



LESSON 6
My Sacred Self

In This Lesson

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What the Church Says About

Living a Chaste Life

Chastity includes an *apprenticeship in self-mastery* which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and becomes unhappy.

Catechism of the Catholic Church, 2339

Virtues in Action

Adolescence is a time of great change in a child’s life. Think back to your own experiences at this age. Were you confused about anything? What misunderstandings did you have? What questions do you wish you could have asked? How was your relationship with the adults in your life affected? You may be noticing a shift in your relationship with your child. Your focus becomes helping your child take more and more responsibility for his or her own care. This also means teaching your child the importance of honoring and respecting one’s body and the bodies of others. You can begin this discussion by introducing the virtues of modesty and chastity.

By practicing modesty and chastity in one’s thoughts, words, and actions, we show that God is working in our lives.

Frame discussions about puberty and sexuality in ways that help your child understand God has given us the gift of our bodies. We are meant to care for and cherish them. Look for opportunities to talk about modesty and chastity in your daily interactions with your child. Discuss good hygiene habits within the context of sports activities or in preparation for a school event. Focus rules about modest dress on being confident and self-assured. Listen as your child reacts to these discussions and build on these interactions. Be open to questions and let your child know he or she can ask you anything.

Remember, God creates each of us in his image. Lovingly sharing this message can help your child understand that caring for himself or herself physically and spiritually honors God and allows him or her to have peaceful relationships with others.



3 minute
RETREAT

Whoever preaches, let it be with the words of God; whoever serves, let it be with the strength that God supplies, so that in all things God may be glorified through Jesus Christ, to whom belong glory and dominion forever and ever. Amen.

1 Peter 4:11

Reflection

How do we thank God for the gifts he gives us? We return them to God through praise. The same is true for the gifts of sexual maturity and development. As our children grow and develop, we can teach them to show reverence for their own bodies and treat one another with dignity and respect. We can help them learn to praise God through the practice of the virtues of chastity and modesty.

Questions

Am I modeling reverence for my body through my actions and my words?
Do I find ways to talk with my child about the value of practicing the virtues of chastity and modesty?



Prayer

Speak to God, using the words of this prayer or your own.

Loving God, help me to realize how I can praise you in the way I listen and love those you have brought into my life.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual As often as possible, share meals together as a family.

Take turns having different family members choose the form of prayer that you pray together before the meal. Some ideas include singing or praying the traditional Grace Before Meals prayer, praying a prayer chain, reading a passage from Scripture, taking a few moments of silence, or moving the prayer from before to after the meal.

Social Honor the changes your child is experiencing by celebrating birthdays and other milestones together.

Keep the emphasis on how much you cherish your child instead of focusing on presents.

Use these opportunities to share the joy that comes from growing together as a family.



Physical Put together a hygiene kit for your child that includes deodorant, face and body soap, shampoo, and other hygiene products. As your child becomes more comfortable, suggest shopping together to allow your child to make choices about which products to buy.

Safe and Sacred at Home



The Joy of Discipleship (Loyola Press)
by Pope Francis

What is the power that unites the family? It is indeed love, and the one who sows love in our hearts is God, God's love. It is precisely God's love that gives meaning to our small daily tasks and helps us face the great trials. This is the true measure of humankind: going forward in life with love, what that love the Lord has sown in our hearts, with God's love. This is the true treasure.

Big Ideas

In Lesson 6, your child will:

- describe what it means to have peaceful relationships with God, ourselves, and others.
- explain the roles of modesty, self-control, sexuality, and chastity in living a moral life.
- identify healthy hygiene practices that help us honor the bodies God has given us.
- define *modesty*, *chastity*, *sexuality*, and *hygiene*.

Words to Know

modesty · *A purity of spirit that does not seek to attract unwholesome attention to oneself*

chastity · *The virtue of respecting one's body and the bodies of others*

sexuality · *The innermost being of the human person that unites body and soul*

hygiene · *Practices that promote good health and take care of one's body*

Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.

The worksheet is titled "LESSON 6 My Sacred Self" and includes a "Name" field. It features a central theme of "Modesty" with a definition: "Modesty is a purity of spirit that does not seek to attract unwholesome attention to oneself. Modesty is one of the virtues that guides our behavior. When practiced well, modesty is woven throughout our lives and our relationships." Below this, it asks the user to "Reflect on what you know about modesty. Then complete the frame below." The frame consists of four boxes: "I Think" (In your own words, what does modesty mean to you?), "I Wonder" (Why is modesty important?), "I Connect" (What examples of modesty do you see around you?), and "I Show" (How can you reflect modesty in your life?). A small circular image shows a family. The footer reads "GRADE 7 / LESSON 6 My Sacred Self - Worksheet / Side A".

STEP 1 ENGAGE & EXPLORE

Talking about puberty with your child is not always easy. You may feel uncomfortable or worry you won't have answers to your child's questions. Accurate information is important, but developing a trusting, loving relationship with your child is more important.

SAY: You are going through many changes. Sometimes you might feel confused or have questions. I want you to know that you can ask me anything that is on your mind. I may not know all the answers, but we can work together to figure them out. Most of all, I want you to know that I love you and want what is best for you.

Invite your child to share with you his or her responses about modesty from Side A of the worksheet. You may wish to share your own responses to the questions with your child.



Use the blackline master to talk about ways your child can develop healthy habits. Ask your child how you can best help him or her to meet those goals.

SAY: You are made in God's image. God loves you, and so do I.

Bringing the Lesson Home *(continued)*

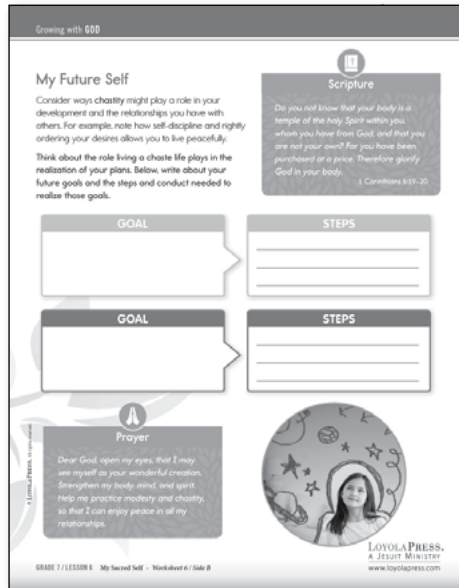
STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

SAY: The Holy Spirit is inside us. This makes our bodies holy, like a temple. We show God love when we respect our bodies and practice modesty and chastity. We also find it easier to have peaceful relationships. Sometimes we may need help making moral choices that will impact our plans and relationships. We can turn to Mary, our Mother, with our requests. Pray aloud the Memorare. Explain that the word *memorare* means “remember” in Latin. This prayer reminds us that Mary is our advocate and protector. We can always ask her to intercede with Christ on our behalf.

Tell some of the things about your child that make you the proudest. Then share what hopes and dreams you have for your child’s future.

SAY: Let’s pray together. Pray the prayer from the Pray Together feature or one of your own. Begin and end the prayer by praying the Sign of the Cross.



“Know and Be Who You Are”



Scan this code to view a video for Lesson 6 with your children.



Pray Together

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

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Scan this code and guide your child through a simple review of the lesson.

