



## **Fostering Self Esteem**

### **Lesson #6**

This lesson focuses on the aspect of dignity, a synonym for self esteem. Self respect is what underlies this program; we respect our personhood, our relationship with the Creator.

What is the difference between having good self esteem and being self-centered? Older children can be invited to explore this question. How will having a sense of personal dignity help someone to be a faithful Christian? Invite the children into the story of St. Francis of Assisi. One part of his story tells us he took off all his clothes in the village street! Why?

The story of our Lord's passion and death is the story of a scandal, a complete loss of personal dignity. Yet it is also the story of our salvation. How do you view it?



## Fostering Self Esteem Lesson Plan # 6

### Lesson Plan:

<b>Prayer</b>	Loving and gracious God, Help us to remember to always think first and stay safe. <b><i>Keep our hearts steadfast, trusting in you.</i></b> This we pray in Jesus' name. Amen.
<b>Scripture</b>	Psalm 8 <i>Divine Majesty and Human Dignity</i> Psalm 112 <i>The Blessings of the Just</i> Psalm 128 <i>The Happy Home of the Just</i>
<b>Saint or Hero</b>	St. Francis of Assisi

### Additional Catechist Resources:

<b>Symbol</b>	Crucifix
<b>Music</b>	<i>We Remember</i> (Marty Haugen, GIA Publications, 1980) <i>Amazing Grace</i> (John Newton, Diana Kodner GIA 1993)
<b>Liturgy or Rites</b>	Baptism
<b>Prayers</b>	
<b>Church Teachings</b>	<p><b>CCC 364:</b> <i>The human body shares in the dignity of "the image of God"</i></p> <p><b>782:</b> <i>the status of this people is that of the dignity and freedom of the (children) of God...</i></p> <p><b>872:</b> <i>In virtue of their rebirth in Christ there exists among all the Christian faithful a true equality with regard to dignity...</i></p> <p><b>1004:</b> <i>...the believer's body and soul already participate in the dignity of belonging to Christ.</i></p> <p><b>1692:</b> <i>Coming to see in the faith their new dignity, Christians are called to lead henceforth a life "worthy of the gospel of Christ".</i></p> <p><b>1698:</b> <i>...by loving him with the same love with which he has loved them, they may perform works in keeping with their dignity...</i></p>