



Learning Intention Hey, why this lesson?

To learn to reach out for help when you are troubled



[WARNING: Please be aware that for some students this activity might cause concern. If this is the case, that it is very important for them to talk to someone about what is troubling them.]

Jesus was alone in the desert for 40 days and 40 nights. At another time, he went to pray in the Garden of Gethsemane before his arrest and took three disciples with him, but the disciples kept falling asleep. Jesus found himself alone again. The point is that with God looking over us, we are never alone.

Hint: Help the students to concentrate on identifying people, organisations and maybe you (the teacher) as a resource to help them when they are feeling down and out.

Scripture

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

– John 14:27

Ask the students where we hear this at mass. It is part of the liturgy. It is also explained on page 123.

Why do we offer peace to others and yet cause tense situations at home or at school by back chatting? Discuss this and record comments in their journal page 124. 'I am going to try and create peace by

ACARA Connection RE Key Understanding

Connect to your own State/Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society

Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Being healthy, safe and active

Curriculum content descriptions

Practise and apply strategies to seek help for themselves or others (ACPPS072).

<https://www.australiancurriculum.edu.au/Search/?q=ACPPS072>

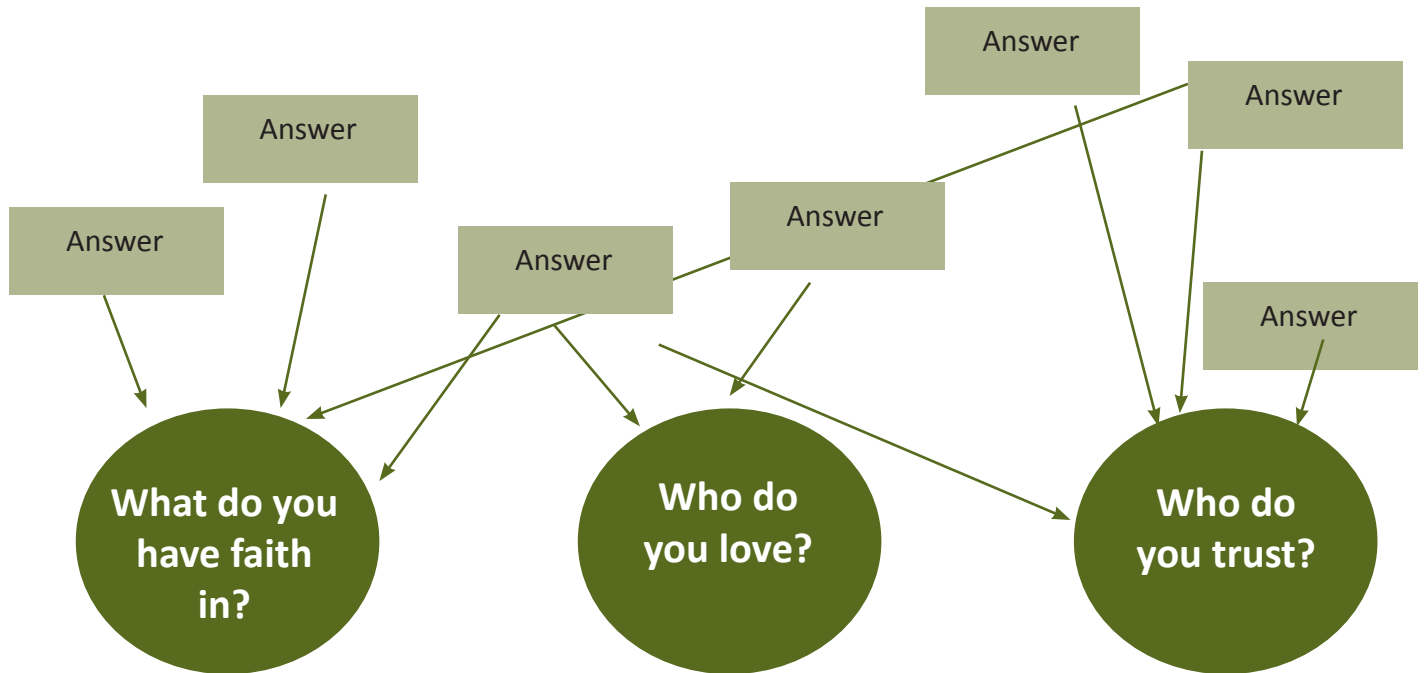
Virtues

- **faith** – strongly believing, full trust in something or someone
- **love** – a deep affection and warmth
- **trust** – having a firm belief and confidence in someone or something

Before completing the activities, discuss with the students that everyone, at some time in their lives, has had to put up their hands for help. Maybe you, as the teacher, could give an example of when you have had to do this in your life.

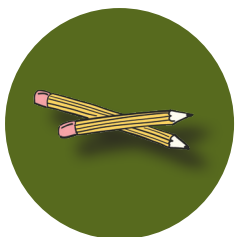
Without a doubt, the three virtues given in topic 29 are some of the most important, crucial virtues to hold onto in our lives. Discuss with the students why this is the case. Direct them to write these three virtues on page 124 and then ask, 'Who do you have faith in? Who do you love? Who do you trust?' Write their answers around these words with arrows pointing to each word, acknowledging that some answers will point to more than one question, and that there might be more than one answer per question.

EXAMPLE



Warm Up Activity

1. Listen to the song and read the lyrics of 'You will be found' from the musical "Dear Evan Hansen" (By Benj Pasek and Justin Paul from a book by Steven Levenson - 2016)
<https://www.youtube.com/watch?v=boZDw7csDA4>
2. Listen to the lyrics and then write down a word or a line that strikes you as important.
3. Share the word or line you wrote down with someone nearby. Jot it down on page 124 in the journal.
4. Complete pages 121-122 but ensure that students understand that they will not have to share if they don't wish to.



Main Activity

1. On page 123 it states 'You are not alone if you welcome Jesus into your hearts.' What does this mean? Discuss.
2. Trying to identify 'The Spirit of Jesus' moments in your life is. Initially this may be quite difficult, but as you name them, it becomes easier and easier. Ask the students where they saw or heard beautiful, heart-warming moments in their day e.g. someone helping another person, giving someone a smile or a thumbs-up.
3. Why not make a section at the back of MJR 24/7 with the heading 'Spirit of Jesus' moments and every few lessons get the students to write their Spirit of Jesus moment down.
4. Remind the students to keep their eyes open for those who are lonely because one day it might be them.

Jesus Connection

Jesus Connection Activity

Welcoming Jesus into your heart may occur at any time in your life BUT are they ready? On page 123 it speaks about barriers we put between us and knowing the real Jesus who can help us. Discuss what these barriers might like like to the students.

Prayer/Reflection

Why not revisit the 'You will be found' song by looking at this college a cappella version and re-enactment of scenarios when we feel left out or bullied .

https://www.youtube.com/watch?v=KgBazthb_kY

1. What is your reaction to this clip?
2. Would you have the courage to step up to help against bullies?
3. Discuss and journal answers.

Reflection Questions

Reflection Activity

It is important to let the students know that it is not just okay to be alone sometimes, but it is essential to be able to find a space where we cannot be interrupted so we can think, reflect, pray and turn our life around.

Success Criteria

That students can ...

- articulate when they need help
- look around them and identify others who may be lonely
- journal their feelings about times they needed help
- speak about the RUOK? campaign.

Take Away Bag



Remind the students that this is a HUGE topic – so what might they 'take away' from it to better their own situations.

Extensions

Extension Ideas

There are many versions of this song. Why not look at this amazing 'virtual choir' all singing 'You will be found' - it shows that the song of life involves many people!

<https://www.youtube.com/watch?v=WFZmT-LRMBM>

Relatable Quote

Walking with a friend in the dark is better than walking alone in the light.

– Helen Keller

Ask students about their thoughts on the Helen Keller quote with a reminder that she was blind.

