



## *Faith Formation*

*"Catholic education aims not only to communicate facts but also to transmit a coherent, comprehensive vision of life, in the convictions that the truths contained in that vision liberate students in the most profound means of human freedom." ~ St. Pope John Paul II*

# Catechist Resource

## Theology of the Body

## Relationship with Others

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### Help Links:

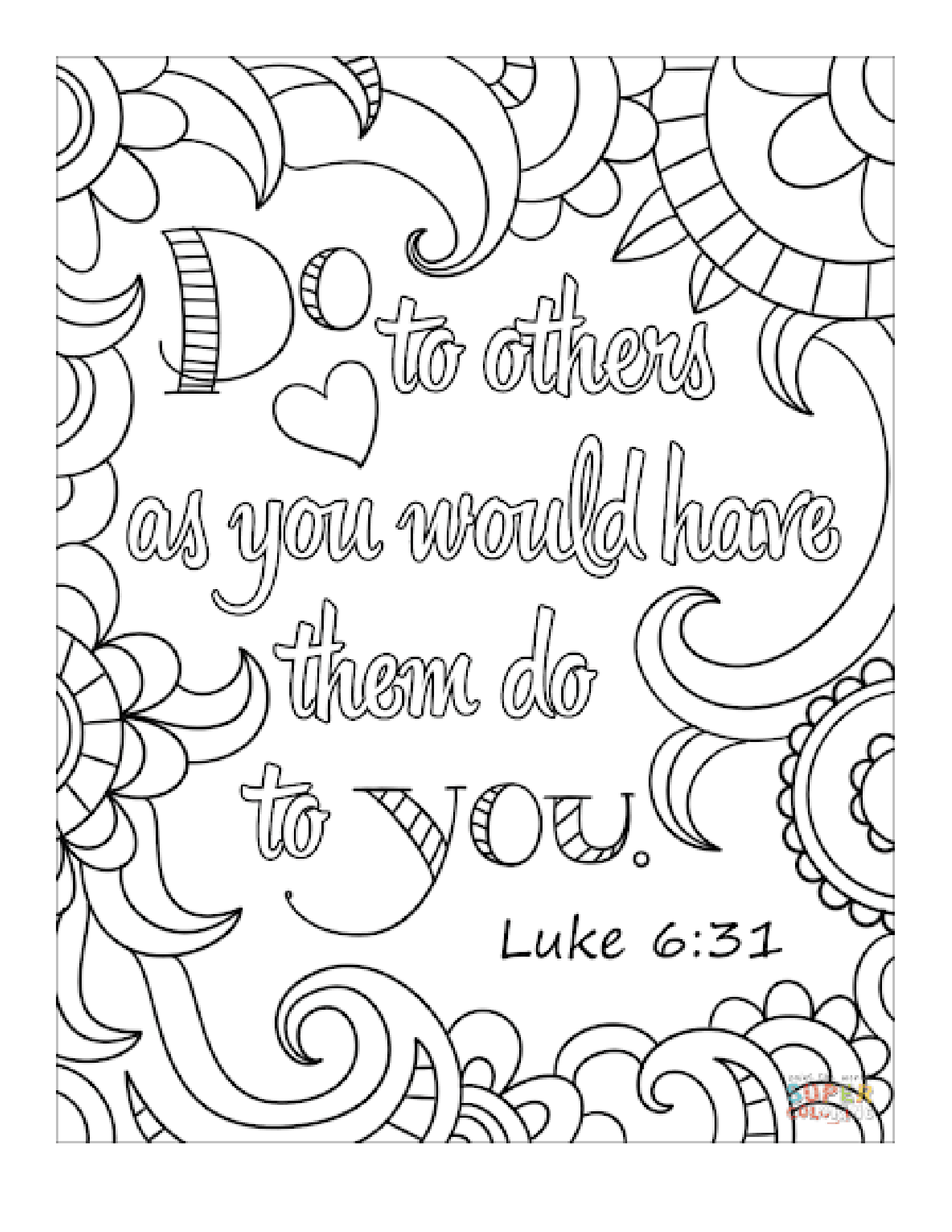
- [How to Make a Gift of Yourself](#) Our Sunday Visitor article on how to make yourself a gift.
- [Sophia Institute](#)– There are several complete lesson plans in this document for you to use or adapt.
- [Theology of the Body for Teens](#)– This lesson plan is written for High School but could be easily adapted to middle school students

### Suggestions and considerations for inspiration

- Friends, family, community
- Who is our neighbor
- What is a good friend
- What is the definition of love
- How do I date and still be Christian (older teens)
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### Musical References:

- [My Best Friend](#) Hillsong Kids



Do to others  
as you would have  
them do  
to you.

Luke 6:31

# **People Matter!**

Interviewer: \_\_\_\_\_

Interviewee: \_\_\_\_\_

1. Were you named after anyone?

\_\_\_\_\_

2. Do you like your handwriting?

\_\_\_\_\_

3. What is your favorite food?

\_\_\_\_\_

4. If you were another person would you be friends with you?

\_\_\_\_\_

5. What is the most daring thing you have ever done?

\_\_\_\_\_

6. Do you untie your shoes when you take them off?

\_\_\_\_\_

7. Do you think you are strong? In what way?

\_\_\_\_\_

8. What is your favorite ice cream flavor?

\_\_\_\_\_

9. What is the first thing you usually notice about people you meet?

\_\_\_\_\_

10. What is your favorite thing about yourself?

\_\_\_\_\_

11. Who do you miss the most?

\_\_\_\_\_

12. If you were a crayon, what color would you be? Why?

\_\_\_\_\_

13. What is your favorite movie?

\_\_\_\_\_

14. Who is the last person you talked to on the phone?

\_\_\_\_\_

15. What is your favorite sport?

\_\_\_\_\_

# Married Couple Interview

Interview a couple who have been married for more than five years, asking each of these questions. Record their answers below.

How did you meet?

How long did you date before you became engaged or married?

Did you take part in premarital counseling?

What role did your faith play in your dating and marriage?

What was the hardest part of being married versus being single?

How have you resolved problems in your marriage?

*If the couple has children:* How did your married life change after you had children?

How do you see your lives 20 years from now?

## Permissions & Signatures:

I asked permission of my parents or guardians and the married couple I interviewed.

Student's signature \_\_\_\_\_

We agreed to be interviewed by this student.

Signature \_\_\_\_\_

Signature \_\_\_\_\_

I, as the student's parent or guardian, was present at this interview.

Signature \_\_\_\_\_

Name: \_\_\_\_\_

# Relationships: Take Charge



- You are in charge of giving great advice to others on the following key relationship skills for when you are working in small groups or playing games together:

## Cooperation:

Explain what it means to cooperate and list three rules that group members/friends need to follow:

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## Communication:

Explain what effective communication looks like and sounds like among friends and classmates:

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## Conflict Resolution:

Explain what effective conflict resolution looks like and sounds like among friends and classmates:

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# Am I a Good Friend?

Read the list below and check the sentence if it describes you!

- ☐ I try to be there for my friends whenever they need me
- ☐ I share my feelings with my friends
- ☐ I let my friends know when I think they're making a poor choice
- ☐ I try not to hurt my friend's feelings
- ☐ If I hurt my friend's feelings, I always apologize
- ☐ I try to help my friends feel better when they are sad, anxious, or upset
- ☐ I'm honest with my friends, and they are able to trust me
- ☐ I care about the things that my friends are interested in
- ☐ I share and take turns with my friends
- ☐ I respect my friend's opinions
- ☐ I support my friends when they make good choices
- ☐ I treat my friends how I want to be treated
- ☐ I stand up for my friends all the time
- ☐ I compliment my friends
- ☐ I encourage my friends even when they make mistakes
- ☐ I make time for my friends but give them space when they need it
- ☐ I listen when my friends talk about things that are important to them
- ☐ I do or say things to make my friends laugh and feel happy
- ☐ I say nice things about my friends when they're not around
- ☐ I reach out to my friends whenever I need their help



If you checked most of these, that means you're probably a good friend! The ones that you didn't check will give you an idea of what you may need to work on to be a better friend!



# Setting Boundaries

A boundary is a rule that you make about how others can treat you. *Setting* a boundary means letting other people know what *is* and *is not* OK for them to do to you. You have the right to set boundaries about anything that can hurt you or that makes you feel uncomfortable. Look below to learn some things you can say when others are crossing your boundary. Fill in the blanks with your own!

That is something that I don't want to talk about.

I don't like being called that name.

You are making me feel uncomfortable. Can you please stop?

I don't allow people to treat me that way.

That's not something that I want you to know about me.

I need you to respect what I said or else, I'll need to leave.

You're standing too close. Can you please back up?

I don't think that's funny at all. Please stop.



## Tips for setting boundaries:

1. Say exactly what you mean so that others understand. Use a serious tone.
2. Don't let others change your mind or make you feel bad about your boundaries. If you don't like it, you don't have to take it!
3. Use I-statements. "I feel uncomfortable when you..."
4. If people keep crossing your boundaries, maybe they shouldn't be your friend. True friends respect each other's boundaries!

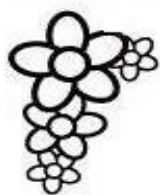




# *My Family Tree*







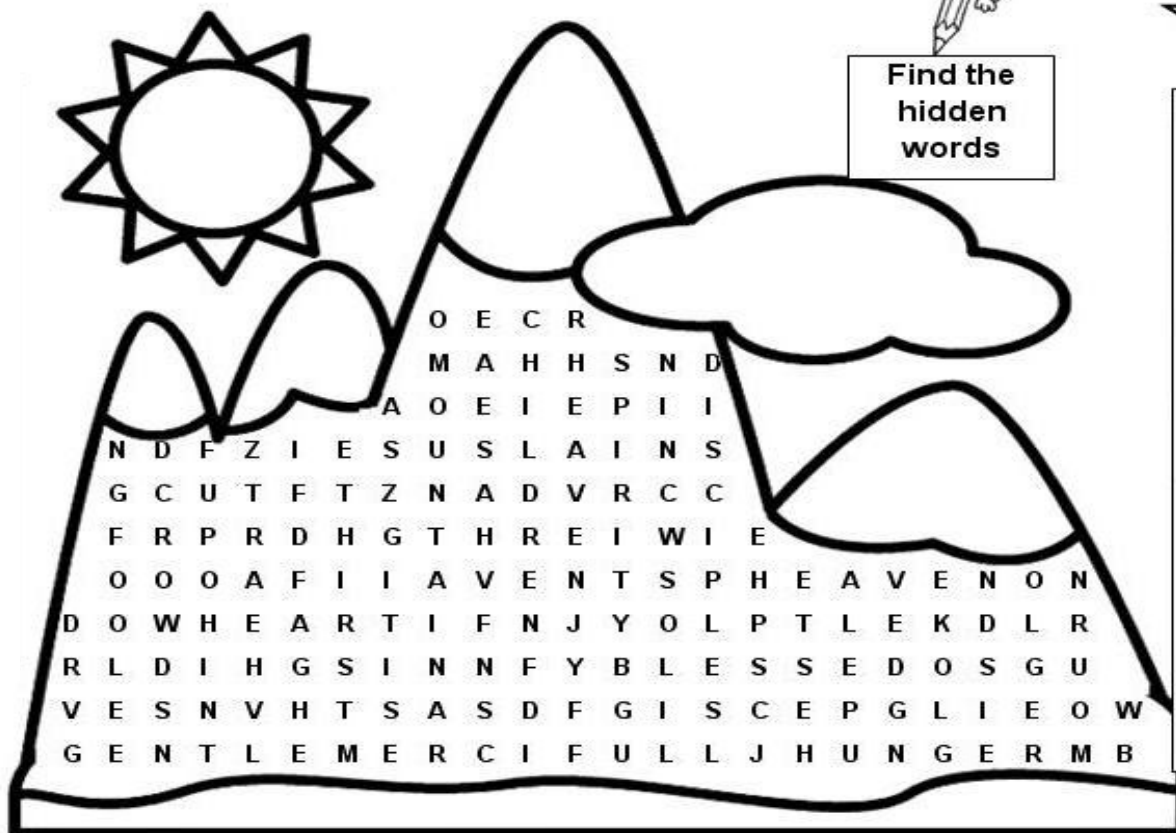
# The sermon on the mount



Find the  
hidden  
words



Crowds  
Mountain  
Disciples  
Jesus  
Poor  
Gentle  
Blessed  
Spirit  
Mourn  
Thirst  
Heaven  
Hunger  
Merciful  
Heart  
Children  
God



Rejoice and be glad, for your reward will be great in heaven.





# Bible Pathway Adventures

WORD SEARCH

## SERMON ON THE MOUNT

K P R B Y V V R X K I N G D O M N D C F  
R P N L Z E C J O T T T O R A H S T F Z  
A B C G M P S I C S I P T W G L Z F A R  
W H B S A L T H R R K Y I W U F I R S M  
A H E Q K J N I U O O B S J U A V M T N  
M M F A L T Y T X A Y W N R L O Q I I F  
Z O O A V Q D T A F L H D P Y F R Z N L  
F B F U N E Z A J U F J R C O X I E G W  
U Q P X N N N B Z U D J Q A U H G N E B  
L Z C B X T B S O T U C E L B B H B N L  
S C P S Y W A L H T D Z R Z K T T N E R  
K I S T P M Y I T R E A S U R E E H R L  
H F T L D M S Q N X W I O Q B A O U O I  
G A L I L E E M V R J F I S D B U G U G  
A M A C M R E J O I C E Z E A J S L S H  
X D H W D T G T H Y S F S T T Q N P N T  
P R O P H E T S B H P U E J A F E C Z D  
B G D I S C I P L E S M N A Y X S N V R  
P P R A Y E R R I S Y X R O C K S K Y N  
L J X F V R R E G F E J L F P I V K Q X

TREASURE  
GALILEE  
KINGDOM  
PRAYER  
SALT  
ROCK

CROWD  
TORAH  
REJOICE  
PROPHETS  
MOUNTAIN  
RIGHTEOUSNESS

FASTING  
LIGHT  
GENEROUS  
YESHUA  
DISCIPLES  
HEAVEN



# SET MON: THE MOUNT

Matthew 5-7

