

LESSON THREE



Objective: The student will understand that meditation is a time to listen to God to identify joys and/or sadness of the day and demonstrate meditation behaviors with 100% participation.

Materials:

- MP3 player
- Computer
- Speakers
- Internet access for meditation
- Learning Log sheet copied for all students.
- Sacred Story Cross:** If your class has the Sacred Story Cross, please have students put the cubes in the correct position: (C for “Creation”; P for “Presence” and “II” for the Second Commandment.



Invitation to Prayer:

Sign of the Cross

EXODUS 3:1-6

Meanwhile Moses was tending the flock of his father-in-law Jethro, the priest of Midian. Leading the flock beyond the wilderness, he came to the mountain of God, Horeb. **There the angel of the LORD*** appeared to him as fire flaming out of a bush. When he looked, although the bush was on fire, it was not being consumed. **So, Moses decided, "I must turn aside to look at this remarkable sight. Why does the bush not burn up?"** When the LORD saw that he had turned aside to look, God called out to him from the bush: **Moses! Moses! He answered, "Here I am."** God said: **Do not come near! Remove your sandals from your feet, for the place where you stand is holy ground. I am the God of your father,** he continued, the God of Abraham, the God of Isaac, and the God of Jacob. Moses hid his face, for he was afraid to look at God.

Reflect on your name for God that you selected when we did the previous lesson. Silently say God's name three times. Tell God, "I am here".

Close with 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 I commit myself to the relationship by always adoring and reverencing the name of God!

Our meditation themes will be **CREATION** and **PRESENCE**. This meditation time is a chance to review your day, your choices and how you see God in Creation. It is a time to reflect on God's Presence in your life. This is a time to remember how God's name is reverenced in our lives.

There are two storylines to this relational paradigm:

I can choose to nurture a spirit of gratitude for the holiness of God, and God's gifts of other persons and creation in my thoughts, words and deeds and develop a daily personal relationship with the God who draws close to me.

OR

I can choose to nurture a spirit of ingratitude for the holiness of God, and God's gifts of other persons and creation in my thoughts, words and deeds and develop a daily personal relationship with the God who draws close to me.

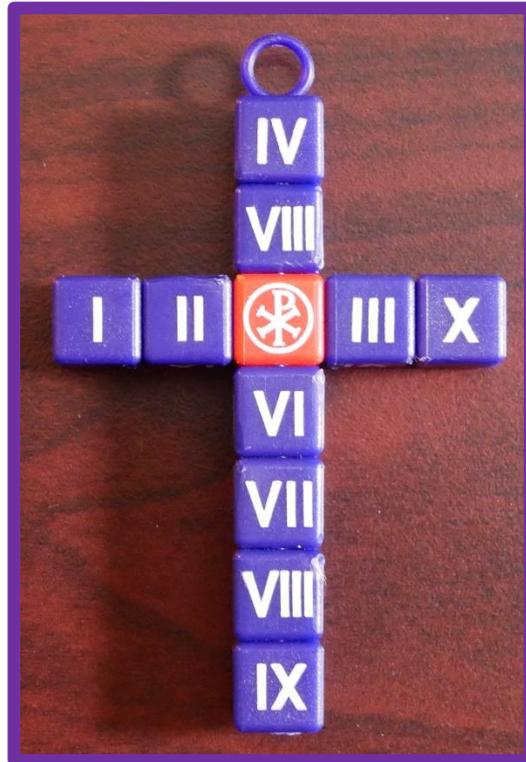
The spirit I nurture will shape my personal story and others who are influenced by my story emotionally, physically, mentally, and spiritually. I can "see" the spirit I nurture by how I prioritize my friendship with God and others (Mass, not swearing, integrity, gratitude, and friendships).

Guided Practice:

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 us 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 Fifth grade the “C” cube for “CREATION” and “P” cube for PRESENCE meditation steps and the “II” and for the Second Commandment: “You shall not take the name of the Lord your God in vain.”



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 may 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. Have students write for one minute after the meditation.
3. Have students reread their learning log entries weekly and monthly.

Independent Practice:

Practice quiet meditation with the audio meditations.

Teacher Directions: go to [Vimeo Meditation page](#). (gUthecR7xe)

Take one minute to draw or write a response from the day's meditation. Let your heart write for you, it does not have to be perfect, but rather your meditations should reflect who you are and what you feel.

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

Daily Meditations – These should take 3-5 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 site:

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.

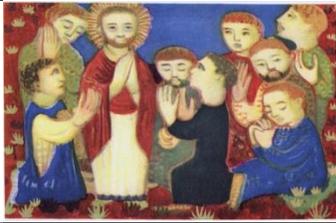
Have students prepare for meditation as discussed and planned with the class.
Students listen to the daily meditation.
Students complete learning log.

(Work should be done on following page)

Fifth Grade Learning Log

Take one minute to draw or write a response from the day's meditation. Let your heart write for you, it does not have to be perfect, but rather your meditations should reflect who you are and what you feel.

I believe God loved me into life and I commit myself to the relationship by always adoring and reverencing the name of God! CREATION, PRESENCE



What increased your faith, hope and love?
Be Specific!

What diminished your faith, hope and love?
Be Specific!



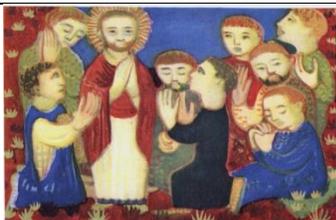
MONDAY



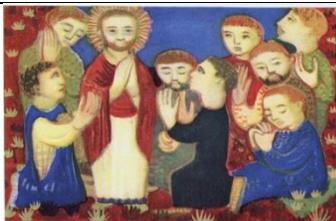
TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



Additional Ideas:

- ❖ Have students look at their "family tree" of faith. In this way they can seek out trusted individuals when they need advice on spiritual things and are developing their moral compass (exercising conscience).