

LIFE IS A GIFT

GRADES 1-3 – Lesson 1

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. They can help their friends make good choices too.

Lesson:

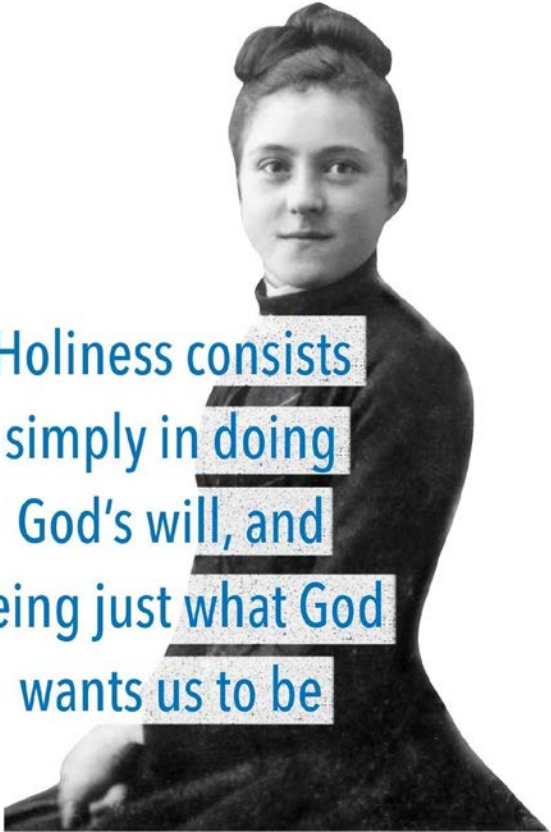
Sometimes we hear God talking to us in our lives through the voices of others who love us—parents, siblings, teachers. They help us to choose what is right and avoid what will hurt us. God helps people in our lives teach us what is good for us.

Bible Story:

Watch the [story](#) of David and Goliath (1 Sam 17)

Questions:

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



Holiness consists
simply in doing
God's will, and
being just what God
wants us to be

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 to the playground or allow them to walk freely around the classroom.
 - Students pair up. One student closes his or her eyes and walks around, while the other tells (but doesn't touch!) the other student where to walk without tripping 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 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:

Dear Jesus,
I want to hear you when you talk to me.
Help me to follow you by loving my family and friends.
Show me how to choose to do good things every day.
Please always watch over us and keep us safe.
Amen.

Lesson adapted from the Archdiocese of Los Angeles Office of Life, Justice and Peace