

## **“Virtues to Live by”**

***“Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals.”***

*(Pope Francis 2013)*

**Spring Term:**

**REFLECTION**

## **Blessing**

May the Lord bless you and keep you;  
the Lord make his face shine on you  
and be gracious to you;  
the Lord turn his face toward you  
and give you peace.

*Numbers 6:24-26*

## **OPENING PRAYER:**

God our Father, you created us with the ability to think and reflect on what we hear, see and experience in our world and on our own actions, thoughts and words.

We ask that you teach us how to use this gift wisely and regularly so that we can grow into the person you created us to be – a child of God, with a unique purpose in this world.

Through our Lord, Jesus Christ Your son who lives and reigns with you in the unity of the Holy Spirit, one God for ever and ever. **Amen**

## **READING:**

*Romans 12:2*

Do not model your behaviour on the contemporary world, but let the renewing of your minds transform you, so that you may discern for yourselves what is the will of God – what is good and acceptable and mature.

## **REFLECTION**

*We live in a fast-paced world where doing seems to be more important than being.*

*The media and the ways of the world often make us feel that this is the only way to be and that we should all share the values of the world.*

*But Scripture tells us that we shouldn't use the fashions and patterns of the world to be the way we model our behaviour and life style.*

*We need to take time to renew our minds – to reflect on how we are living, what we value and hold dear. Are we living in a way that reflects what we believe is right and good. Are we following the example of Christ?*

*When was the last time you took a little time to reflect on your life?*

*Perhaps you could build in 10 minutes a day to just sit quietly and ask God to help you reflect on your day and show you His will for your life. He will help us to grow and become a better person tomorrow.*

*Maybe you could build in a quiet time of reflection with your class where you all reflect on something that has happened during the week and decide how we might respond better next time. Perhaps you could find a scripture reading / parable that might help show the good way for that scenario.*

*This is one way we can grow in maturity. We will be transformed. We won't keep doing the same thing again and again.*

## **LIVING OUR VIRTUE**

Inspire each one of us that we may help our children to:

- Sit quietly and think
- Be still
- Reflect on the beauty of God's world and creation
- Reflect on their achievements and what they have done well
- Reflect on the good choices they have made

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

## **CONCLUDING PRAYER**

God our Father, as we reflect on our daily lives, show us the way to live better lives. In the quiet of our hearts, show us your way for our lives. Transform us so that we can be a light in the world - a people of integrity, truth and love.

We ask this through Christ Our Lord. **Amen**

### **VIRTUE TO LIVE BY**

**I take time to think about the beauty and goodness in myself, others and God's world.**

**I reflect to see myself as God sees me.**