

## AGENTS OF MERCY LESSON: LIFE IS A GIFT

### GRADES 1-3

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#### **Goal:**

Students will learn what a conscience is and how they can begin to form theirs. They will learn about the role of conscience in making choices. They will learn that they can be leaders in doing good to help their friends make good choices too.

#### **Lesson:**

Often in life, we are faced with difficult choices. Should we do the easy thing, even if we know it isn't the best choice? Or should we persevere and do the hard thing? Doing the right thing often requires courage. It might not be the most popular choice. And, it might not be what your friends are choosing to do. But, standing up for what is right and what is kind is God's way. And, if we ask him, he will give us the courage to be able to do it.

#### **Scripture:**

- Watch [the story of David and Goliath](#).

#### **Questions:**

- Who is David? What does he do?
- Who is Goliath? What does he do?
- Why were the Israelites fighting?
- Why did David fight Goliath? Who told him he could beat Goliath?
- Who helped David defeat Goliath?

#### **Watch:**

- Watch [the story of a boy](#) with amazing courage!

#### **Questions:**

- What does Johnny Romano like to do?
- Does it take a lot of courage to try skateboard tricks?
- What else does Johnny need courage for in his life?
- Do you ever have times that you need courage—either to do something challenging or to face something scary in your life?
- Who gives you courage? Do you ever ask God to give you courage like David did when he fought Goliath?

### **Activity:**

- Courage is often based on trust. When we trust God, we know that he will give us the courage to do what he asks of us, even if it is difficult. Trusting God can be both easy and hard. It is easy because we know he created the entire world, so giving us courage is not too difficult for him. It can also be hard because we can't see him or speak with him the same way we see and speak with friends.
- Courage/Trust Buddy Activity
  - Take students outside on the playground or allow them to walk freely around the classroom.
  - Students pair up. One student will close his or her eyes and walk around while the other student tells (but doesn't touch!) the other student where to walk so he/she doesn't trip on anything.
  - Do this for 3-4 minutes, then have the students switch roles.

### **Discussion:**

- Was it difficult to trust your partner?
- Did he/she ever lead you in the wrong direction so you bumped into something or fell down? If that happened, how willing were you to trust him/her the next time?
- God will never lead us in the wrong direction, but sometimes it can be difficult to know where he is leading us. Because we know him and know that he loves us more than anyone else in the world does, we can trust that he will lead us exactly where we need to go. Still, it takes courage to follow God.

### **Journal:**

- Ask students to write or draw about a time they trusted God and did a kind thing, even if it was scary or unfamiliar.
- Offer some suggestions—helping someone in need; visiting someone who was sick; asking forgiveness for having done something wrong.

### **Prayer:**

Pray along with [this video of the Litany of Trust](#) by the Sisters of Life. Invite the students to ask Jesus for the courage to trust Him and to recognize the gift of their life and their ability to follow Him.

*Lesson adapted from the plans on the Archdiocese of Los Angeles Office of Life, Justice and Peace website*