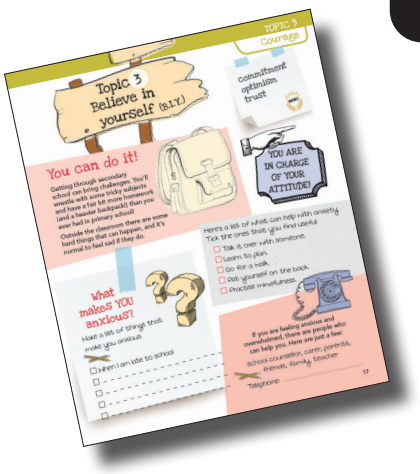
VALUE
courage

Topic 3 – Believe in yourself (B.I.Y.)

Learning Intention
Hey, why this lesson?

TO EXPLORE HOW STUDENTS' VALUES ARE FORMED BY EXPERIENCES AND FAITH



Having faith in God's plans for us is very closely tied to having 'Belief in Yourself'. Through following the teachings, words and actions of Jesus, we will discover more about ourselves. As a teenager it is often difficult to B.I.Y. but by choosing good friends and following inspiring people, it will become clearer to B.I.Y.

To understand that we will all have hard 'things' thrown at us in our lives and it will take the 3 Fs: Faith, Family and Friends to get over it and continue on towards our dreams.

Hint: This unit continues on from Topic 2 (What is faith?), looking at 'self-faith', or having faith in yourself. Emphasise that 'self-faith' can be extremely hard for teenagers. This is when you have a strong belief that you trust, are loyal to and have total confidence in. You may have great faith even though you may not have a physical proof to do so.

As well as completing the page 19 activity, discuss the importance of 'forgiveness' and its ramifications when you make the decision to forgive. Discuss in pairs and then journal where they have either been forgiven or been forgiven. What were the ramifications of this?

Scripture
"In everything do to others as you would have them do to you."

ACARA Connection
RE Key Understanding
Connect to your own State/ Territory's key understandings of Religious Education e.g. Christian Living, Religion and Society

Health and physical education / Year 7 and 8 / Personal, Social and Community Health / Being healthy, safe and active

Curriculum content descriptions
Practise and apply strategies to seek help for themselves or others (ACPPS072).
https://www.australiancurriculum.edu.au/Search/?q=acpps072

Search | The Australian Curriculum
www.australiancurriculum.edu.au
Cross-curriculum priorities. Overview Aboriginal and Torres Strait Islander Histories and Cultures Asia and Australia's Engagement with Asia

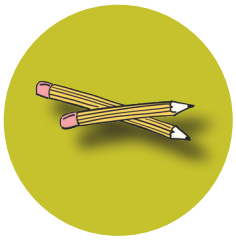
Virtues
- ***commitment*** – you are dedicated and devoted to something or someone
- ***optimism*** – this is when you ten to look on the bright side of life
- ***trust*** – is where you are certain that something or someone is reliable

Trusting is discussed on page 19. However it is important to connect optimism and commitment as virtues to strive for in young people's lives.

Warm Up Activity – Her Real Story

(before completing pages 17-18)

1. Ask the students what they know about Bethany Hamilton e.g. film 'Soul Surfer', lost arm by a shark attack, etc.
2. Show https://www.youtube.com/watch?v=ePFKksD0XkQ
3. As they watch Bethany ask them to jot down 5 words or statements she either says or that they feel describes her.
4. Share your words either with a friend or with the class– what did you hear that you found intriguing, unusual or unbelievable?
5. Encourage students to share the above words or statements in class and discuss why they may have found some words or statements intriguing, unusual or unbelievable.



Main Activity – Hard Times

1. Complete the following sentence:
   The hardest thing that I have ever had to deal with is …….. I found this very difficult but I survived by ……..
2. Take your time to think about you answer – it may be a private, very difficult thing to write. It may be a very difficult sharing or writing down difficulties that teenagers today face e.g. divorce of parents, separation, death of grandparents, death of pets, depression, anxiety, sickness of ….., injuries, self harm, moving, friendship break ups etc.
3. Now take the time to explore:
   i) if you managed to get through this difficulty – how ?
   ii) if you are still trying to handle the situation – what will you need?
4. Write these answers in the journal part of this unit.

Jesus Connection

Jesus Connection Activity

Complete page 19

Ask students to highlight the second sentence on the page 'Many people find that having faith in Jesus gives them strength and courage in hard times.'

Prayer/Reflection

In the name of Jesus Christ,
I pray to you Lord, as many times my faith in you is challenged by my non thinking actions and the outside world.
Please give me the strength and courage to trust and commit to you and your wonderful teachings. I am optimistic that your will and words will prevail, as they have done so through the centuries. To truly live my faith, I will need to continue to serve you and others and to sacrifice my time so that others can be 'infected' with your contagious words. I ask this through the power and name of Jesus.
Amen

Reflection Questions

Reflection Activity
We all need a hand at some time in our lives!

Encourage students to write a reflection on 'Having Faith & Bethany Hamilton'. They should consider:

- if they managed to get through their own difficulty, and how OR
- if they are still trying to handle the situation – what and who they need help from to deal with this difficulty.

Success Criteria

The students are able to ...

- articulate their values – what is important to them and why they hold these values so dear to their hearts
- understand the importance of cultivating optimism as a positive way at looking at what is thrown at them – it may become a habit
- recognise that B.I.Y. is a difficult attitude to establish and that using inspirational people as models may help them B.I.Y. faster
- put their hands up for help when they doubt B.I.Y. – we all need a helping hand.

Take Away Bag

Ask the students what is the ONE thing they are going to take away from this unit of work.

Extensions

Extension Ideas

Ask students...

1. What or who are martyrs? Jesus continually spoke about the importance of faith as the Way of Life. He selected a group of his friends to spread the Good news. Select one of the disciples and find out where he/she came from and what they ended up doing after Jesus left this earth – many became martyrs. E.g. Simon Peter who supposedly was crucified upside down.
2. Bethany is great mates with Nick Vujicic – the inspirational speaker who has no arms or legs 'but he does have a chicken drumstick!' Research to find three things they have in common.
3. We have concentrated on one of the three Fs – Faith, but family and friends are just as important. Ask students to state which family and friends they have faith in and why?
4. Google Pope Francis and his thoughts on Faith as an example. https://www.azquotes.com/author/5099-Pope_Francis/tag/faith Choose and write down one of the Pope's quotes that appeals to you.
5. Watch the following inspirational video Believe in Yourself. https://www.youtube.com/watch?v=637R5hycVK8

Relatable Quote

'Take the first step in faith. You don't have to see the whole staircase, just take the first step.'

– Dr Martin Luther King Jr