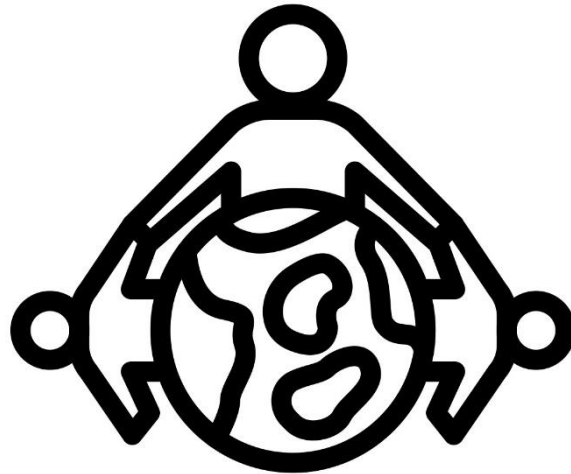


'I praise you... for I am wonderfully made'
Made in the Image of God - St. George's Spirituality Day 2024

St. George's Catholic Primary School

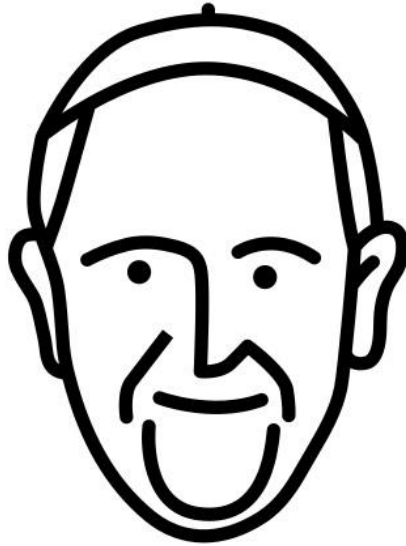
Spirituality Day

Summer 2024



'Being in the image of God the human individual possesses the dignity of a person, who is not just something, but someone' (CCC, 357)

'I praise you... for I am wonderfully made'
Made in the Image of God - St. George's Spirituality Day 2024



'Love makes us similar, it creates equality, it breaks down walls. It breaks down walls and eliminates difference. God did this with us.'

Pope Francis

What is this saying to me?

Using a selection of materials, create what comes to your mind when you read the following pieces of scripture. You can choose any one you want- whichever one moves you and speaks to you. Perhaps you can make a poster illustrating the meaning of the passage.

Genesis 1:27

**“So God created mankind in his own image,
in the image of God he created them.”**

What is this saying to me?

Using a selection of materials, create what comes to your mind when you read the following pieces of scripture. You can choose any one you want- whichever one moves you and speaks to you. Perhaps you can make a poster illustrating the meaning of the passage.

Hebrews 12:14

*“Make every effort to live in peace with everyone
and to be holy.”*

What is this saying to me?

Using a selection of materials, create what comes to your mind when you read the following pieces of scripture. You can choose any one you want- whichever one moves you and speaks to you. Perhaps you can make a poster illustrating the meaning of the passage.

*"Now you are the body of Christ and
individually members of it."*

(1 Corinthians 12:27)

What is this saying to me?

Using a selection of materials, create what comes to your mind when you read the following pieces of scripture. You can choose any one you want- whichever one moves you and speaks to you. Perhaps you can make a poster illustrating the meaning of the passage.

“For we are God’s workmanship, planned and crafted works of art which can’t be replicated.”

(Ephesians 2:10)

What is this saying to me?

Using a selection of materials, create what comes to your mind when you read the following pieces of scripture. You can choose any one you want- whichever one moves you and speaks to you. Perhaps you can make a poster illustrating the meaning of the passage.

*Acts of kindness are among those things that have
no limits.*

Mishnah Peah 1 (Judaism)

What is this saying to me?

Using a selection of materials, create what comes to your mind when you read the following pieces of scripture. You can choose any one you want- whichever one moves you and speaks to you. Perhaps you can make a poster illustrating the meaning of the passage.

“Be maintainers of justice... help one another in goodness.”

Qu'ran (Islam)

What is this saying to me?

Using a selection of materials, create what comes to your mind when you read the following pieces of scripture. You can choose any one you want- whichever one moves you and speaks to you. Perhaps you can make a poster illustrating the meaning of the passage.

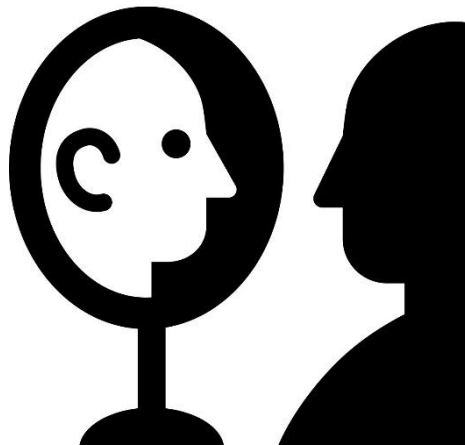
"I believe in equality for everyone."

Mahatma Gandhi

Mirror prayer

The book of Genesis tells us we are made in the image and likeness of God. Sometimes, this is hard to believe of ourselves and of others. God's image in us can be obscured, and this prayer exercise helps to remind us of who made us, in whose image we are made, and that we are made to love.

We should remember that we are all equals and that we have the right to be respected. This links to the Catholic Social Teaching principle of Dignity, which we explored earlier this term.



- Holding the mirror, study your own reflection for a minute, noting all the details.
- Say silently over and over, 'This is the person God loves'.
- After a couple of minutes, change this to 'This is the person who loves God'.
- Finally, change the refrain to 'This is the person who loves other people'.
- Finish by praying the Hail Mary.

Blessing Prayer

Be still.

Quietly think of the people you know that you would like
God to bless.

Picture this person in your mind.

Write their name on one of the cut out people.

Be still.



Bubble Prayers

Be still.

For a few moments think of anyone you know who may be going through a difficult time at the moment.

Blow a bubble and say, 'Jesus, be with.....(name)'

Watch silently as the bubble rises and vanishes.

Be still.



Pebble Prayers

Be still.

Choose a pebble and hold it in your hand.

Sit quietly and let the warmth of your hand warm the stone.

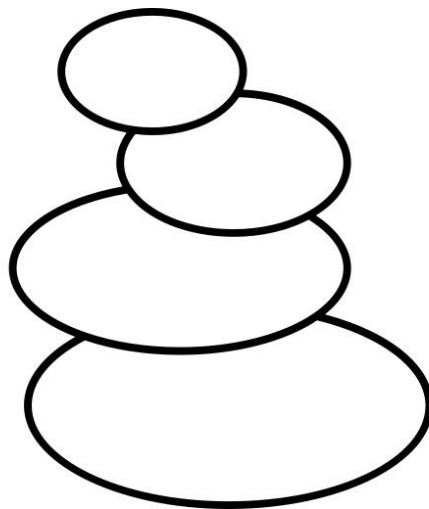
Sit with God and talk about the people who bring warmth and love into your life.

As you drop the pebble into the bowl of water, pray for those people.

Watch the ripples on the water.

Imagine this is God's love spreading to everyone.

Be still.



Picturing God

Be still.

Sit quietly and gaze at the pictures for a few moments.

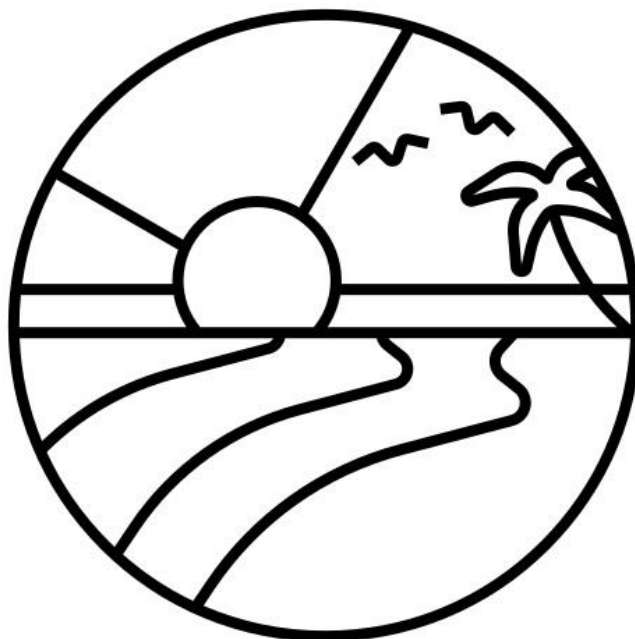
Choose one you really like and hold it for a few moments.

Reflect on why you like it and why you chose it.

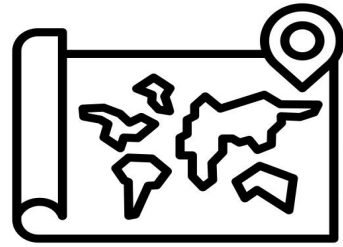
What does it make you think about what God is like?

Say a silent prayer. Write a prayer and place it by your prayer table.

Be still.



A Prayer for the world



Be still.

Look at the world map or globe and find some places you have heard about or would like to go to.

Think about children in these parts of the world. **Remember that no matter where we were born, we should treat others with dignity and respect. We are all equals.**

Ask God to hold these children in his heart.

On a strip of paper, write the name of a country where you are praying for the children.

Make your strip into a circle and join it to someone else's to make a paper prayer chain.

Be still.



Words for God

Be still.

For a few moments think about God's Mercy and what it means to you.

Try to make a word/words with the Scrabble tiles that describe what God is like to you. What words come to mind? Forgive? Love? Kind? Hope? What other words come to your mind when you think of the word 'Equality'?

Lay them out on the table.

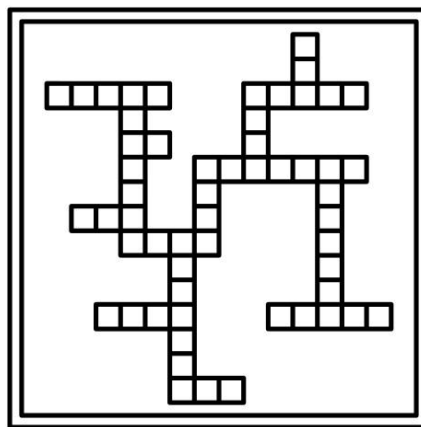
Look at the word/s prayerfully for a few moments.

Pray a short Litany

God you are....

God you are....

Be still.



Thumb Prayer

It is now a time to be very quiet and to pray the thumb prayer.

(Can be done on own palm or in sand)

With one thumb, trace the cross on the palm of the other hand. With down stroke, pray the name of Jesus.

On the horizontal stroke, pray for:

Your family

Then repeat for...

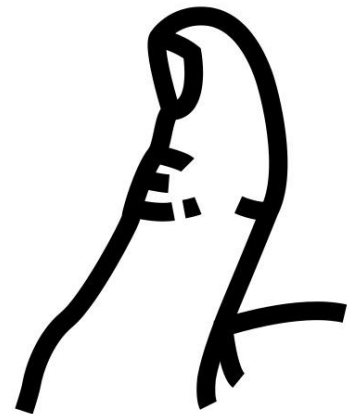
The sick...

Those who have died...

The priests in your parish...

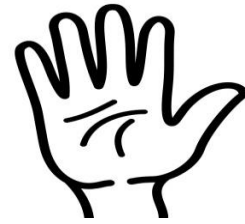
All the adults who teach you...

God's creation...



Pope Francis'

Five Finger Prayer



Using the fingers on your hand, start with the thumb and pray these intentions in this order:

- 1.) **The thumb** is the closest finger to you. So start praying for those who are closest to you. They are the persons easiest to remember. To pray for our dear ones is a "Sweet Obligation."

- 2.) **The next finger is the index.** Pray for those who teach you, instruct you and heal you. They need the support and wisdom to show direction to others. Always keep them in your prayers.

- 3.) **The following finger is the tallest.** It reminds us of our leaders, the governors and those who have authority. They need God's guidance.

- 4.) **The fourth finger is the ring finger.** Even though it may surprise you, it is our weakest finger. It should remind us to pray for the weakest, the sick or those plagued by problems. They need your prayers.

- 5.) **And finally we have our smallest finger,** the smallest of all. Your pinkie should remind you to pray for yourself. When you are done praying for the other four groups, you will be able to see your own needs but in the proper perspective, and also you will be able to pray for your own needs in a better way.

Our Common Home

"Let us dream, then, as a single human family, as fellow travellers sharing the same flesh, as children of the same earth which is our common home, each of us bringing the richness of his or her beliefs and convictions, each of us with his or her own voice, brothers and sisters all."

Pope Francis – Fratelli Tutti

During our Celebration of the Word on Fratelli Tutti, we are reminded that we are all brothers and sisters, living in our common home. As a group, use either poetry, song, art or dance to demonstrate what this quote means to you.