

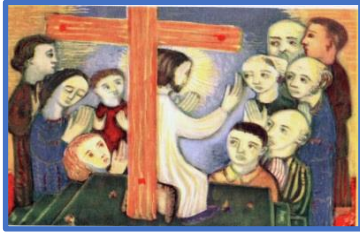
LESSON ONE

Objective:

The students will be able to name and define the three meditation themes for *Sacred Story*, Creation, Presence, and Memory, in relationship with God and write an intercessory prayer for 100% participation.

- **Materials:**

- ☐ PowerPoint of St. Ignatius Loyola's Story
- ☐ Projector
- ☐ Computer
- ☐ Copies of definition of Creation, Presence and Memory or have those projected for students
- ☐ Copies of Top Hat Template on Creation, Presence, Memory and Intercession prayer for all students
- ☐ Reflection sheet for all students
- ☐ Students will need something to write with



LESSON ONE

Invitation to Prayer:

Begin with Sign of the Cross

Open with prayer:

The Creation Illuminative Prayer

Here I ask for what I desire: to know and feel God's tender and passionate love and to know myself as beloved – a treasure of God's heart in the grand symphony of creation. I pray for the grace of gratitude. In particular, I pray to know by whom I am created and why I am loved. I pray to know and believe that I am fearfully and wonderfully made.

Introduction:

This school year we will be experiencing a meditation practice called *Sacred Story Youth*. *Sacred Story Youth* is inspired by St. Ignatius Loyola's "Examen". Ignatius' spirituality and discernment techniques rely on affective information to help individuals understand the difference between right and wrong.

Access PowerPoint to tell St. Ignatius Loyola's story to the students

We can learn to listen deeply with our hearts—our consciences—to distinguish the ideas and inspirations coming from the Lord of Life and those Ignatius describes as coming from the enemy of human nature.

Guided Practice:

Today we will be able to name and define the three meditation themes for Sacred Story: Creation, Presence, and Memory by identifying how you see God in your life in each of the themes.

Give each student copies of the three theme sheets in Addendum 1 (Creation, Presence, Memory) and a copy of the *Meditation Theme Response Sheet Grade 6*).

Have each student read along as the teacher displays the themes on the overhead and read the theme, the definition of the theme and create with the class an example of something that comes to mind in relationship with God.

CREATION

Father I believe you created everything out of love as a gift for me.

I ask you Jesus to help me remember the gift in your creation that brought me the most faith, hope and love today.

When you help me remember, I will thank You for that gift.

PRESENCE

Father I believe you are present in every moment and event of my life. I ask for a heart-felt knowledge of Jesus' love for me.

I ask you Jesus to help me know what my heart is feeling now. If I am peaceful, I will tell You why. If I am sad, I will tell You why.

MEMORY

Father I believe Jesus helps me remember everything that I have done or that has been done to me that has hurt my life of faith, hope and love.

I ask you Jesus to open my memory to these sinful things so that your love can heal me.

Ask students to discuss in small groups and give an example of how CREATION, PRESENCE, or MEMORY are evident in the lives. Teacher writes example on class sample on overhead.

Review definition of Intercession Prayer: This is a prayer asking God to help others and not thinking of ourselves. (Definition from Catechism of the Catholic Church):

Examples of Intercessory Prayers:

For our nation,
that the values of life and liberty
may truly be our watchwords;
We pray to the Lord

That the good seed of the Gospel of Life

may take root in our land
and grow to the glory of God;
We pray to the Lord.

For those who are mentally disabled,

that we might cherish the gifts God has given them,
and in their lives hear the voice of our loving God.
We pray to the Lord.

Note: You may need to practice writing an intercessory prayer with your class. This will vary on the class' experience in writing intercessory prayers.

Independent Practice: Each student is to do this work individually.

Using the Top Hat Template –

In the first three columns write or draw for three minutes of what comes to mind in each category in your relationship with God.

Then, write an intercessory prayer to God to protect all life from conception to natural death and that human beings are not experimented on by others in harmful ways.

Close with a sharing of the Intercessory prayers.

Closure:

During the daily meditations we will continue to reflect upon Creation, Presence and Memory with the following:

CREATION

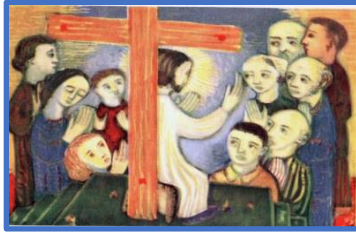
*Father I believe You created everything out of love as a gift for me.
Jesus, I ask You to help me remember the gift in Your creation that brought me the
most faith, hope and love today.
When You help me remember, I will thank You for that gift.*

PRESENCE

*Father I believe You are present in every moment and event of my life. I ask for a heart-
felt knowledge of Jesus' love for me.
Jesus, I ask You to help me know what my heart is feeling now. If I am peaceful, I will
tell You why. If I am sad, I will tell You why.*

MEMORY

*Father I believe Jesus helps me remember everything that I have done or that has been
done to me that have hurt my life of faith, hope and love.
Jesus, I ask You to open my memory to these sinful things so that Your love can heal
me.*



CREATION

I believe God created everything in love and for love; I ask for **heart-felt** knowledge of God's love **for me**, and for **gratitude** for the **general** and **particular** **graces** of **this day**.

Prelude

God created the universe – all person and all things – in love and for love. Everything and every person in creation is linked in Love, through Christ, in whom and for whom everything was made. We are made to reverence God and each other, and to delight in creation as both Divine gift and support for our lives. The God of All knows me personally and loves me, even before I was knit in my mother's womb.

So fearfully and wonderfully made am I!

(Ps 139:13-14)

Illuminative Grace

Here I ask for what I desire: to know and feel God's tender and passionate love and to know myself as beloved – a treasure of God's heart in the grand symphony of creation. I pray for the grace of gratitude. In particular, I pray to know by whom I am created and why I am loved. I pray to know and believe that I am fearfully and wonderfully made.

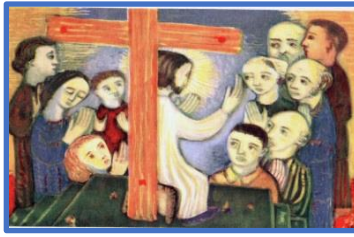


When I see your heavens, the work of your fingers, the moon and stars that you set in place –What is man that you are mindful of him, And a son of man that you care for him? Yet You have made him little less than a god, crowned him with glory and honor.

You have given him rule over the works of your hands, Put all things at his feet:

O LORD, our Lord, how awesome is Your name through all the earth!

(Ps 8:4-6)



PRESENCE

*I believe God is **present** in **moment** and **event** of my life, and I ask for grace to **awaken, see and feel** where and how God is present.*

Prelude

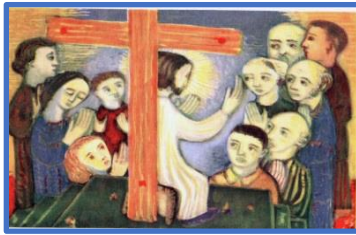
*The eternal God can only be experienced in the here and now, for everything in the universe is sustained by God's love in the present moment. When I worry about the past, or fret about the future, my consciousness of God, of creation, and of my deepest desires, is blocked. My challenge is to anchor both heart and mind **firmly** in the present: in each thought, word, and deed, as the story of my life evolves, in each moment, in God's presence.*

Illuminative Grace

Here I ask for what I desire: to be present and awake to every feeling, thought, word and deed – in the present moment. I beg for the grace to wake up to God's presence in every person, experience, event – good or ill – that I encounter in my day.



How lovely your dwelling, O Lord of hosts! My Soul yearns and pines for the courts of
the Lord. My heart and flesh cry out for the living God.
As the sparrow finds a home and the swallow a nest to settle her young,
My home is by your altars Lord of hosts, my king and my God!
Blessed are those who dwell in your house! They never cease to praise you.
(Ps. 84:2-5)



MEMORY

I believe every violation of love committed by me and against me is in my memory, and I ask God to reveal them to me, especially those that have manifested themselves today, so I can be healed.

Prelude

I hold in my heart, by the power of God's grace, the memory of every action – of every thought, word, and deed – done to me and done by me, that has eroded my innocence.

I affirm that these unloving thoughts, words, and deeds have spiritual, physical, and emotional consequences that wound me, others, and creation and for which Christ had to suffer for my redemption. I believe all these unloving actions have both generational and evolutionary consequences. At the root of my own narcissism are some events that more than others, have more significantly distorted my heart and mind. These events cripple my desire and my ability to love selflessly and to freely forgive others.

Illuminative Grace

Here I ask for what I desire: to become conscious of my lost innocence; the grace to see and the power to touch the Original Sins and wounds, especially the most vital ones, which shape in me and anti-story instead of a Sacred Story. I ask for the grace of an illumined conscience to know intimately how these wound and sins connect to everything I do that makes life burdensome; to know how and why these wounds so often complete me to violate God's life in myself, others and creation. I ask God for the grace to wake up so I can see, feel, and name these thoughts, words, and deeds, and bring them to the light of day, to be healed by the Divine Physician.



Oh, that today you would hear his voice: "Harden not your hearts as at Meribah, as in the day of Massah in the desert, where your fathers tempted me; They test me thought they had seen my works. If today you hear his voice, Harden not your hearts.

(Ps 9:8-9)

Meditation Theme Response Sheet Grade 6
For three minutes write or draw pictures of what comes to mind in each category in your relationship with God.

CREATION	PRESENCE	MEMORY
<p><i>I believe God created everything in love and for love; I ask for heart-felt knowledge of God's love for me, and for gratitude for the general and particular graces of this day.</i></p>	<p><i>I believe God is present in moment and event of my life, and I ask for grace to awaken, see and feel where and how God is present.</i></p>	<p><i>I believe every violation of love committed by me and against me is in my memory, and I ask God to reveal them to me, especially those that have manifested themselves today, so I can be healed.</i></p>

Write an Intercession prayer to God to protect all life from conception to natural death and that human beings are not experimented on by others in harmful ways.