



## 7<sup>TH</sup> GRADE

### LESSON ONE

**Objective:** The students will be able to name and define the five meditation themes for *Sacred Story*, Creation, Presence, Memory, and Mercy, by explaining and listening with a jigsaw activity with 100% accuracy.

**Materials:**

- PowerPoint of St. Ignatius Loyola's Story
- Projector
- Computer
- Copies of definition for Creation, Presence, Memory, and Mercy
- Copies of response sheet for all students and copies of prayer sheet for all students
- Students may need markers, crayons, pens, or pencils.



## LESSON ONE

### **Invitation to Prayer:**

Gather class together in prayer corner.

### **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. This year we will focus on "My Relationship with Christ and His Kingdom of Truth and Light – serving Him alone" which is inspired from the First Commandment: I am the Lord your God; you shall have no strange gods before me.

### **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.

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

Give each student copies of the four meditation themes and the Theme Template. Divide the class into small groups, preferably four groups.

**Guided Practice:**

(15 minutes) Divide students into four groups. Have each group identify a leader, a timekeeper, a recorder, a reporter.

The leader will keep the group's attention to the task at hand.

The timekeeper will assure the project is done in the time allotted.

The recorder writes, draws, or creates the notes from the group discussion.

The reporter will be the group representative to report back to the group.

**Directions:**

1. Assign a theme to each group. Each group is to take 3-5 minutes to read the definition, Prelude, Illuminative Grace, and psalm for one of the themes.
2. The groups get 10 minutes to fill in their theme's section with examples of how they see God in their relationship.
3. These examples must be shared in 2-3 minutes.

**Whole Class Review: (10-15 minutes)**

Each group shares their examples of the meditation theme assigned to their group. Consider posting these in the classroom near the prayer corner to reference when meditating. Students who are listening are to fill in the additional themes with ideas they hear from the group presentations.

**Independent Practice: (could be homework)**

Then have each student write a personal prayer asking God to open everyone in the class to serving His Kingdom of light and to be protected from serving the forces of darkness. Be specific in the prayer.

**Closure:**

Each day we will be listening to a meditation and writing in our Learning Logs. Our thoughts will be centering on the four meditation steps: Creation, Presence, Memory and Mercy. Share with the students the following reflections they will be hearing on the mp3.



### **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.*



### **MERCY**

*Father I believe that you showed us in Jesus that mercy and forgiveness is the greatest  
expression of Your love.  
I will tell you the things I have done for which I need Your forgiveness and mercy.  
I will also tell you the things that others have done to me,  
so I can offer Your mercy and forgiveness to them.*



## 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)



## MERCY

*I believe that **forgiveness** is the only **path to healing and illumination**. I beg for the **grace of forgiveness**, and the **grace to forgive**, especially for the general and the particular failures of this day, and from my past.*

### **Prelude**

*The path to Christian holiness and an illumined consciousness runs through the darkest memories and deeds of your life, strangely enough. These memories and deeds corrupt your innocence and blind your vision to the sacredness of all life.*

*These memories and deeds can, by choice, act as a wall blocking the peace that leads to holiness and highest consciousness, or as a gate opening to them.*

*The gate is unlocked by forgiveness and compassion; both received from God, and then extended to all those entwined with the lost innocence that broke your heart: those who hurt you, those whom you hurt, and the gifts of creation that you abused or misused as a result. This miracle of peace and enlightenment is attainable through Christ, who core in love the wounds of every sin and dark deed since time immemorial. Christ has the power to transform darkness, sin and death into grace for the salvation of the world.*

### **Illuminative Grace**

*Here I ask for what I desire: For the grace to forgive any person who wounded my innocence, or who broke my heart. I pray to not only forgive them, but to have compassion and mercy on them. I ask for the grace of mercy and forgiveness for those whose hearts I have broken, and whose innocence I have wounded, and the gifts of creation that I have misused. I beg to know personally the One who absorbed in His heart and body every wound and every sin of this dark evolution across the millennia. I beg for the dual knowledge of sin and mercy as it affects my life story. I beg for*



*patience, knowing that accepting and offering mercy and forgiveness leads me to holiness. This awakening to highest consciousness takes a lifetime.*



Fill us at daybreak with your mercy, that all our days we may sing for joy.  
Make us glad as many days as you humbled us, for as many years as we have seen  
trouble, Show your deeds to your servants, your glory to their children.

(Ps 90:14-16)

**Theme Template: For three minutes write or draw pictures of what comes to mind in each category in your relationship with God.**



**CREATION**



**PRESENCE**



**MEMORY**



**MERCY**