

Grade Six: Lesson 1: Jesus Wants to be Your Friend!

Lesson Objective:

This lesson aims at increasing the youths' awareness of the personal love of God and His care and providence over their lives. In this lesson, it is important to create an environment where youth can encounter Christ directly. Meditation on Sacred Scripture will provide an opportunity for Jesus to speak into their hearts.

Learning Objectives:

- Recognition that God knows and loves us each personally and reflection upon the plans that God has for each of our lives (Ps 139; Isa 43:1-4; Jer 1:5).6.
- Describe salvation history as God's unfolding work of salvation in all of history.
- Recognize that Jesus wants to be in a relationship with him/her (John 15:9, John 15:16, 1 John 4:19).
- Encounter the Lord Jesus Christ through experiential activities such as guided meditations using Sacred Scripture and adoration of the Blessed Sacrament (Ps 32:8, John 6:35, John 14:26, Heb 4:12).
- Participation in recited prayers learned in previous grades, continuing to learn new recited prayers appropriate to age and becoming introduced to prayers that will be recited in later grades.

Materials Needed:

- Prayer Space, Bible, pencils, crayons, markers, index cards (large size), sticky notes
- Copies Needed: Prayer card, prayer journals, adoration booklet (depending on what you want to offer to students)

As Students Enter Class:

- Ask students to fold an index card lengthwise to make a name plate (or name tent). Encourage them to use markers and make it colorful.
- Anticipatory Set: To encourage students to begin reflecting on their faith and learning, pose the following question(s) either on the board or on a piece of paper: What would you like to learn in Discipleship Classes? What are some activities you would like to see in class?

Beginning of Class:

- Invite students to your prayer space. Begin class with a traditional Catholic prayer. Encourage students to pray out loud with you.

- While you are standing together, introduce yourself and state one or two personal things about yourself (such as something you like or are passionate about). Give each student an opportunity to introduce themselves and share.

Lesson 1 Video	<p>This video is 5.06 in length.</p> <p>Highlights: Through prayer, meditation, and adoration, you will learn how to strengthen your relationship with Jesus. Jesus loves us and has a plan for each of us.</p> <p>Jer. 1:5 states: "I chose you before I gave you life and before you were born, I selected you to be a prophet to the nations."</p> <p>What is Jesus telling us here? Provide time for discussion.</p> <p>Two ways we get to know Jesus better is through guided meditation and adoration. Guided Meditation is one of three ways we can pray:</p> <ol style="list-style-type: none"> 1) Vocal – Prayers of the Catholic Church that we recite at home and during Mass 2) Meditative – Seek God through reading the Bible, praying the rosary, spending time with God in nature 3) Contemplative – Quiet our own thoughts and open ourselves to God's presence and listen to what he says <p>When we read Sacred Scripture (reading the Bible) we are practicing Meditative Prayer. Read John 14:26 "The Helper, the Holy Spirit, whom the Father will send in my name, will teach you everything and make you remember all that I have told you."</p> <p>Discussion: What is God telling you?</p> <p>Before we begin praying, we can ask the Holy Spirit to help us. Example: Come, Holy Spirit, fill our</p>
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	<p>hearts with the fire of your love. Or, Holy Spirit, please guide our learning today.</p> <p>The Holy Spirit works in all of us and has been working with you too. Examples of the Holy Spirit's guidance: When you have a great idea to help someone that didn't even ask for help. Or, when you suddenly understood something for the first time. Can you think of ways the Holy Spirit has helped you or someone you know?</p> <p>We are also going to spend time in Eucharistic Adoration. During Adoration, Jesus is physically and spiritually present in His body, blood, soul and divinity. The CCC tells us that when we go to Eucharistic Adoration, we are sharing an expression of gratitude and love to Jesus.</p>
Eucharistic Adoration Video	<p>This video is 5:04 in length and explains the how and why of Adoration. It has good visuals and is well done.</p> <p>Consider going to the live Adoration link at the end of this lesson now (instead of later). Encourage students to think about the video and then practice what they learned. Provide as much time as you feel is appropriate for your students. The minimum suggestion is 5 minutes. You may want to dim the lights.</p> <p>Follow up discussion – Offer time for students to share how they felt during Adoration. Explain that some people sit for 30 minutes to an hour; some 15 minutes... The important thing is that we spend time with the Blessed Sacrament. It's okay if we don't "feel" something big happened. The fact that we are there with Jesus, tells Him we love Him and thank Him for all he has done for us.</p>
Movement Break	<p>This is a good time to provide a movement or stretch break.</p>
God Loves You Meditation	<p>This video is 5:21 in length. You can show it for a length of time that works for you.</p>

	<p>Now we have time to practice with guided meditation. This is another form of prayer. Let's take a deep breath to clear our minds and open our minds and hearts to spend quiet time with God. Think about what God is telling you during this time. Consider dimming the lights during this time.</p>
Lesson 1, Part 2 Video	<p>This video is 2:48 in length.</p> <p>Highlights: Try to find out when Eucharistic Adoration is available at your Church. Jesus wants to have a loving relationship with you. Let's read what sacred scripture says about Jesus' love for us.</p> <p>John 15:9 I love you just as the Father loves me. Remain in my love. One way we can show Jesus how much we love Him is by speaking openly and honestly with Him in our prayers.</p> <p>1 John 4:18 and 19: Our love should not be just words and talk. It must be true love, which shows itself in action.</p> <p>Prayer isn't just words or talk. It is action.</p> <p>This week, try one or two things to grow your relationship with Jesus. Here are three ideas:</p> <ol style="list-style-type: none"> 1) Write a personal prayer 2) Prayer more deeply by making a prayer journal 3) Grow in your faith and friendship with Jesus by spending five minutes a day in prayer and silence with Jesus.
God Live to Eucharistic Adoration	<p>There is a YouTube link with live Eucharistic Adoration that you can visit and use for an amount of time you determine is appropriate.</p>
Activities:	

	<p>Students have a choice with the following activities; you can have all available or whatever you would like to provide:</p> <ol style="list-style-type: none"> 1) Make a prayer card 2) Prayer Journal (these can be stapled together for students to use at home or during class) 3) Adoration Booklet
Closing Prayer	Gather students around the prayer space and offer a prayer of your choice, spontaneous or traditional.