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# MJR 24/7 yearly planner - Weekly topics

## WEEK 1

Topic – Looking ahead

## WEEK 2

Topic – What do you believe?

## WEEK 3

Topic – Believe in yourself (B.I.Y.)

## WEEK 4

Topic – To fit in or not to fit in? That is the question

## WEEK 5

Topic – You are in charge of your attitude

## WEEK 6

Topic – Problem solving

## WEEK 7

Topic – 'I can do it' attitude

## WEEK 8

Topic – Grit

## WEEK 9

Topic – Grief and loss

## WEEK 10

Topic – An attitude of gratitude

## WEEK 11

Topic – How do you G.T.S.? (greet, treat & speak)

## WEEK 12

Topic – Giving – going the extra mile

## WEEK 13

Topic – Humility

## WEEK 14

Topic – Opening the G.A.T.E.

## WEEK 15

Topic – Good, better, best

## WEEK 16

Topic – Heart to heart

## WEEK 17

Topic – Kindness

## WEEK 18

Topic – What do you value?

## WEEK 19

Topic – What does respect look like?

## WEEK 20

Topic – Mobile – friend or foe?

## WEEK 21

Topic – This is your world

## WEEK 22

Topic – "I was there" – Jesus our hero

## WEEK 23

Topic – Social media

## WEEK 24

Topic – Mental health

## WEEK 25

Topic – Perception

## WEEK 26

Topic – Reflective practice

## WEEK 27

Topic – One step at a time

## WEEK 28

Topic – Mentally-strong people

## WEEK 29

Topic – You are not alone

## WEEK 30

Topic – Reflection via inspiration

## Values

compassion

courage

generosity

gratitude

integrity

kindness

resilience

respect

tolerance

# Introduction for teachers

Welcome to *Make Jesus Real (MJR) 24/7* – a unique new secondary pastoral care resource that involves a student journal plus a teacher e-learning guide. Developed by teacher Marty Ogle, this pastoral care resource has been made to re-engage students, via relevant issues, to think, reflect and then develop a relationship with themselves, their classmates, their teachers and maybe even Jesus.

It has an array of relatable and deep thinking activities for teenagers that have been designed for secondary teachers to use in pastoral care lessons, home room, retreats and even specific curriculum areas such as Health, Physical Education, Religious Education, etc. The 30 units have been developed to:

- i) help you consolidate your relationships with your students
- ii) allow your students to explore, discover and grow as the next generation
- iii) provide opportunities to discover the message of Jesus Christ and how it can improve the quality of their (and your) lives.

This resource has two components: firstly, the journal where students are encouraged to constantly reflect and then write their thoughts, observations and discussions taking place in the class. Secondly, a free, continually updated online e-teacher guide for teachers, which contains the 30 units/lessons with:

- \* specific Catholic and MJR learning intentions
- \* a direct connection to ACARA curriculum
- \* relevant YouTube videos, articles, scriptures and quotes
- \* specially selected virtues with a connection to Jesus
- \* warm up and main activities, prayers and reflections plus extensions.

These relevant and real units cover the Gospel values of courage, tolerance, resilience, gratitude, generosity, respect and integrity and have been trialled across Australia with extremely positive feedback from both teachers and students.

We all strive to engage, enthuse and hopefully evangelise our students with the message of Jesus. Evangelisation in a school needs to have a sound, explicit Religious Education curriculum delivered with effective pedagogy. Secondly, it needs a strong Catholic school identity tied to your school culture and charism. Lastly, evangelisation will flourish when the curriculum is imbued with a Catholic worldview. This book has a strong connection to these three essential components of evangelisation.

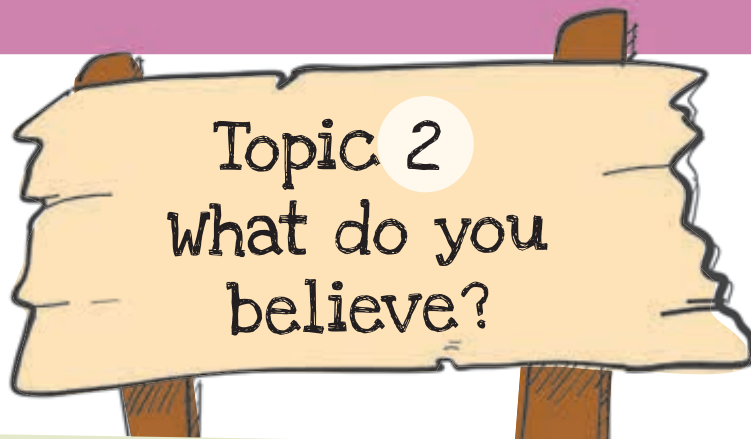
*MJR 24/7* focuses on 'Jesus in the now' and it will help ignite conversations and dialogue that inquisitive young people are crying out for in this crazy, busy world. Even those students who get overwhelmed with the Religious Education curriculum, especially those children who have had little exposure to Jesus due to family non-participation in the Catholic church, will discover where MJR can really help.

May you discover that the 'Spirit of Jesus' moments become more prevalent once you explore this resource.

Please visit the MJR website for general information and news on all things MJR, [www.makejesusreal.com.au](http://www.makejesusreal.com.au) and for the e-teacher guide for *MJR 24/7*, go to the [www.mjr247.com.au](http://www.mjr247.com.au) website.

"These relevant lessons get straight to the point and challenge us to try and do things we didn't think we could do. They use social media in a powerful way. We are hearing the Gospel message in a way that we understand and that are interactive, engaging and really interesting. I feel really affirmed by the lessons as they help me to work out if I am walking along the right track in my life."

*A collection of Year 9/10 Theology students' testimonials at Sacred Heart New Town, Tasmania*



## What are beliefs?

Beliefs are ideas that we hold to be true.

We all have beliefs that shape and guide how we live. Our families, friends, communities, religions, cultural backgrounds and the experiences we have had all contribute to what we believe.

What you believe has an impact on how you live your life, how you respond to the life experiences you have, how you treat other people, and much more.



Our beliefs can change as we go through life.

**Q** What beliefs shape and guide your life?

**A** 

.....


.....

.....

It's up to you what kind of person you want to be.

Sometimes ...

- your beliefs may be questioned by other people,
- you will find that life experiences or events make you question your beliefs.

What is one belief you once held, or hold now, that has changed? 

.....

.....

.....

What difference did that change make to how you lived your life?

.....

.....

We all have beliefs. Part of getting along in life is being able to respect other people's beliefs and express our own beliefs in an appropriate way.

Learning about the beliefs of others is important for creating relationships of mutual understanding and respect. Understanding between people helps us live in harmony while respecting each other's beliefs.



Q

When do you show tolerance towards others in your life?

A

Q

How important do you believe being assertive is as a young person?

A

Q

Do you believe honesty is the best policy? If so, why?

A



# Faith

Sometimes we believe things even if there is no way to prove that they are true. That's part of having faith.

What does 'faith' mean to you? \_\_\_\_\_

\_\_\_\_\_

What do you have faith in? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



He said to them, "Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."

Matthew 17:20

Q

What is your response to Jesus' parable about having a tiny amount of faith and moving mountains?  
What do you think he means?

A



## Your heart room

Your heart room is a space within your own heart that only you can access and where you can reflect with LOVE. It is a reflective space that you can enter to think about beliefs, emotions, behaviours and people that affect your life.

Make it a habit to visit your heart room every day.

# JOURNAL

Going into your heart room can help you understand your beliefs. Remember, a day is wasted when you don't reflect on it.

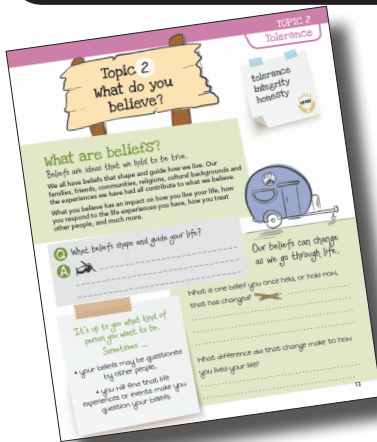
Reflect on the importance of voicing your beliefs and opinions. Why is it important to be tolerant of other perspectives? How can you be assertive in sharing your opinion, but still respectful? How do you feel when you are honest about how you really feel about your beliefs and opinions when talking with others?



## Topic 2 – What do you believe?



### Learning Intention – Hey, why this lesson?



### WHAT DOES IT MEAN TO 'BELIEVE'?

To understand that your beliefs in God and in the teachings of Jesus Christ will be challenged by others (and maybe by you) at various times in your life. Are you sick of people not listening to or believing your opinions? Maybe it has to do with 'how you deliver' your beliefs. You need more than just 'FAITH' in your beliefs, you need to be sure what they are and how you live them!

Hint: There will be a need to convince the students how knowing, living and delivering what they believe, is important.

### Scripture

*He said to them, "Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."*

– Matthew 17:20

As well as completing the activity on page 15, discuss with the students 'And nothing will be impossible for you.' Many years ago flight, space travel –even wi-fi – would have been deemed as impossible. What do they think may be the next 'impossible' that may be achieved? Who has achieved what previously have been considered 'impossible'? For instance Nick Vujicic, Bethany Hamilton, Billy Monger etc.

### ACARA Connection English RE Key Understanding

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

### Year 7 & 8 Content Descriptions – Literacy – Interacting with others

#### Curriculum content descriptions

Interpret the stated and implied meanings in spoken texts, and use evidence to support or challenge different perspectives (ACELY1730).

<https://www.australiancurriculum.edu.au/Search/?q=ACELY1730>

### Virtues

- **tolerance** – to put up with, endure even if you disagree or have a different opinion
- **integrity** – being honourable, having strong principles,
- **honesty** – fair, just, truthful and open

Students to complete page 14. Discuss these three virtues in-depth with the class.





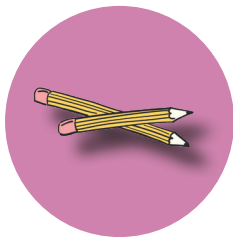


### Warm Up Activity

1. AKIANE – this is an amazing true story – I won't spoil it! Watch the following before beginning pages 13 – Topic 2
2. <https://www.youtube.com/watch?v=o6HLg2XUFOg>



3. or search Akiane on The Katie Couric Show
4. After watching Akiane on The Katie Couric Show, discuss the following questions in groups or as a class:
  - i) What was your first reaction to this story?
  - ii) Do you believe Akiane's story? Why? Why not?
  - iii) Ask the students what they make of her statements, 'Why are we here? Everyone is unique.'
5. Before completing page 13 request that students highlight the first sentence... *Beliefs are ideas we hold to be true.*



### Main Activity – Heaven?

1. Go to the website where Akiane's virtual art gallery can be viewed and where she has painted 'Heaven' – she states that she doesn't have enough colours to depict what heaven really looks like. Ask students to choose one of the paintings, look at how old she was when she painted it and say why it speaks to them?  
<https://art-soulworks.com/pages/akiane-art-gallery>
2. Work as a class or small teams on the concept of 'Heaven'. The following questions may help. Do you believe in Heaven? If not – why? If yes – what do you perceive it to be?
3. Complete page 14 – mainly focussed on the three selected virtues.

### Jesus Connection

#### Jesus Connection Activity

FAITH – this concept will need lots of discussion before completing page 15. Try and come up with a clear definition of faith

Give the students time to reflect on:

- their own opinions
- how they get their point of view across
- tolerance of others' ideas
- the art of really listening.

Ask the class about their opinions about heaven, Jesus and what they have faith in.

## Prayer/Reflection

Refer to prayer on page 129 from the student book:

Lord,  
Help me to be guided by you on my journey through life. I understand that my beliefs may change; that they may be challenged or questioned; that my beliefs may be affirmed.  
I pray that my beliefs will always be strengthened by your presence in my life.  
Amen.

## Success Criteria

That students can...

- reflect on what they believe and then either write or explain this in a way that does not offend
- listen more and/or appreciate others' opinions so that they can clearly establish what they believe as a contrast to what others believe
- understand that others may have differing opinions.

## 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

1. Discuss with the class any 'out of this world experiences' that have either happened to you or someone else you know. If you are having trouble google 'Oprah at [http://www.oprah.com/spirit/real-life-miracles\\_1](http://www.oprah.com/spirit/real-life-miracles_1)
2. Discuss – 'If you don't stand for something, you may fall for anything!'
3. Look up the Vatican Miracle Commission and how the Catholic church verifies miracles.

## Relatable Quote

*'You can do anything as long as you don't stop believing. When it is meant to be, it will be. You just have to follow your heart.'*

– Keke Palmer