



SAINT JOSEPH CATHOLIC HIGH SCHOOL
STRIVE Faith Activity
VIRTUE OF LOVE

Outcomes:

1. Students will reflect on what is meant by the virtue of love.
2. Students will be introduced to the first Faith Formation Activity "God is Building a House".
3. Students will participate in a candle lighting ceremony as they reflect on the virtue of love.

Part One:

1. Define virtue and love.

A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions.

Love, in the sense of an unlimited loving kindness towards all others, is held to be the ultimate perfection of the human spirit, because it is said to both glorify and reflect the nature of God.

2. Reflection on the virtue of love Video 1 or Video 2 or reading.

- a. Video 1: classical music, beautiful pictures, 4 mins
<http://www.youtube.com/watch?v=t93w3l92bDI&feature=fvwrel>
- b. Video 2: more modern, 2 mins
<http://www.youtube.com/watch?v=LiFkipyBxQc>
- c. Reading

1 Corinthians 13:4-7

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres."

3. Grande Prairie and District Catholic Schools are currently in the second year of a three year vision plan called "Sowing the Seeds of Justice". In year one, we focused on Jesus as the Sower and how He models how each one of us is called to be a Sower for others. This year, we focus on the Seeds that we plant as the word(s) of God, the Good News of Salvation.

All schools in the district are embarking on a challenge to build a Habitat for Humanity home for a deserving and less fortunate family. Within two years, we will attempt to raise \$100,000 as a district.

Next Monday (September 17), for a donation, you can light a candle for someone you love. All money collected will go toward the Habitat for Humanity project. This will occur during Strive and donations be any amount you choose.

Part Two:

1. Begin with the prayer below.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres." 1 Corinthians 13:4-7

Dear Lord:

Because love is patient: Help me to be slow to judge, but quick to listen, hesitant to criticize, but eager to encourage, remembering your endless patience with me.

Because love is kind: Help my words to be gentle and my actions to be thoughtful. Remind me to smile and to say "Please" and "Thank You" because those little things still mean so much.

Because love does not envy or boast, and it is not proud: Help me have a heart that is humble and sees the good in others. May I celebrate and appreciate all that I have and all that I am, as well as doing the same for those around me.

Because love is not rude or self-seeking: Help me to speak words that are easy on the ear and on the heart. When I'm tempted to get wrapped up in my own little world, remind me there's a great big world out there full of needs and hurts.

Because love is not easily angered and keeps no record of wrongs: Help me to forgive others as you have forgiven me. When I want to hold onto a grudge, gently help me release it so I can reach out with a hand of love instead.

Because love does not delight in evil but rejoices with the truth: Help me stand up for what is right and good. May I defend the defenseless, and help the helpless. Show me how I can make a difference.

Because love always protects and always trusts: Help me to be a refuge for those around me. When the world outside is harsh and cold, may my heart be a place of acceptance and warmth.

Finally, because love always perseveres: Help my heart continually beat with love for You and others. AMEN.

2. Students are now asked to light a candle and make a donation to the Habitat for Humanity Project. If possible, play music in the background as students advance to light their candle. A recommended song is "Because You Loved Me" by Celine Dion.

To students: **"As you light a candle, representative of the light of God, think of someone you love, someone you wish the best for. You can place your donation in the envelope provided."**

3. Closing prayer

Lord, Make me an instrument of your love.

May I see each circumstance in my life as an opportunity to grow in your love.

May I see my environment as a place to grow in your love.

May I then take this love to other people...

When I am tempted to become impatient, help me to be patient.

When I am tempted to become unkind, help me to be kind.

When I am tempted to become jealous, help me to be tolerant.

When I am tempted to become boastful or proud, help me give you the glory.

When I am tempted to be rude or selfish, give me the gift of gentleness.

When I am tempted to take offense, help me to let go.

When I am tempted to become angry with someone, give me the gift of forgiveness.

When I am tempted to become resentful, give me your power to love.

Lord, grant that I may take no pleasure in criticizing others, but that I may see good in them, as you do.

When I begin to concentrate on the faults and failures of others, give me courage to praise their accomplishments.

Help me be loyal to those you give me to love.

Amen.