

Attentive and Discerning

Pupils are growing to be **attentive** to their experience and to their vocation; and **discerning** about the choices they make and the effects of those choices. Catholic schools help their pupils grow by promoting the practice of attentive reflection and discerning decision making: in teaching, in the examen, prayer and retreats; and through the practice and example of school leaders and staff.

Ordinary Time

and the season of Lent
(March 5th)

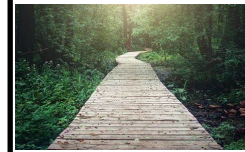


Pray it

Linking **Attentive** and **Discerning** to prayers of the Church and Liturgical Season

Prayer suggestions and activities:

- During this season of Lent, we pray for forgiveness. Say an Act of Contrition and focus on the words with a renewed sense of hope.
- We pray for those who hunger and thirst especially on Lent Fast Day, Friday March 14th
- We pray for all who have wandered from the faith, may their faith be restored
- Whilst praying The Our Father, examine your conscience using the words as a guide. (See attached)
- Pray for candidates who are preparing to be received into the Church at Easter, may they be filled with the gifts of the Holy Spirit as they live as attentive and discerning disciples
- On March 7 join in the ecumenical Women's World Day of Prayer. This year, materials have been prepared by Christian women in The Cook Islands on the theme 'I made you wonderful'.
- On 2 March, pray the Diocesan Vision prayer on the Feast of St Chad, our patron saint of the Archdiocese: <https://www.birminghamdiocese.org.uk/pages/category/diocesan-vision-unfolding-gods-plan>
- Continue to pray the Jubilee Prayer for Schools



Explore it

Linking **Attentive** and **Discerning** to scripture, meaning and teachings of the Church, Church traditions, Pope Francis and the saints.

Scripture to Explore: -

- Luke 6: 27-38 Explore through classroom discussion how we can be attentive to how we treat other people especially when they are unkind to us. Be discerning about how you choose to respond.
- Luke 15:1-3, 11-32 Discuss how your choices effect yourself and other people. Explore the theme of forgiveness, how does it feel to forgive and to be forgiven?
- John 8:1-11 Explore the theme of being attentive to our own mistakes before we judge others.

Activities and Questions:

- Choose one Catholic Social Teaching principle that can be linked to the virtues of being Attentive and Discerning in all we say and do.
- What are the Corporal Works of Mercy and how can you live these out during the of season of Lent?
- Explore the papacy of Pope Francis, focusing on his commitment to the poor and marginalised. How does he inspire people around the world to be attentive to the needs of others?

Live it

Linking **Attentive** and **Discerning** to the way we can choose to live our lives.



Activities and Challenges:

- In this Jubilee Year, our Archdiocesan family are focusing on prayer, social action and fundraising. Reflect on how you can individually, with your family and with your school live out these themes.
- One of the most important ways we can become attentive and discerning is being attentive to the message of the Gospel teachings of Jesus Christ. The saints aspired to be like Jesus in their words and actions. How can your words and actions demonstrate the examples they have set?
- Set yourself a challenge everyday during the season of Lent.
- Create a Lenten liturgy that focuses on being attentive and discerning.
- Take part in your Diocesan charities and social action campaign in your school during Lent to raise money for Father Hudson's Caritas.
- Take time at the end of each day to discern the actions and decisions you have made and how you can develop in your vocational response to God's calling.



Sunday Gospels to Explore Gospels linked to **Attentive** and **Discerning** highlighted

23 Feb Luke 6:27-38	Be merciful, even as your Father is merciful
2 Mar Luke 6: 39-45	Out of the abundance of the heart the mouth speaks.
9 Mar Luke 4:1-13	Jesus was led by the Spirit in the wilderness and tempted by the devil.
16 Mar Luke 9:28-36	As Jesus was praying, the appearance of his face was altered.
23 Mar Luke 13:1-9	Unless you repent; you will all likewise perish.
30 Mar Luke 15:1-3, 11-32	Your brother was dead and is alive.
6 Apr John 8:1-11	Let him who is without sin among you be the first to throw a stone at her.
13 Apr Luke 23:1-49	The Passion of our Lord Jesus Christ.



Sing it

Linking **Attentive** and **Discerning** to traditional and contemporary music.

Father I have sinned (The Prodigal Son): CJM
 Make Me a Channel of Your Peace: Sebastian Temple
 Whatsoever you do to the least of my people: Willard F Jabusch
 Christ be our Light: Bernadette Farrell
 My hands are Yours: One Life Music
 When I needed a Neighbour: Sydney Carter
 This is my body: Jimmy Owens

Picture It

Linking **Attentive** and **Discerning** to artwork.



The Return of the Prodigal Son: Rembrandt

- Read the Bible passage Luke 15:1-3, 11-32
- Does the picture accurately represent the text?
- What does this make you wonder about the Bible story?
- What questions do you have for each character within the picture?
- How does this picture link to the forgiveness of God?