

# LIFE IS A GIFT

## GRADES 4-6 – Lesson 1

**GOAL:** Students will learn what a conscience is and how we can use it to make choices that bless our lives and the lives of others. Our conscience and ability to make free choices is part of what gives us our unique dignity as human beings. They will learn about the role of conscience in making choices. They will learn that they can be leaders by doing good to help their friends make good choices too.

### Lesson:

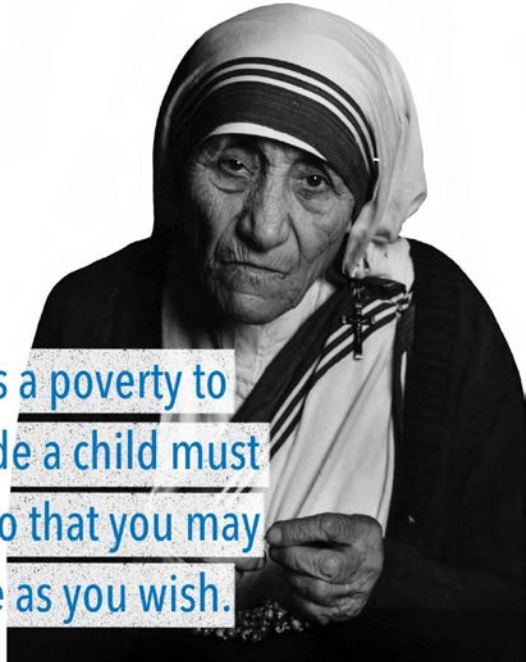
Often in life, we are faced with difficult choices. Should we do the easy thing, even if we know it isn't the best choice? Or should we persevere and do the hard thing? Doing the right thing often requires courage. It might not be the most popular choice. And, it might not be what your friends are choosing 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.

### Bible Story:

- Watch the [Story of Daniel](#)

### Discussion:

- Who is Daniel? What does he do?
- What did the King want Daniel to do?
- Why is he so misunderstood by the King?
- How does God watch over Daniel?
- How did Daniel follow God, even when it was difficult?
- How did Daniel use his conscience?
- Was Daniel successful, with God's help?



It is a poverty to  
decide a child must  
die so that you may  
live as you wish.

### Watch:

- Watch the [Thai soup](#) commercial.
- Watch [this news report](#) on a Dairy Queen employee who did the right thing

### Discussion:

- The Thai soup commercial has been seen by 40 million people! Why do these stories capture our attention?
- Is it rare to see people doing good, even when no one is watching? Or do you see it happen often?
- What encourages you to make good choices and do the right thing in your own life? Would you like to share an example, similar to the videos, of a time you saw someone who had the choice to do something selfish but chose kindness instead?

### Activity:

Have students brainstorm how they know when something is wrong. Possible answers can include:

- You have been told it's wrong
- Your conscience says so
- It is unfair
- It breaks the Golden Rule
- You would feel bad after doing it

### Discussion:

Talk about different scenarios where students would have the opportunity to help someone else do the right thing. Ask how they would respond. For example:

- Some of your friends are teasing another kid. They want you to join in and won't think you're cool if you don't. What do you do?
- The kid next to you in class wants to cheat off your test. You know that's not right but she's your friend. What do you do?
- You are in the store with your friend and you both notice some really good candy. Your stomach starts to growl and you feel really hungry. No one else is around, and if you put it in your pocket, no one will know. What do you do?

### Activity:

Have students create a skit where one person wants to do the wrong thing (using the examples above or their own ideas). Have them act out how they would help that person choose the right thing.

**Prayer:**

*God of Heaven and Earth,  
Thank you for giving us the gift of life.  
Thank you for giving us a conscience to help us to choose You in tough situations.  
Send your Holy Spirit to guide every pregnant woman to make choices  
that bring her and her baby closer to You.  
We ask this through Christ our Lord.  
Amen.*

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