

Fifth Grade: Lesson 18

What Influences Our Behavior?

Lesson Objective:

This lesson further explores moral living in the context of discipleship. Children are invited to reflect on the Ten Commandments as guidelines for daily behavior. If our passions are not tempered, then we can make poor decisions that are hurtful to ourselves and others. In addition, they are warned about the dangers of the occult. While some of these practices appear harmless, they are openings for evil to enter one's life.

Learning Outcomes: Students will ...

- Understand that we obey God because He loves us and we love Him (CCC 1709).
- Discuss the application of the Ten Commandments to daily life.
- Understand that the passions (feelings/emotions of love, hatred, desire, fear, joy, sadness, and anger) lead us to actions that can be good or evil (CCC 1762 - 1775, Mark 7:18-23).
- Demonstrate reverence for God, His creation, and all people.

Materials Needed:

- Prayer space items, Bibles, pencils, colored pencils or crayons
- Copies: Crossword Puzzle (optional), The 10 Commandments and You, Using Passion for Good, Examination of Conscience Ideas (if you want to hand it out to students)

As Students Enter Class:

- Consider having an activity, such as the Crossword Puzzle linked below.
- [10 Commandments Crossword Puzzle](#)

Beginning of Class:

- Gather around your prayer space and invite students to make intentions for today's opening prayer. Encourage them to think about other people they know they need some extra prayers.

Lesson Order	Implementation Ideas
Lesson 18 Video	<p>This video is 3:44 in length.</p> <p>Highlights: In our last session, we explored living holy lives by setting boundaries with our behaviors and living virtuously within our vocations. Today, we will think about the 10 Commandments and how we have choices to do good or evil. God gave Moses the 10 Commandments to share with all people, so we can know how God wants us to live. Following the 10 Commandments will bring us joy.</p> <p>God realizes that we have many emotions and feelings. Sometimes we feel happy and loved, other times sad, angry, and jealous. Having emotions isn't a bad thing. Sometimes an emotion of anger (such as when you see someone being bullied) can be redirected to you doing something good for that person.</p> <p>When we read the Bible, we learn that Jesus felt happy, sad, and even angry. If our passions are not tempered, we can make poor decisions that are hurtful. God wants us to turn to him for guidance and direction. In sacred scripture, God shows us how to live holy lives. It is up to us to choose good and holy actions.</p>
God's Dream for You	<p>This video is 6:49 in length. This is a Matthew Kelly video.</p> <p>Highlights:</p> <p>God wants good things for you.</p>

**"NO EYE HAS SEEN,
NOR EAR HEARD,
NOR THE HEART OF
MAN CONCEIVED, WHAT
GOD HAS PREPARED FOR
THOSE WHO LOVE HIM."**

1 CORINTHIANS 2:9

You can't even imagine what God has in mind for you. God is a great father. Everything good in this world flows from the goodness of God. God created you in His image. Deep in your heart, you are good. Staying connected to that goodness isn't always easy and requires effort.

God has a dream for you. He wants you to become the best version of yourself. God wants to have a dynamic relationship with you. Just like the love your parents have for you, God loves you, but even more. Imagine how much God loves you!

God calls everyone to live a holy life. Some things we think, do, or say help us to grow in holiness and some don't. We are the happiest when we are doing the things that help us grow in holiness. There is a connection between happiness and holiness.

Next, Matthew Kelly provides examples of how we become the best version of ourselves.

Next time you have a decision to make, ask yourself: What will help me become the best version of myself? Will you choose God's dream, or modern culture's nightmare?

	<p>Stop and discuss: What stands out to you from this video? What is Matthew Kelly's main point or main idea in this video?</p>
What are Emotions?	<p>This video is 4:33 in length.</p> <p>Highlights: This video explains what emotions are for and why we have them.</p> <p>Emotions are like a sign post on a road or highway. Emotions point to a deeper reality that helps us make sense of what is going on in our lives and what's important. John Paul II said an emotion is a reaction to a value. That means when we feel an emotion, something we find important or valued is being triggered or touched upon. There is a difference between thoughts and feelings. Feelings can be a guidepost. They help us understand what's going on. Thoughts are beliefs we are having about the world, ourselves, or others.</p> <p>Paying attention to our emotions and feelings is important. When we look at an emotion, as a reaction to a value, we can take a second to understand what's going on with ourselves and others, so we can make better decisions and build better relationships.</p> <p>Emotions alone can be scary. We are not called to be completely ruled by our emotions, nor are we called to completely suppress them. Ignoring emotions isn't healthy. Pay attention to them as signposts, to accept and then understand.</p> <p>Stop and Discuss: What's the difference between a thought and an emotion? The presenter mentions a signpost and a guidepost. What is the difference?</p>
Forming Good Habits	This video is 5:34 in length.

Highlights: If you want to change or stop doing something that is bad for you, you have to stop completely.

One way to make a change is by developing a habit of something you wish to do or improve upon. It takes the average person approximately two months to develop a habit. Establish the habit you wish to develop and make a plan to achieve the goal. Focusing on the outcome is a good way to remained focused on the goal.



Having someone to work with when trying to develop a habit helps to reach your goal. Make small increments or changes and then build from there.

Building small tiny habits can bring big change.

Discussion/Reflection: What connection does forming good habits have with our lesson today, which is understanding the things that influence our behaviors?

Note: If you need to skip a video, this is one you could skip.

The 10 Commandments and You

Students reflect and draw a picture about what each Commandment means to them.

Using Passion for Good	Looking at various emotions, students are asked to reflect on how passion can be used to do something good.
What is an Examination of Conscience?	<p>This video is 4:46 in length. (It is done at 4:20).</p> <p>Highlights: Examination of Conscience means to prayerfully reflect on one's thoughts, words, and deeds and to identify areas of sin and our weak points.</p> <p>There are many examinations of conscience available, some very detailed and others more general.</p> <p>We can look to the 10 Commandments to guide our examination of conscience. For example, you probably don't workshop a golden statute or idol. However, if you focus so much on Sunday sports that you miss church, then this is an example of how one can sin, by breaking the first Commandment.</p> <p>Two times to do an examination of conscience are at the end of each day and in preparation for the Sacrament of Reconciliation. After all, how can we truly be sorry and confess our sins if we haven't taken the time to examine ourselves in the areas we have sinned?</p> <p>Next, there is an analogy using body builders and how they often look at themselves in the mirror. Do they do this because they love looking at themselves? Or, do they want to improve their form and fitness and correct the weak points in their workout or training?</p> <p>An examination of conscience is like the bodybuilder's mirror: if we want to improve our faith life, we need to look in the mirror and find the areas in our life that need attention and improvement.</p>

	<p>We cannot do this ourselves. We need God's grace and mercy, coupled with our cooperation in our effort so we can live in the holiness we are called to live in?</p>
A Guided Examination of Conscience	<p>This video is 2:55 in length.</p> <p>Highlights: This video is not narrated. With the backdrop of a beautiful Church, the words appear on the screen, accompanied by soft music. The questions prompt students to think about specific areas they have not lived up to God's expectations.</p>
Examination of Conscience Review/Ideas	<p>This is a handout that could be sent home with each student. You could also read it to students as guided examination of conscience, perhaps replacing the video above, or during a different class session.</p>
Closing Prayer	<p>Gather around your prayer space and invite students to thank God for something they learned today and to make a silent intention to improve upon an area they have sinned.</p>