

Grade 12 Safe Environment Lesson Plan
Grade 12 Theological Concept – Discernment

Objective: Our words AND our actions shape and portray the condition of our soul. We have to protect our body and our spirit from harmful influences in the media.

Resources: Psalm 69: 1-5, 11-13

Estimated Time: 20 minutes

INTRODUCTION:

Have you ever had one of those days? When it seems like nothing is easy or straightforward? When you think, “Oh, please God, not one more thing to do or to choose. I can’t deal with any more stress.” King David had many of those days and wrote prayers or Psalms to describe them. Listen to this one:

Psalm 69: 1-5, 11-13

Save me O God, for the waters threaten my life;
I am sunk in an abysmal swamp where there is no foothold;
I have reached the watery depths;
The flood overwhelms me.
I am wearied with calling, my throat is parched;
My eyes have failed with looking for my God.
Those outnumber the hairs of my head who hate me without cause.
Too many for my strength are they who wrongfully are my enemies.
Must I restore what I did not steal?

I humbled myself with fasting, and this was made a reproach to me.
I made sackcloth my garment, and I became a byword for them.
They who sit at the gate gossip about me,
And drunkards make me the butt of their songs.

Now THAT’s a bad day!

LESSON:

Ask and Discuss:

- As seniors, what honestly causes you the most stress in your life right now? How do you deal with that stress?

- Why do you think you deal with stress that way? Did you wake up one day and say, “I’m stressed, I think I’ll sleep?” Come to the idea that our coping strategies develop over time, not just in an instant.

- On what do we base our decisions? How do we recognize the difference between good choices and bad ones?
- How do your coping strategies, and more than that, your everyday habits, change your relationship with God? Why does it matter what choices you make, not just in terms of getting to heaven, but in how you live your life on earth?
- We are all called to holiness in our everyday life. What do you do everyday to bring about the kingdom of God? What do you do everyday that works against the Kingdom?
- Realize that every action either takes you forward or back: there is no standing still! What choices are not just hurting you, but may be making it harder for those around you live a holy life? How can you decide which choices are compromising your safety? What choices are putting you in dangerous situations?

ACTIVITY:

- Now, let's look at this a little differently: How does the media tell us to cope with stress and tragedy? Write on board, or make list.
- Which strategies are good, and which are harmful? Remember, each one either brings us closer to or farther away from God. Discuss as a group.
- How did we discern which were good and which were evil? Productive, the way they treat other people, etc.
- Other people can also influence us. How do we respond to them when we are encouraged to make inappropriate choices or deal with stress in inappropriate ways?

CONCLUSION:

- Let's say, hypothetically, you decided today that you want to go to heaven. You want to be a saint, right now, this very moment. What different choices will you be making in the days to come, based on that choice? Invite young adults to share a couple things that they would change.
- If you could choose one person or saint, anyone, as your personal model for getting to heaven, who would you choose and why?

- *Let all share, and then close with prayer to/for all these people that we all may make the choices that will help us live holy lives, and like them, be good examples and witnesses of our faith.*