

Third Grade: Lesson 1 – Jesus Knows Me and is my Friend

Lesson Objective:

These outcomes aim at increasing the children's 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 the child can encounter Christ. Children should be reminded that they can talk to Jesus in the same way they talk to their best friend. Meditation on Sacred Scripture will provide an opportunity for Jesus to speak into their hearts.

Learning Outcomes: Students will ...

- Recognize that God knows and loves him/her personally and has a plan for their lives (Ps 139, Isa 43:1-4, Jer 1:5).
- 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)
- Recognize that Jesus wants to be in a relationship with him/her (John 15:9, John 15:16, 1 John 4:19) discuss what it takes to be a friend and have a friend (John 15:13; 1 John 3:18; CCC 1829)
- Participate in meditative prayer, through Sacred Scripture and other prayer resources (CCC 2705-2708).

Materials Needed:

- Prayer space, markers, crayons, pencils, index card or card stock to make name plates, copies of All About Me page, copies of today's activities, traditional Catholic prayer titles written on an index card and placed in a basket or small bag.

As Students Enter Class:

- Consider an introduction activity, such as an All About Me page.
- Give each student a name plate made of a folded index card or card stock and have students write their name and decorate it.

Beginning of Class:

- Gather students around your prayer space and model a spontaneous prayer of thanksgiving. Invite students to share what they are thankful for.
- Take time to get to know one another by playing a game of your choice or have students complete and share their All About Me page.

Please note: The first two activities in this lesson are geared toward home schooled students. You do not need to do them.

Lesson Order	Implementation
Lesson 1 Video	<p>This is 1:33 minutes long.</p> <p>Highlights: You can increase your awareness of God’s love for you through prayer, meditation, and adoration. During these times, you can speak openly and honestly with Jesus. Jesus wants to spend time with you and loves when you spend time with him. How do we spend time with Jesus? We do this by praying, reading sacred scripture from the Bible, and going to mass. God has a plan for your life. The closer you grow with God, the more you will understand His plan for you. Read Jeremiah 1:5 – God knows you and chose you.</p> <p>Consider a Q and A about the above information. For example: How do you spend time with Jesus? What do you enjoy about prayer, meditation, and adoration? What do you find difficult about prayer, meditation, and adoration?</p>
Psalm 139 Guided Prayer and Meditation	This video is 2:45 in length. It provides a calm reading of this Psalm and some quiet meditation time. Also poses a question at the end that lends itself to a good class discussion.
Let’s Pray Together: Guided Mediation	This video is 3:00 in length and provides a calming voice and music while praying the Our Father and then the Hail Mary. It also includes a guiding question to think about while meditating.

Lesson 1, Part 2 Video	<p>This video is 5:00min. Types of Prayer and more:</p> <p>Highlights:</p> <p>Carla explains two ways to get to know Jesus better: 1) Guided Meditation and 2) Adoration. Guided Meditation is one of the three ways we can pray.</p> <ol style="list-style-type: none"> 1) Vocal Prayer – the traditional Catholic prayers 2) Meditative Prayer – We seek God while reading Sacred Scripture, praying the rosary, viewing sacred art or even spending time with God in nature. 3) Contemplative Prayer - quiet our thoughts to hear what God is telling us or guiding us to do. <p>Read John 14:26 (page 1689); the Holy Spirit helps teach us and helps us remember what God has told us. We can pray to the Holy Spirit. For example, an easy prayer to remember is: Come Holy Spirit. When you invite the Holy Spirit into your prayer, the Holy Spirit will help guide you closer to doing God's will. Have you thought about doing something nice for someone? That's the Holy Spirit working in you!</p> <p>In Eucharistic Adoration we find silence will help us grow closer to God. Jesus is physically present in the Eucharist, that is located in the Monstrance. Compare this to the feeling of sun on our skin. We feel the warmth of the sun (God's love) in our hearts. During adoration, words are not needed. Just like when we play with a God friend, words are not always needed.</p>
Prayer Journal	<p>There are 4 choices to choose from. Decide which one you prefer for your students. Explain how to complete it and provide time for students to thoughtfully complete this activity.</p>

<p>Jesus, I Love You Activity and Eucharist Adoration</p>	<p>Consider combining these final two activities. At the beginning of the live Eucharist Adoration, have students say and color, Jesus, I love you. Consider doing this as a whole group. Once this activity is complete, have students sit quietly for a length of time you deem appropriate in Eucharistic Adoration. When done, encourage students to talk about what they noticed or wonder about. Consider using an engagement strategy to encourage participation. Perhaps give out a small piece of candy after someone shares. Or, toss a ball or small stuffed animal to a student, when that student has shared, he or she can toss it to another student. Please note: Do not force students to share. Give them the option to say no, thank you.</p>
<p>Closing Activity</p>	<p>Review today's learning objectives by playing a true/false game. Give each student an index card and have them write TRUE on one side and FALSE on the other. Then ask questions such as:</p> <ol style="list-style-type: none"> 1) God knows and loves you personally. (T) 2) God does not have a special plan for you. You can do whatever you want. (F) 3) We encounter Jesus through prayer, reading the Bible, and Adoration. (T) 4) The Holy Spirit cannot help us. (F)
<p>Closing Prayer</p>	<p>Consider having the names of our traditional Catholic Prayers folded in a basket or bag. Ask a student to pick a prayer and that is the one you will recite together before leaving class. Suggestions: Our Father, Hail Mary, Glory Be, Angel of God, My Guardian Dear</p>