**Grades 1 - 3 Presentation**

1. **Slide 1 - Welcome**
   1. Today we are going to talk about how we are children of God, the Holy Spirit, Our Bodies, and more importantly how to respect our bodies and keep ourselves safe.
2. **Slide 2 - Opening Prayer/Guardian Angel**
   1. God has given each of us an **angel to protect us.** Each one of you has a special angel just for you! That is called our Guardian Angel. We can even pray to our guardian angel that is always right next to you, just like the kids in the picture. .
   2. **Let’s start with a prayer - let’s Pray this together:**
3. **Slide 3 - Parts of our Body are Private**
   1. **Holy Spirit**
      1. “Ok everyone, when I ask it again, I want EVERYONE to shout the answer as loud as you can all together! Ready? *Who made us?* (Everyone shouts **GOD**!)
      2. Because God is our Father, we are his children! Everyone has a father. You might call him dad! You may be very close to your dad. Maybe you aren’t that close to your dad. But, each of us has a father.
      3. God wants to take care of us and love us. **He wants to live right inside of you (point to your own heart and have each of the students to the same on their own bodies)!**
      4. He made your body special so that he can live inside of you.
      5. **There are certain areas of our bodies we don’t show other people.** Some areas of your body are to remain private because that’s how God wanted it! **That is the areas we cover up with our swimsuit.** These are the areas that only we see and we keep private. God wants to keep us safe and holy!
      6. Remember our bodies are temples of the \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ Students raise their hand. Call on one. (Correct answer is **HOLY SPIRIT**)
      7. GOD has given you a body so that **he can be with you in your everyday life.** Remember that he gives us different body parts so that we can praise him better. God gives us all our body to praise him.
      8. Our Bodies can Feel and sometimes we feel safe touch or Unsafe Touch - Some Safe Touch is a hug from a trusted adult -
         1. Who are trusted Adults in your life? Mom, Dad,....Unsafe Touch would be a Hug from someone you don’t know. Or when people are mean to us
      9. Say: There are plenty of times people are mean to us - they go in front of us in line, they hit us, take our pencil or ball at recess, maybe your brother or sister tripped you or made you cry. When someone does something mean or unsafe to us, we have to tell them *no*.
      10. Say: If something makes you uncomfortable or unsafe, it’s ok to say “no”
      11. Give these examples: Do you leave mom or dad and go with someone you don’t know? (Have the class answer, “NO”). Do you disobey mom and dad and run into the road even if your friend asks you to? (“NO”), If your friend asks you take someone’s backpack and hide it, do you? (“NO”)
      12. Say: Your body is a gift from God. Your body is special and you should remain safe because God gave you that body as a gift. Remember the special areas of our body that are private that our swimsuits cover? Those are special too but should be kept to yourself, not other people. These areas are special and holy and are not meant for anyone else to see other than mom or dad and your doctor.
   2. **If you ever are thinking you need someone to tell or talk to - That’s the Virtue of Good Counsel**  - This Means you talk to someone if you think someone is not respecting your private areas.
   3. **A Saint that practiced Good Counsel or asking for advice was the Little Flower**
      1. Was a bit of a spoiled handful when she was younger
      2. Born in France and her mother died when she was 4 years old
      3. She felt called to join the Carmelite nuns, but she could not because she was too young and was not that grown up/mature yet
      4. She wasn’t sure, so we asked her DAD, a safe person for advice
      5. However, God helped her because she asked for God’s help and for the help of her family to answer the call she thought God was placing in her heart
      6. She became a nun after asking the advice of even the pope! She offered her life to God. She died when she was 24, but always offered everything she did for other people asking for help from God.
4. **Slide 4 - Respecting Others And Their Worth**
   1. **Dignity of Every Human Person**
      1. Because God made us, he wants us to love other people he created as well. We are called to respect another person. Respect is speaking and acting according to your own dignity and the dignity of others
      2. **How do you respect your mom?** Students raise their hand. Call on one. (Answers may vary, but some examples might be following instructions, saying “yes mom”, listening when your mom talks to you, doing something nice for your mom)
      3. Ask for a volunteer from the class to stand in the front of the room. - How do we show \_\_\_\_\_\_\_\_\_ (insert student’s name) respect? (Answers may vary, but some examples might be allowing him to go first, picking up his pencil if he drops it, smiling at him, saying hello to him in the morning, saying nice things to him, holding a door open for him)
      4. Everyone deserves respect because God made them!
      5. How do you know when someone is a good friend? (Answers may vary but some examples might be they are kind to you, they want to help you, they have something in common with you). Say: Sometimes, there are people who might think they are our friend, but they are not. Ask: **What should a friend never do?** They will never take something from you, they will not be selfish, they don’t want you to do everything for them, they don’t make you do something that will get you in trouble, they don’t make you do something that makes you feel unsafe
   2. **Virtue -** Respect (speaking and acting according to your own dignity and the dignity of others)
   3. **A Saint who Practiced Respect for Others was St. Damien St. Damien of Molokai** 
      1. Was born in Belgium and became a priest
      2. Was sent to Hawaii to serve those who had leprosy (a skin disease) St. Damien of Molokai
      3. He cared for those who were sick, stayed with them, built a Church and roads
      4. He respected the people even when they were sick
      5. Contracted leprosy himself, but gave his whole life for the care and respect of those with leprosy
5. **Slide 5 - Say NO and Tell a Trusted Adult** 
   1. Say: Sometimes, people don’t respect us the way Jesus respects us. Sometimes, people can be mean or they do things that make us feel uncomfortable. If you are ever in a situation that makes you feel unsafe, leave and tell a trusted adult right away
   2. **If anyone ever makes you feel uncomfortable or unsafe, you just say “no” and walk away to a trusted adult and tell them what happened. At Recess, at home, or anywhere else...get to a trusted adult and tell them what person made you feel uncomfortable and why**
   3. When you do something bad, there is a part of your mind and stomach that starts to feel icky. Think of a time you did something naughty….was a kind of a weird pit in your stomach...well if someone ever gives you that sticky feeling then talk to a trusted adult.
   4. **Virtue - Good judgment: thinking rightly about a decision.** Don’t just feel uncomfortable - tell someone about it, so an adult can help you feel better again.
   5. **Blessed Mother Teresa of Calcutta did this virtue of making a decision.** 
      1. She had a very nice life and went to a nice order of nuns were they taught children. It was a nice place, but she felt called to work with the poor and dying people on the streets of Calcutta, a city in India. She had to make a Good Judgement to leave her nice order and do something really hard, which was start a new order in order to help the poor people live and die with dignity.
      2. She had to make a tough decision to leave her teaching and serve those who were poorest in the streets
      3. She started an order called the “Missionaries of Charity” who now serve all over the world
6. **Slide 6 - Words and Actions should bring you Closer to Jesus**
   1. **We need to be truthful and always be kind toward other people. Secrets can separate you from others if it hurts them or makes them feel left out.**
   2. Ask: If someone tells you a secret and not to tell anyone, who do you talk with? Students raise their hands, call on one. Answer: **Your trusted adults**
   3. Say: There are many types of friends who we speak to, but we must remember to be kind and sincere when we are with them.
   4. Ask: What does sincere mean? (Answer: having a genuine care for others, trustfulness in words and action)
   5. Say: Certain people in our lives may seem like friends, but are not friends. These are the people who try to take something from us, make us feel uncomfortable, or draw us farther away from Jesus.
   6. Say: We have to be aware of people **using us for something that God hasn’t designed.** This is called **abuse (abuse defined = misusing a person for a bad effect)**
   7. Say: People are meant to be loved, not used as objects. People should always treat others with love, not violence or hurt. When people misuse another person - or use them instead of loving them, that is called abuse. If at any time someone is being abused, you tell a trusted adult immediately.
   8. **Virtue of Sincerity - having a genuine care for others, truthfulness in words and action**
   9. **Saint St. Maximilian Kolbe was a saint that demonstrated sincerity in a beautiful way.** 
      1. Born in Poland, became a priest, and was arrested by the Nazis. In the Concentration Camp, 1 man escaped, so they were going to kill 10 prisoners because of that. 1 of the 10 men chosen to die started crying, because he started to talk about his wife and children. Fr. Kolbe offered himself in the place of a man with the family. He died in the place of this man.
      2. They place the 10 men in a starvation prison cell, and his actions were so sincere...they loved the other 9 men, sang songs with them, and tried to keep them cheerful even though they were going to die. Fr. Kolbe was one of the last ones to live. He was still alive after two weeks. The Nazis that watched him in prison didn’t want to kill him, but he died making those other prisoners happy at a time when they were very sad.
7. **Slide 7 - So What Did we Talk About….**
   1. (Have students yell these out loud as they transition in)
8. **Slide 8 - Back in your Classroom**
   1. 1st Grade - Back in your classroom you’ll be coloring yourself and the Holy Spirit AND on the Back, you’ll be drawing you and your Guardian Angel
   2. 2nd Grade - Back in your classroom you’ll be focusing on being Kind and Respectful. You’ll draw and write about good and bad play.
   3. 3rd Grade - Back in your classroom you’ll be writing or drawing your 5 trusted adults - One for each finger
9. **Slide 9 - Closing Prayer**
   1. Thank God everyday for your body. God has given each of us an angel to protect us. Each one of you has a special angel just for you! Remember your guardian angel!
   2. Each of you have a prayer card that your teacher will give you with the guardian Angel Prayer on it
   3. Now let’s pray together the guardian angel prayer (pray together)
   4. Remember, the devil wants you NOT to pray and he’s so happy when you make bad choices. And we want to make God happy, not the devil. So you are going to put this prayer card by your pillow at night, and when you hop into bed and feel this little card that is going to remind you “I need to pray!” And talk to your guardian angel about your day and ask him to protect you as you sleep.
   5. Now, let’s pray to our brothers and sisters in heaven, when I say the Saint Name, **yell out Pray for Us**
      1. St. Therese of Lisieux , Pray for Us
      2. St. Damien of Molokai, Pray for Us
      3. Blessed/Saint Mother Teresa of Calcutta , Pray for Us
      4. St. Maximilian Kolbe, Pray for Us
      5. Blessed Mother, Pray for Us
      6. Jesus, Prince of Peace, Pray for Us
      7. All you Angels and Saint, Pray for Us

**Grades 4 - 6 Presentation**

1. **Slide 1 - Welcome**
   1. Today we are going to talk about how we are children of God, how we have free will, and the power to trust our instincts that God gave us.
2. **Slide 2 - Opening Prayer/ Memorare** 
   1. God has given each of **us his mother to be our Mother.** Each one of you has a special place in her heart! Our Lady or sometimes as I call her, Mamma Mary, loves us more than anyone on earth could ever love us. Many saints have prayed this old prayer, and it’s been known to cause miracles. We give this prayer to our Lady, so she might help us each and every day.
   2. **Let’s start with a prayer - let’s Pray this together:**
3. **Slide 3 - Some Actions are Wrong or Sinful** 
   1. In this creation story, man was formed from dust in the ground. He was living in the Garden of Eden. **A person’s body was formed by God. He made it and gave it as a gift to us to worship and serve him. Our bodies are essential to our mission on earth for in our bodies, God teaches us about our purpose in loving and serving.**
   2. Read Genesis 3:1-7 out loud. Who is the snake in this story? The Devil
   3. Ask: What does the Devil tempt Eve, the woman, to do? Students raise their hand. Call on one. (Correct Answer: eat from the tree that God told them not to eat from) The devil from the very beginning disobeyed God and is always looking for ways to pull us away from God) **There are different ways that the devil tempts us away from God. Let’s name some ways that the Devil tries to pull us away from God.** (Students raise their hand and respond with various temptations such as being tempted to take something, cheat on a test, disobey mom or dad, not do chores, not pray, etc)
   4. Say: Sometimes, we are strong and say no to temptation. Maybe it’s when you want to call your brother a name, but instead you are quiet. Maybe you want to disobey your mom and turn on the TV when she told you not to, but you don’t. This is God helping us during those times to turn toward him and not give into temptations. However, we do fall into temptation and sin sometimes.
   5. Can we be forgiven from our sins? Students raise their hand. Call on one. (Correct Answer: Yes) In what sacrament can we be forgiven from our sins? Students raise their hand. Call on one. (Correct Answer: Reconciliation) If you see something happening that is sinful, make sure to tell a trusted adult.
   6. Say: Some people do sin and do bad things to other people. Sinning can happen in someone’s words or actions. When someone sins, they are being hurtful to themselves as well as to you. If something bad ever happens to you or someone hurts you, go immediately to one of your trusted adults. They will help you.
   7. **Virtue: Fortitude (having courage to do what is true and good even when it is difficult)**
   8. **Saint: St. Joan of Arc** 
      1. Born in France, and from a young age she could hear saint voices telling her to help rebuild and to regain the kingdom back from the English
      2. She was captured and ultimately killed for her belief in God and her country
4. **Slide 4 - God Gave Us the Gift of Free Will**
   1. Say: God then gave Adam and Eve a command after he created everything. God’s command was “You are **free** to eat from any of the trees of the gardenexcept the tree of knowledge of good and evil. From that tree you shall not eat; when you eat from it you shall die.” Genesis 2:16-17.
   2. Ask: Why was it important for God to tell the human beings that they are FREE? Without free will, there is no true love. You can’t force someone to love you. Love always has to be free for when we choose love (the good) over the decision that will turn us away from God (evil), we are choosing what God has intended for us. **Free will means our ability to choose. Free will is a gift, but with it comes responsibility.**
      1. When you are given keys to a car at the age of 16, it is a great gift, but also a great responsibility. You can go anywhere you want, but you can also cause great damage, injury, or even death if you are not careful. **With free will comes responsibility.**
   3. Say: **Some people choose to use their free will in a negative way**. Rather than choosing to glorify God and what is good, they choose something other than God. **These evil actions are what we call sin**. If you are ever in a situation that makes you feel uncomfortable, go to a trusted adult. Leaving the situation is the best decision you can make during that time. Do not allow someone to inappropriately treat you using violence or getting into your personal space where only you are allowed to be.
   4. Ask: What are you to do if someone tries to do something inappropriate to you? You need to **Leave the situation and find the nearest trustworthy adult and tell them what is happening**).
   5. Say: **Free will is a gift and a great responsibility**. If someone exercises their free will appropriately, **it results in true freedom.** There are many examples of good decisions vs. bad decisions. It is helpful to know your personal boundaries so that you can determine what is good behavior and what is not.
   6. Say: **No one should ever touch your private parts** - those parts that are covered by your swimming suit. These are made special by God and are meant to keep hidden.
   7. **God taught us that modesty is important. Modesty means being pure in heart and in action.** That means that we want to dress appropriately and cover those areas of our bodies that are meant to be kept hidden. Modesty protects the mystery of a person. “Modesty protects the intimate center of the person. **It means refusing to unveil what should remain hidden”** *(Catechism of the Catholic Church #2521).* **Modesty can be expressed in many forms - how we dress, what we share with others, and how we behave. It’s not just what we wear but it’s** dancing appropriately, don’t watch anything that is impure on TV or listen to impure songs on the radio)
   8. What is that box that holds Jesus in Church? Students raise their hand. Call on one. (Correct Answer: tabernacle) Say: Just like the tabernacle veils or protects Jesus, so too does modesty. Modesty protects the beauty that is inside. Our bodies are temples of the \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_. **God dwells in us so that we become living tabernacles ourselves when we receive Jesus in the Eucharist.** Modesty protects what we have received and allows us to be better gifts to other people. When the attention is placed on God and not on ourselves, beautiful things happen.
   9. **Say: There are three types of touches:**
      1. 1) **Safe touches** (touches that are safe and good for you) include - hugs, pats on the back, arm on the shoulder, or taking a splinter out of your hand (even though it hurts, it is to make you healthier).
      2. 2) **Unsafe touches** (touches that hurt your body or feelings) include - hitting, punching, kicking, pushing, pinching
      3. 3) **Unwanted touches** (touches that are safe, but one that you don’t want at that moment). Just ask the person politely to not do that. It’s ok to say no to an unwanted touch.
   10. Say: Our sense of touch is a great gift! We are to use our sense of touch to give glory to God and serve others. Touch is a good gift from God that should be used to to glorify God and to serve others such as holding hands around the dinner table to pray, serving at a soup kitchen with your family, giving a close friend a hug after her grandmother died, helping others up after they fall down, using your arms to help the teacher erase the whiteboard or pick up papers under the desks).
   11. But remember how God gave us free will, sometimes people choose to not use touch for the glory of God, and they can hurt people with their touch, like hitting or kicking, or one of the unwanted touch examples.
   12. **Virtue:**
       1. **Responsibility (fulfilling one’s just duties: accepting the consequences of your words and actions**
   13. **Saint: St. Margaret of Scotland** 
       1. Margaret was an English princess who fled from England to escape the king. The king of Scotland fell in love with her and they married. She helped her husband become more virtuous and helped to soften his temper. She and her husband became incredible examples for others in their country - praying together, feeding the homeless and poor together, being modest and virtuous in all that they did. She worked hard to get good teachers and helped the country become better. She accepted great responsibility to reform the country and bring it closer to Christ.
5. **Slide 5 - Recognize, Trust, and Follow your Instincts** 
   1. Ask: In Genesis 1, it says that **we are made in image and likeness of God**. Because we are made in the image and likeness of God, we are loved deeply by God above all other creations. **You have been crafted specifically for a purpose, so you are to be respected.**  In order to remain safe and respected, **it’s important to talk with your parents frequently and to keep open communication with them.** They love and respect you just as God does and it is healthy to talk with them and share what is occurring in your life.
   2. Situations might not be physically unsafe, but they might harm you in a different way. **You might have situations or people that are emotionally abusive** - that is, that they try to harm you not in a physical way, but in the things they say or don’t say, the way they act around you, or the way that they communicate with you. What would be considered emotional abuse? Brainstorm on the board with the students. Answers may vary but might include: threats, constant insults, intimidation, excessive texting, constantly putting you down or calling you names, and humiliation.
   3. **What do you do when you see this happening or it’s happening to you**? Answers may vary, but may include: 1) Pray 2) Tell that person to stop. 3) If he/she doesn’t stop, go to a trusted adult and explain to them what is going on. They will be able to help you.
   4. Never be ashamed to tell someone. Never hold it inside or let it continue to affect you. Reach out and talk with someone who is able to help.
   5. Say: **Remember, God wants everyone to live a life that is fully alive. He has designed a beautiful life for each one of us. We must pray often. Being close to God is essential to our life. Prayer allows God to direct our thoughts and actions, helps us decipher between right and wrong, and helps us to intimately know him bette**r. When we know and love God better, we become more like him – loving, courageous, and truthful.
   6. **Virtue**:
      1. **Circumspection: careful consideration of circumstances and consequences (seeking advice, silently reflecting upon circumstances and consequences of your actions**
   7. **Saint: St. Pope John Paul II** 
      1. Born in Poland and by the age of 21 lost his Mother, brother, and father to death. He lived under Nazi occupation, joined the seminary and had to study in secret to become a priest. Soon his holiness and reverence made he became an Archbishop. Then, he became the first non-italian pope in 400 years!
      2. He believed so strongly in the power of young people throughout the world. He would travel for big festivals called “World Youth Day” that attracted millions of young Catholics. Although many were attracted to what he was saying, many disagreed. He had to use great judgment and discernment in deciding what and when he would preach his message of Christ. He heeded much advice from closer friends and mentors. He loved Jesus and the Blessed Mother so much that it was evident in the way he lived his life and spoke to others.
6. **Slide 6 - Back in your Classroom**
   1. 4th Graders - Back in your classroom, you are going to talk about various temptations you encounter and how to overcome and solve those temptations
   2. 5th Graders - You’ll be talking about Free Will and how the Sin of Adam and Eve still affect us today!
   3. 6th Graders - Back in your classroom, you are going to rate your communication with your parents and come up with strategies to improve communication. You are also, going to be going through different scenarios to think about what’s the best way to deal with some uncomfortable situations.
7. **Slide 8 - So What Did We Talk About Today**
   1. (Have students yell out the objectives as they appear on the screen)
8. **Slide 7 - Closing Prayer**
   1. Thank God everyday for your body and your ability to have free will.
   2. Each of you have a prayer card that your teacher will give you with the Memorare on it
   3. Now let’s pray together the Memorare (pray together)
   4. Remember, the devil wants you NOT to pray and he’s so happy when you make bad choices. And we want to make God happy, not the devil. So you are going to put this prayer card by your pillow at night, and when you hop into bed and feel this little card that is going to remind you “I need to pray!” And talk to Mary about your day, your struggles, and ask her to protect you.
   5. Now, let’s pray to our brothers and sisters in heaven, when I say the Saint Name, yell out Pray for Us
      1. St. Joan of Arc - PRAY FOR US
      2. St. Margaret of Scotland - PRAY FOR US
      3. St. Pope John Paul II - PRAY FOR US
      4. Mary Queen of Heaven - PRAY FOR US
      5. Jesus, Prince of Peace - PRAY FOR US

**Grades 7 - 9 Presentation**

1. **Slide 1 - Welcome**
   1. Today we are going to talk about how we are children of God, which means we have a great freedom and responsibility to understand boundaries and how to treat each other.
   2. But before I get started, I need to know what kind of young adults I am talking to….SO I need you to answer one question for me. No one can argue that we will all die. Right? We are all going to die, some sooner than others, but we will die. Am I right? Now another fact is that there is a Heaven and Hell. When we die, we go to either 1 of two places for all eternity. And because when we die, we aren’t completely perfect as God is perfect, if in fact we lived a life worthy of heaven, we will most likely need to go to purgatory first and get purified before going to heaven - But at the end of it all, it’s simple: Heaven or Hell.
   3. (turn your back to the audience) - So I need to know this answer: Stand up if you want to go to heaven?
   4. (turn around) - Oh Good! You all want eternal glory with God the Father - Let’s talk about some things we need to know or do before we get there...
2. **Slide 2 - Opening Prayer/ Saint Michael the Archangel** 
   1. First off, let’s start in prayer - We are going to entrust our time to St. Michael.
   2. We got this prayer from Pope Leo XIII. While in a conference with the Cardinals when suddenly he fell to the floor. Doctors who rushed to him could find no trace of his pulse and feared that he had died. However, after a short moment the Holy Father regained consciousness and exclaimed with great emotion that he was permitted to see the visions of hell and the evil spirits that were released from Hell in order to try and destroy the Church. But in the **midst of the horror the archangel St. Michael** appeared and cast Satan and his legions into the depths of hell. Soon afterwards Pope Leo XIII composed the the prayer to Saint Michael. The original version is actually quite long, so today, most people say the short version.
   3. **Let’s start with a prayer - let’s Pray this together:**
3. **Slide 3 - Recognize that we are the Body of Christ**
   1. **What’s the Golden Rule?? *Treat Others as you’d treat yourself*** 
      1. Say: We are all daughters and sons of God the Father. We are the body of Christ. When member of the our body rejoice all rejoice, but when members of the Body of Christ hurt we all hurt
      2. **Let’s look at St. Paul’s letter to the Corinthians: 1 Corinthians Chapter 12:** 
         1. ***Read:*** *Just as a body though one has many parts, but all it’s many parts form one body, So it is with Christ. God has put the body together so there should be NO division in the body, but that it’s parts should have equal concern for each other.*
         2. **We are 1 body - different but intricately connected even though we don’t know each other or even like each other someones - This is what our church calls the** **Mystical Body of Christ**. Sometime we think it’s all about ME, or even ME and GOD, but WE ARE ALL IN THIS TOGETHER.
         3. St. Paul even says - *if one part suffers all the parts suffer with it of when one part is honored all the parts share its joy. When one person sins it hurts and affects the entire community of believers.*
         4. Modern belief tends to be, “no harm no foul,” or “If no one sees me sin, it doesn’t hurt anyone.” Examples of this would be looking at pornography, cursing someone under your breath so no one hears you say something mean about someone. Even though no one sees or hears your evil choices, we still believe as Catholics that is a SIN, because we are called to **be loving, charitable, and patient.**  My sin hurts you and I need to ask forgiveness not only from God but from the other members of the Body of Christ as well.
         5. **Where do I go to ask for forgiveness from God?** My bedroom??? (Answer: Sacrament of Reconciliation. Confession. I need to ask forgiveness from the Mystical Body aka priest in persona christi.
      3. **We physically and spiritually have guidelines to help care for one another. Jesus’ whole life was a model for how we were to treat one another. But we also have the Corporal and Spiritual Works of Mercy.** Most of you might know this, but our stain glass windows are all the different types of Corporal and Spiritual Works of Mercy. **The Corporal works of Mercy are charitable actions by which we help our neighbors in their bodily needs.** So they include:
         1. feed the hungry
         2. give drink to the thirsty
         3. clothe the naked
         4. shelter the homeless
         5. visit the sick
         6. visit the imprisoned
         7. bury the dead
      4. Just as Jesus attended to the spiritual well-being of those he ministered to, the **Spiritual Works of Mercy guide us to help our neighbor in their spiritual needs**. So they include:
         1. counsel the doubtful
         2. instruct the ignorant
         3. admonish sinners
         4. comfort the afflicted
         5. forgive offenses
         6. bear wrongs patiently
         7. pray for the living and the dead
      5. *Nursing Home* - Think about this - If you ever find yourself feeling really down about life….discouraged….sad….or like you have the worst life ever - GO TO A NURSING HOME. Go to Century Ridge…..Chilton Health and Rehab and walk in there and talk to someone for 10 minutes! **Give of yourself and you will walk out feeling so proud and grateful for the life you’ve been given**. See that’s the crazy thing about GOD and LOVE...here we think we are helping someone else, but really, God helps YOU….YOU walk out feeling proud, happy, and GOOD. That is the power of love - that is the power of these acts of mercy for the physical and spiritual Body of Christ.
   2. **Virtue - Charity - the act of giving either in the form of money, food, prayer, or other kinds of help to people who are poor, sick, etc.**
   3. **Saint - Blessed Mother Teresa of Calcutta soon to be a Saint most exemplified this virtue** 
      1. **Background -** She was a wild little girl, but from a young age felt called to become a Catholic Nun. She entered a nice order of nuns where she taught children, but she felts called to work with the most disgusting, disfigured, and least dignified of all people: poor, dying, old and young people of Calcutta, India
      2. Look at her….now you tell me….What is beautiful and stunning??? Beyonce in her latest video or the look of Love in Mother Teresa’s eye???
      3. The world tells you to be like Beyonce, Taylor Swift, Beiber, etc…. But brothers and sisters in Christ, what does God want? What is beauty to our Lord?
4. **Slide 4 - Boundaries are important** 
   1. **Now, let’s talk about different Types of Boundaries**
   2. Ask: **How do you know when your yard begins and ends**? Answers may vary but may include: their family has planted bushes, trees, built a fence, or knows the line where their own yard ends
   3. Ask**: Why is this boundary needed**? Answers may vary but may include: it helps people keep their yards nice knowing when it stops and ends, it divides the work up among the neighbors - mowing grass, weeding flower gardens - so each contributes to a nice neighborhood. Ask: **Why are country boundaries important?**
   4. Answers may vary but may include: it allows for countries to provide protection for its people, laws to safeguard them, and rules in which to follow for the betterment of all people, to collect taxes which help to develop roads, public buildings, etc. **These are types of geographical boundaries**
   5. Say: **People also need boundaries.** Boundaries help to keep you healthy, happy, and safe. **Personal boundaries** are established to ensure respect from both people in that particular relationship.
   6. For Example Say: Boundaries on a soccer field or a basketball court allows all to enjoy the game. **Boundaries in life allow you to live life freely and safely**. Boundaries that are broken or overstepped often make people feel uncomfortable. **We have to know our boundaries and exercise self-control to maintain those boundaries.**
   7. Say: When boundaries are broken, people often suffer. If someone oversteps your personal boundaries, **you must practice assertiveness** (defined as a self-assured confidence that often results in bold action). I**n order to be assertive, great courage from God is necessary.** **In order to speak or act in the right way, sometimes you have to do so quickly and boldly** even if you’re not sure if what is happening is in fact good or evil.
   8. Assertive Examples: **For example:**  **Girl is being gossiped** or talked about and you know you are hearing gossip - YOU ASSERT yourself and be bold enough to tell your friends to STOP gossiping or being mean towards the girl they are talking about. Ex: **Or you are at a friends house, and maybe their older sibling turns on the tv or is streaming videos through their phone and the videos are inappropriate.** What should you do that is a BOLD action? **Remember, being assertive takes courage from God.**  So you get out of there no matter what they say. We’ve all been there, too. You know, when you are witnessing or hearing something that you know **isn’t pure or good you get a pit in your stomach**. It’s kind of the same feeling you get if you cheat on a test or you know you are doing something wrong. **Maybe you even start to get warmer because you know you have to assert yourself even when it’s not the popular thing to do.** 
      1. My Story - Friends house where third party came over and started doing drugs - Share what I did - Didn’t do drugs but didn’t assert and get out of the house and stand up for my dignity.
   9. **Virtue: Foresight: learn how to gather information in order to make the right decision for the long term**
      1. Sitting there and listening to the gossip and not asserting yourself or sitting there and watching the bad show on TV isn’t going to help you in any way. **You need to learn how to assess the situation and make the long term decision.** Walking away from that TV show will keep you pure and it will tell your friends what your boundaries are without having to say a word. In the long term, they’ll know that when you are around they probably can’t do certain things - **This is how you start to protect the Body of Christ.**
      2. Protect your brothers and sisters even when they aren’t protecting themselves. Go back to my story - explain my 2 friends that looked to me and I failed them that day.
   10. **Saint: St. Ignatius of Loyola is an example if a saint who portrayed this virtue** 
       1. Born in Spain; youngest of 13 children, Became a soldier to fight against the French armies. Could no longer continue as a soldier after he was hit by a cannonball in battle. While he was recovering, Ignatius read the lives of the saints while he was in bed. He then vowed to become a soldier for Christ after being inspired by reading about holy people. He had many fears of becoming a disciple of Christ, but embraced the long-term goal of being close to Jesus. He wrote the *Spiritual Exercises* and was known for his humble lifestyle. Attracted followers such as St. Francis Xavier and formed a religious community called the Society of Jesus, or the Jesuits who serve the needs even today of the Pope all over the world
5. **Slide 5 - Our Bodies and our Spirit were created good**
   1. **I want to start off by telling you a story of an 11 year old girl named Maria. Saint: St. Maria Goretti** 
      1. She was born in Italy, and her father died which forced her mother to struggle to provide for her children. Maria’s whole family worked in the fields while she cared for the house and her little sister. A neighborhood friend, Alessandro who was around 18 years old was attracted to her beauty and goodness. He grabbed her one day and wanted to force her to be with him, and she resisted saying, “No. It is a sin. God does not want it!” She said she’d rather die and submit to Alessandro’s attempt to be impure with her, so he stabbed her 14 times and then fled. Maria died at age 11 in the hospital after she was rushed there by her family.
      2. She forgave Alessandro before her death. After her death, Maria appeared to him in a dream where she gave him lilies which is the flower symbol of purity. Alessandro woke up a changed man and after 30 years in prison, immediately went to the Goretti house and begged for the forgiveness of Maria’s mother.
      3. She was canonized a saint and Alessandro was **present at her canonization.**
   2. **Virtue: Purity: reflection of eternal beauty; living as God lives; unsoiled**
   3. Say: **Each human being is to use his/her body and spirit to know, love, and serve God. Unfortunately, not everyone does.** Like Alessandro, he was filled with passion and a distorted view of how to channel his passions. Not everyone recognizes the great gift that God has given us. **Our physical, mental, emotional, and spiritual health is a gift from God.**
   4. Say: **When our bodies or spirits are not used for good, it is a distortion of what they were originally meant to be.** Our bodies and our spirits were created good. What were human beings (us) created for again? (Answer: to know, love, and serve God)
   5. Say: **How can people use other people and harm the other’s physical, mental, emotional, and spiritual health?** (Answers may vary but include physical abuse, demeaning another person verbally, manipulating another person, using our body for sexual purposes when we are not married, gossiping about another person, allowing evil spirits to come into your spiritual life).
   6. Ask: **How do we become more like saints and avoid using ourselves for purposes that God did not intend?**
      1. (Answer: prayer,
      2. studying the lives of the saints, and trying every day to be like them in serving God and others
      3. Go to the Eucharistic Adoration Chapel and beg God for the grace and strength to overcome temptations
         1. Talk about Adoration Chapel on Campus
   7. Say: **Maria Goretti had a great love for the Lord.** **When she encountered abuse, she was able to respond with the courage and love of the Lord which was deeply ingrained in her already.** She resisted evil and turned to God. She knew who she was and the respect she deserved because she knew God.
   8. Say: **When we know who God is, we know who we are. We know the respect we deserve because God made us with dignity**. We pray to God each day to help us become the best person he designed us to be.
   9. Say: In order to recognize our respect, we have to have personal boundaries.
   10. Ask: Our bodies are temples of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (Answer: Holy Spirit)
   11. **Say: Our bodies are meant to be respected and cherished.**
6. **Slide 6 - So what did we talk about**
   1. We need to Recognize that we are the **body of Christ**
   2. **Boundaries are important:**  we have geographical and personal boundaries, but there are also different types such as spiritual, physical, and emotional boundaries.
   3. Lastly, Our bodies and spirits were **created for good**
7. **Slide 7 - Back in your Classroom**
   1. 7th Grade, you’ll be working with scripture and looking at different types of boundaries
   2. 8th Grade - You’ll be working more with boundaries and how to assert yourself in various situations.
   3. 9th Grade - you’ll be identifying and discussing the Corporal and Spiritual Works of Mercy and coming up with different ways to incorporate them into you everyday lives!
8. **Slide 8 - Closing Prayer**
   1. Now, with all of these thoughts in our hearts, we ask Jesus to enter our hearts in this moment and give us the courage to live the way we created us to live and love.
   2. Each of you have a prayer card that your teacher will give you with the St. Michael prayer on it
   3. Now let’s pray together the prayer (pray together)
   4. Remember, the devil wants you NOT to pray and he’s so happy when you make bad choices. And we want to make God happy, not the devil. So you are going to put this prayer card by your pillow at night, and when you hop into bed and feel this little card that is going to remind you “I need to pray!” And talk to Mary and Jesus about your day, your struggles, and ask her to protect you.
   5. The devil so wants you to not hear this message, but we know that beyond Jesus we have the strong protection of St. Michael the Archangel. **Let us pray together the prayer** before we depart for the night.
   6. When I say the saint, you say - Pray for Us
      1. **Blessed Mother Teresa - PRAY FOR US**
      2. **St. Ignatius of Loyola - PRAY FOR US**
      3. **St. Maria Goretti - PRAY FOR US**
      4. **Mary Queen of Heaven - PRAY FOR US**
      5. **Jesus, Prince of Peace - PRAY FOR US**
      6. **All the Angels and Saints - PRAY FOR US**