As we live, we are allowing Christ to shape our *Sacred Story* through meditation.

God will use everything in your life to create your *Sacred Story*, even your most heinous mistakes. My discernment to keep or surrender is made according to whatever action advances me further along the path of my Sacred Story.

Discernment means that we must discern between the voice of God and that of the enemy of human nature. It requires listening, time, trial and error, prayer, patience, and God's grace: ***Ignatius names two spiritual states: one is consolation and the second is desolation.***

Consolation is any – increase of faith, hope and love

Desolation is any - decrease of faith, hope and love.

Consolation leads you toward life and hope; whereas desolation can lead you toward death and hopelessness, even though these counter-inspirations may make you feel good as you move away from God. It is important to keep an eye on the direction inspiration leads you, more than whether it makes you feel good or bad.

God allows desolation, which is directly linked with your human growth and spiritual progress, to awaken your whole being-spirit, mind and body-to its spiritual, emotional and psychological wounds. Do not give up in times of spiritual desolation. This is the enemy's way of making you think that God does not care about you. When things are going well, we get cocky and start to believe we are succeeding on our own. We will always need God's help. During times of spiritual desolation, one is more tempted to rely on oneself, but this is most definitely the time to turn to God ***and ask for help!***

Guided Practice: Top Hat Compare/Contrast activity as a class. Do a sample of the Top Hat Compare/Contrast Activity.

Example 1. Something that gives Consolation might be a family dinner when everyone is getting along.

Example 2. Something that gives Desolation might be when I argue with a sibling about who gets to watch their program on television or play a video game. The bottom box is what is in common with the Consolation and Desolation columns. In Examples 1 and 2 "Family" might be what is in common with both boxes.

Independent Practice: Have the students add at least three more ideas in each column and the box at the bottom. Then share with a partner or with the class. .

Guided Practice:

"Let us discuss and decide on the environment we want to have while meditating." The teacher leads a class discussion on the following:

1. As we set aside this time for listening to God, we need to be intentional about how we will pray. Together we will decide where we will meditate and what our classroom rules during this time will be. Then we will practice listening to a meditation.
 - 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. 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
- 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 reflect by oneself.
- e. **SACRED STORY CROSS:** If your class has the Sacred Story Cross please have students put the cubes in correct position. For sixth grade the "C" cube for "CREATION", "P" cube for PRESENCE, and "M" for MEMORY meditation steps and the "V" for the Fifth Commandment: "You shall not kill."



2. Preparing oneself to meditate:
 - a. 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.
3. 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.
4. You are now invited into the meditation space.
5. Practice quiet meditation with audio.

Directions to Teacher: Go to Vimeo Meditation page (<https://vimeo.com/album/3375775>).

(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:

- Listen to the meditation
 - Have students write for one minute, no less and no more.
 - Have students reread their learning log entries weekly and monthly.
 - Teachers are advised to follow the policies of their district regarding learning logs.
6. Review what worked and how to improve the experience for all.

Daily Meditations –

These should take about 6-8 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 if possible.

To access the meditation there are two options:

1. Listen as a class: Teacher goes to Vimeo Meditation page.

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.

Consolation/Desolation Top Hat Chart

Directions:

1. In the first column under “Consolation” write for one minute about experiences that increase your faith, hope and/or love in God.
2. In the second column under “Desolation” write for one minute about experiences that decrease your faith, hope and/or love in God.
3. In the box at the bottom write what is in common with both columns. For instance, the experience might both be fun.

CONSOLATION

Increase of faith, hope and
love

DESOLATION

Decrease of faith, hope and
love

