

Congratulations!

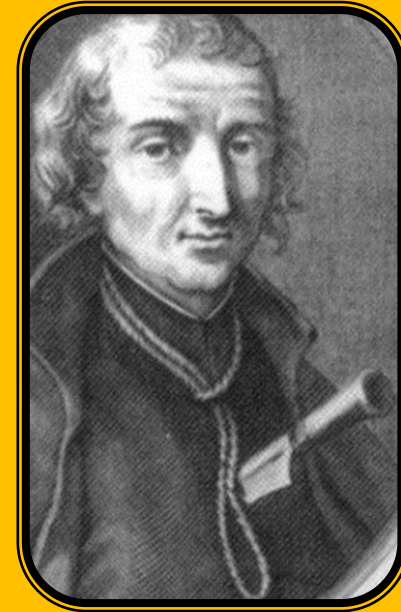
You have
followed in the
footsteps of
St David Lewis



Date:

Healthy and Confident Learning Passport

St David Lewis



Learning Passport

*Healthy, confident individuals ready to
lead fulfilling lives as valued members
of society*

Name:

Healthy, confident individuals who are ready to lead fulfilling lives as valued members of society.

The promotion of spiritual growth, health and well-being of the oppressed Catholics of his time was central to St David Lewis. He spent his life ministering to those in need and he became known as 'Father of the Poor.'

Health is a precious resource for everyday living. You need to take care of yourself so that you can live a balanced life, feel good and be the person God intended you to be and, like St David Lewis, serve others who may need help.

Prayer and exercise work well together. They connect the body and soul.

Use this Learning Journal to help you develop your mind, body and soul and glorify God with your entire human body.

Have fun!



Pray like St David Lewis—The Examen

St David Lewis was a Jesuit priest and would have used the Examen prayer, every night as a way to reflect on the day's events and to become more aware of the presence of God in his life. Today you will use the Examen to pray and reflect about your visit.

Let's begin. (Pause.)

- I. ***Be still and quiet.*** (Pause.) ***Know that God is with you.*** (Pause.) Know that God is with me. I look at my day with God's eyes, not just my own.
- II. ***Think about your visit from beginning until now.*** Think about all you have done and seen and be thankful (Pause.) Give thanks. I am thankful for this visit I have just experienced. It is a gift from God.
- III. ***Did you make good choices?*** (Pause.) ***Did you make bad choices? Ask for God's forgiveness.*** (Pause.) Review the day .I will think carefully about my actions and reflect on the feelings associated with my actions.
- IV. ***Think about how much God loves you and thank God for the time you have spent here today.*** (Pause.) Be thankful for the moment and rejoice in the love God has for you
- V. ***Think of ways that God can help you use what you have learned today to live a better life tomorrow .*** (Pause.) Looking forward with hope - I will look forward to a new day with hope and try to have greater awareness of God's presence in the new day. Tomorrow I will strive to be the best I can be.



Meditation

Meditation, for Christians is often called the prayer of the heart. It is a special form of prayer and in meditation we grow closer to God to that point that we are united with God

Find a quiet space. Make the Sign of the Cross mindfully making sure that you touch your forehead, your heart and each of your shoulders. Let your hands rest in your lap.. .

All: In the name of the Father and of the Son and of the Holy Spirit. Amen

Close your eyes or look down at your hands and sit as still as you can

Breathe in ... Breathe out. Think about stillness. On your 'in breath' breathe in peace and on your 'out breath' breathe out stillness

In your mind repeat the prayer word **Ma-ra-na-tha**
(Come Lord Jesus)

Meditate for as long as you are able and feel close to God.



Use the outdoor space around or near the church to work and pray or rather '**work out**' and pray!

Let's begin our Prayer Journey by remembering that God can hear our prayers wherever we are and whatever we are doing.

Write or draw one thing that you want to thank God for in the space below.

"God Hears Our Prayers"

Find a partner and spend some time doing the following movements. When you hear your teacher or friend clap, stand still and say your thank you prayer to God.

Jog on the spot

Hop

Lunge

Jump

Leap

Wriggle

Skip

Squat

Twist

Star jump

Balance

Dance

Well done!

You have completed your 'Payer Work-out'!



Gather in a circle or group and talk about this page with your teacher or friend.

There are many ways of using our hands when we pray.


Clenched Fists: Bringing to mind the anger, frustrations, and disappointments in life;

Praying Hands: Opening up and connecting to God;

Open Hands: Letting go and listening to God;

Join Hands: Joining our spirits with others in carrying out what God wishes for.

Pope Francis teaches us a wonderful way to pray with our hands.



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 that 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.

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."



Continue your prayer walk back to the church. Enter the church, sit quietly and become still.

Pause and reflect: St David Lewis dreamed of a world where everyone has enough to eat and our freedom to worship God was respected. What plans do you have for your life? Is there something you really dream of doing?

Do:

Get God involved with your dreams. Tell Him about them, about what you would love to do. Write, draw or doodle the hopes and dreams you have for your life.

Pray:

In your own words ask God to help you know about what plans He has for your life.

In the Bible God says:

“For I know the plans I have for you,” says the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future’ Jeremiah 29:11



You have completed your Prayer Walk

Walk back along the walk-way and past the place where St David Lewis was martyred. As you continue slowly on your prayer walk returning to the church think about how St David Lewis carried out the work of God.

Pause and reflect: St David Lewis was a holy man. He was kind and caring to those around him especially the poor. He was called Father of the poor, Tad y Tlodion.

Think of words you would use to describe yourself?

Do: Write the different words that you feel best describe you, one word at a time in the box below. Do this four or five times if you can. As you write the words remember your gifts, the qualities that make you special.

Pray:

Ask God to help you remember all the good and special things about yourself.

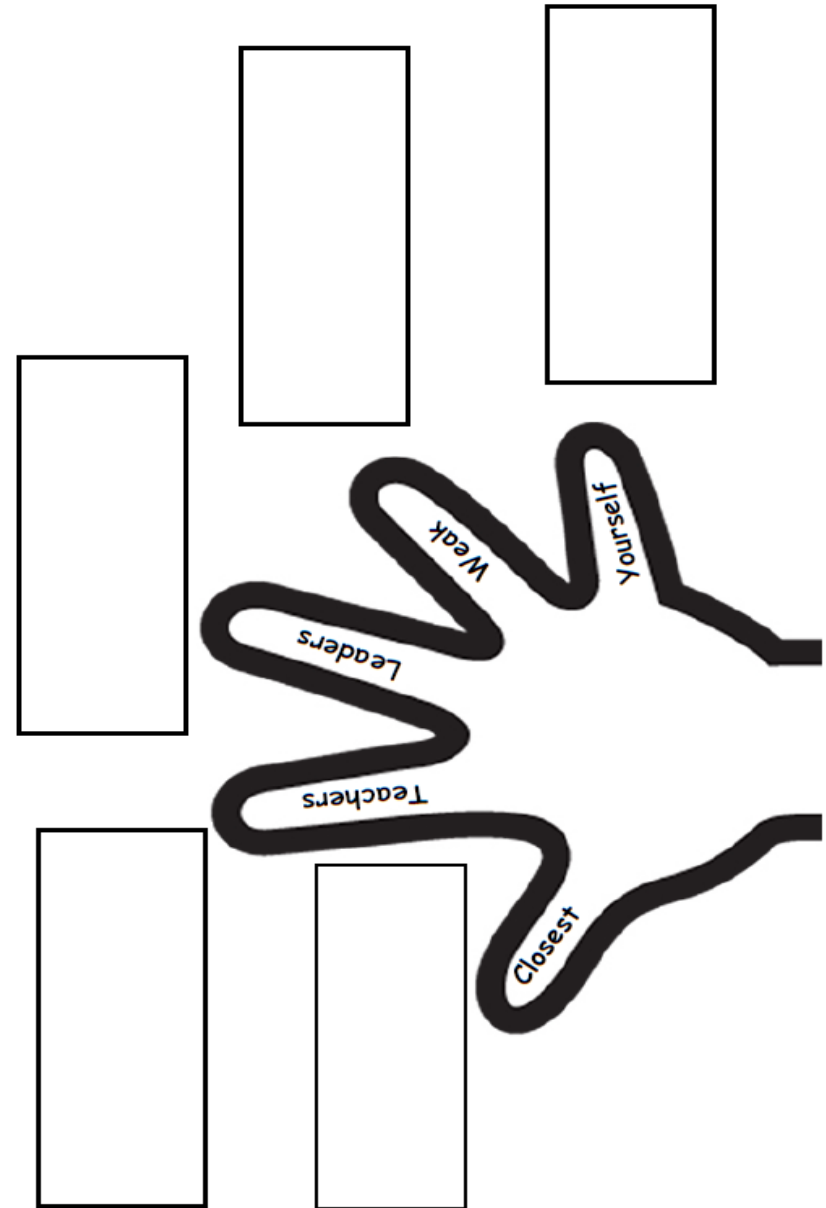
In the Bible God says:

'You are my treasured possession' Exodus 19:5

'I am your greatest encourager' 2 Thessalonians 2: 16-17



Write your own Five-Finger Prayer



Well done! You have completed your second Prayer Challenge. Now it is time to begin your Prayer Walk.



Prayer Walk

(From the Church to Usk Bridge and back to the Church)

What is a Prayer Walk?

An opportunity for you to quiet your mind, focus on God and the walk. Listen for God's voice or message to you. Give thanks for his presence.

A time to remember the person or event that you are focusing on.

Time for you release all worries and cares. As you walk lay down a worry or care with each step, remembering that Christ said, "Come to me all who are heavy-laden and I will give you rest."

A chance to say sorry, ask for forgiveness and for God to be with you.

An occasion to thank God for the people and blessings in your life.

You may complete this prayer walk alone, with a friend or with your teacher. As you journey on this prayer walk remember the life and work of St. David Lewis.



Pause and reflect:

What can you see that fill you with wonder ?

What can you hear that brings you closer to God?

What can you sense that shows God's love, power and goodness?

Do : Fill the treasure box with small drawings of all that you can see, hear and smell. The treasures of God's creation.

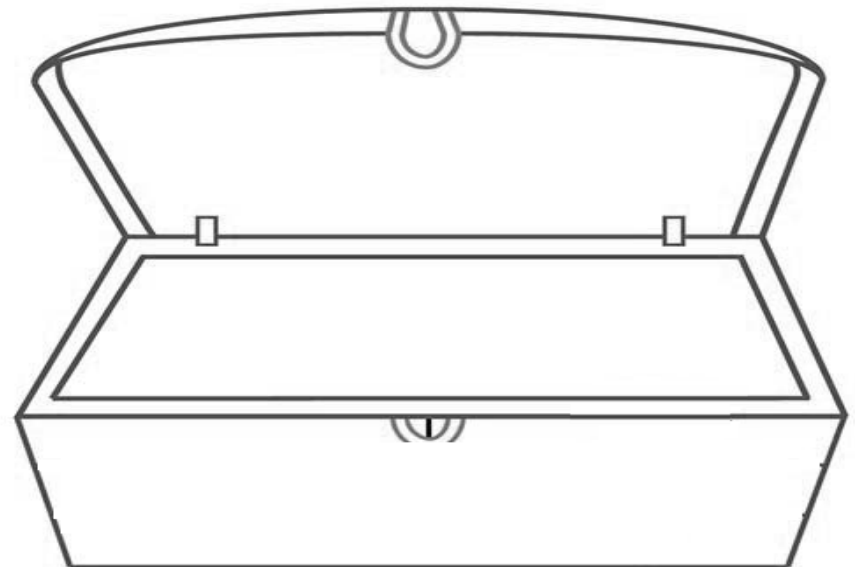
Pray: Whisper these words

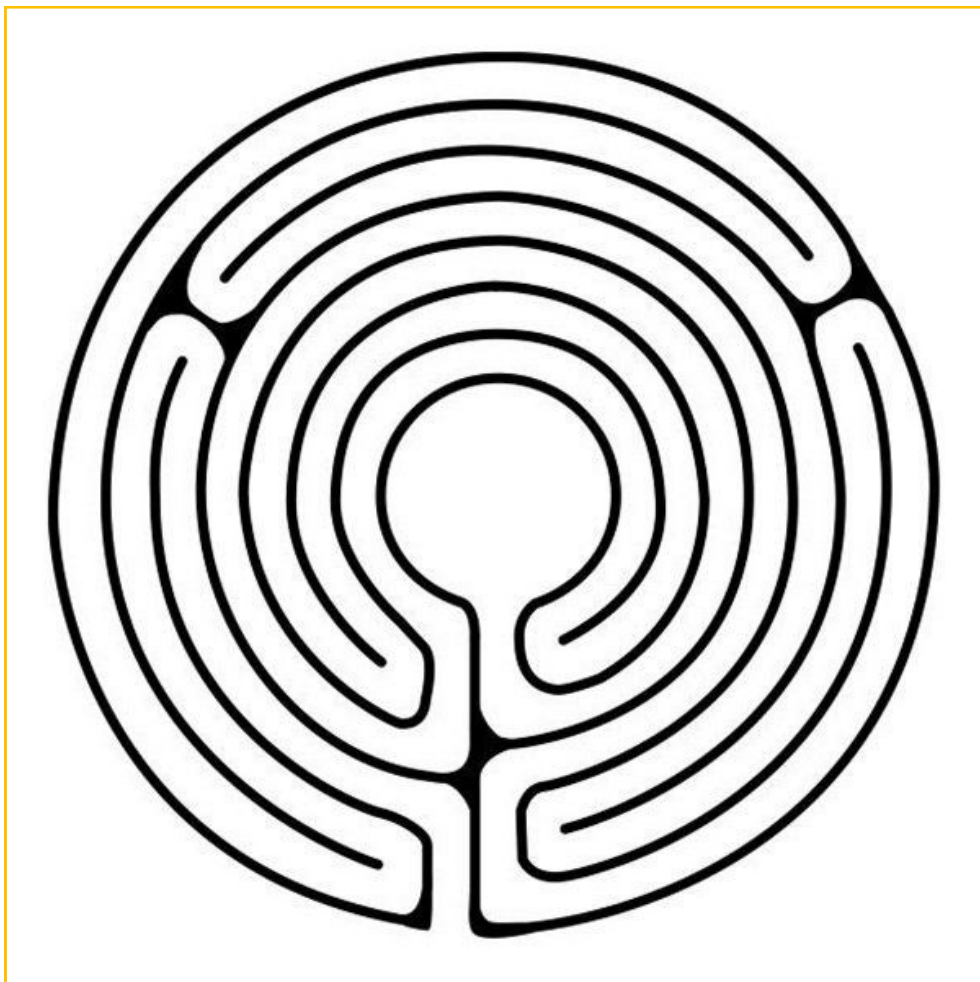
You, Lord, created heaven and earth.

They are beautiful because You are beauty.

They are good because You are goodness.

'The heavens declare the glory of God; the skies proclaim the work of his hands '(Psalm 19:1





When you have completed your journey breathe deeply and relax. Think about how you are feeling and know that you are loved.

To continue your prayer walk, gently turn and look back up the river. Do not move, let your eyes rest on the beauty of God's creation. Look carefully at the flowing water, the sky, trees and plants before you.

Gather in front of the alter and make the **Sign of the Cross.**



Pause and reflect:

St David Lewis understood the preciousness of everyone and that God created us and loves us.

The Bible says that our names are written on the palm of God's hand. God made you. God knows you and He will not forget you.

Do: Write your name on the picture of the hand on the next page. Look at your name, think about how much you are loved by God.

Pray: Read one of these verses from the Bible and ask God to speak to you in your heart.

'I knew you before you were born' Jeremiah 1:4,5

'I knit you together in your mother's womb' Psalm 139:13

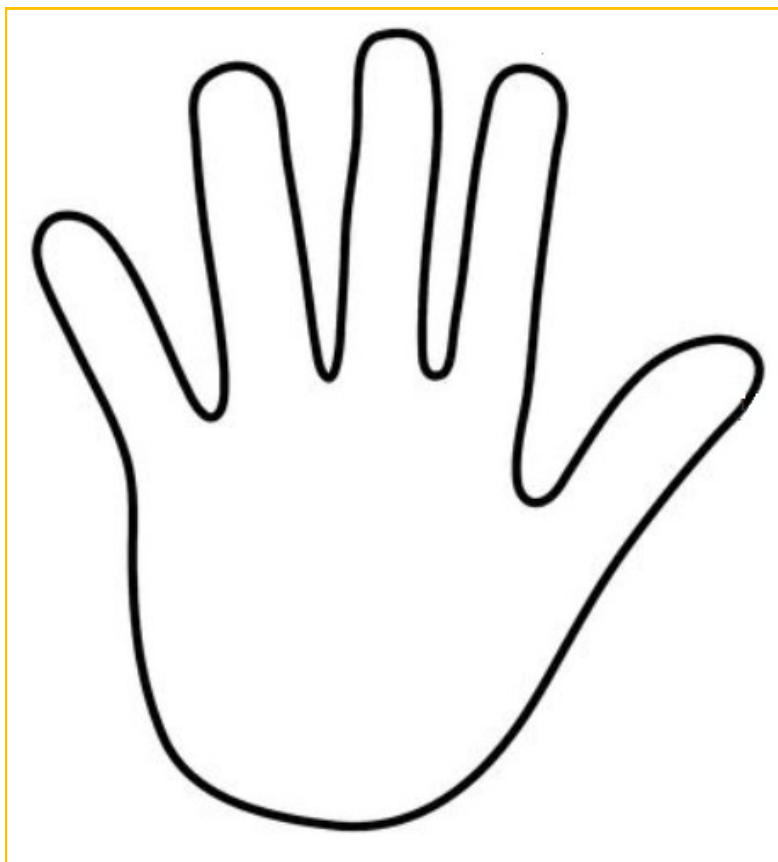
'You are fearfully and wonderfully made'

Psalm 139:14

'Every good gift that you receive comes from my hand' James 1:17



'See, I have engraved you on the palms of my hands' Isaiah 49:15



Colour your name and make it beautiful for God

Quietly, walk from the Church and cross the road to the start of Conigar Crescent street. Look for the St David Lewis sign and walk up the street towards the wooden walk-way.



As you reach the wooden walk-way look to your right and find the sign that shows you where St David Lewis was executed for his faith

St. David Lewis must have felt sad and scared during the madness of the 'Popish Plot' but to his last breath he was a wonderful witness to God.

Pause and reflect:

Is there something making you feel sad today? Do you have worries on your mind?

Do: Use the labyrinth and slowly follow the path using your finger on the hand you don't write with. Think through your thoughts as you do this.

Pray: The centre helps people to think of God's love. When your finger reaches the centre you may like to say a prayer like this

'Thank you God that you love me and thank you that I can leave all my worries with you today and every day. I pray that you will help me to know that you love and care for me. Amen.'

Turn the page and follow the labyrinth path back to where you started. As you lift your finger from the labyrinth's end, offer thanks to God.

