

# Introduction for teachers

## Learning Objectives

- Using scripture as a spiritual resource to strengthen faith
- Use Ignatian (imaginative) scripture reflection to reflect on a Gospel story
- Apply scripture to one's own life

## Instructions

- Edit or adapt as needed for your class and students
- Can be used as one reflection or divided into two sessions
- Check the notes section for additional guidance, resources, etc.



# Jesus Calms the Teens

Students engage scripture during Covid  
crisis

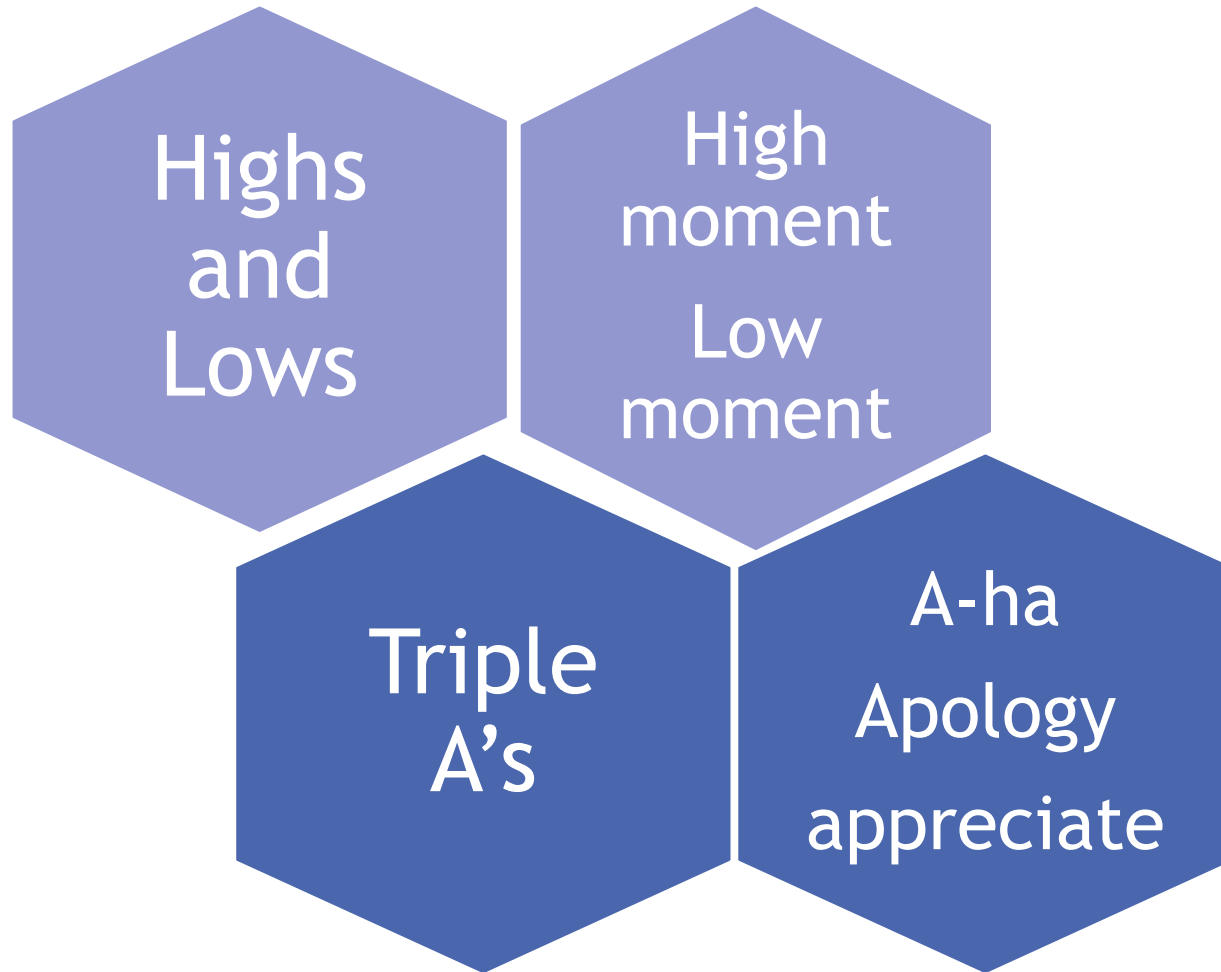
# Opening Prayer

Dear Lord,

We call upon your name in this most difficult time--a time of turmoil and unknowns. While we might feel as though we are sinking among the waves of fear and anxiety that come with this current situation, we trust in Your strength and in Your peace. You are the safe harbor in the storm. Your love anchors our souls to Your most Sacred heart. Give us the courage to trust in You and to persevere even when the future is unknown. Help us to be people of faith, not of doubt and to be people of fortitude, not of fear.

Amen.

# Icebreakers







A dramatic painting depicting a stormy sea. In the foreground, a small boat with several figures is struggling against the waves. The middle ground shows a dark, rocky coastline with a city built on a cliffside. The background features a bright, hazy sky with a sun or moon breaking through the clouds, casting a golden glow over the scene. The overall mood is one of intense drama and divine intervention.

# Jesus calms the storm

# Imaginative prayer with scripture

- Imagine yourself in the boat on the sea with the disciples—you can be yourself or as one of the characters
- What does it look like? Where are you in the scene? What do you hear? How does it smell? Can you feel the wind on the sea?
- After Jesus calms the storm, he approaches you.
  - What does he say to you? How do you reply?
- What is it like to just be in the presence of Jesus?
- Write in your journal or chat:
  - What's one word/image that strikes you?







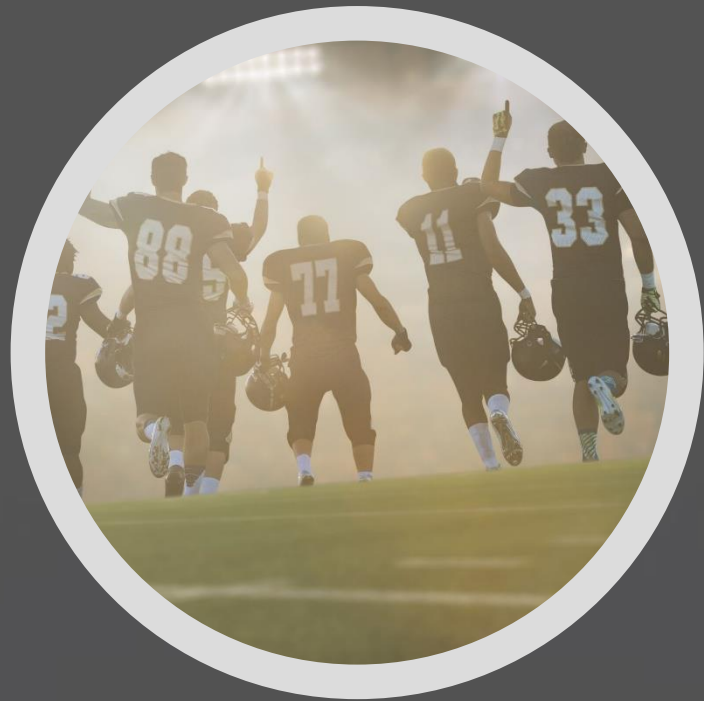
# Finish the race

2 Timothy 4: 6-8



## 2 Timothy 4:6-8

6 As for me, I am already being poured out as a libation, and the time of my departure has come. 7 I have fought the good fight, I have finished the race, I have kept the faith. 8 From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on that day, and not only to me but also to all who have longed for his appearing.



I have fought the good fight, I have finished the race, I have kept the faith.





From now on there is reserved for  
me the crown of righteousness

Consider a time you've had to be persistent in the past.

How did you do it?

What can you do now to “finish the race”?

**Reflect**

What stuck out to you  
from these two passages?

Wrap-Up



Dear brothers and sisters, I invite you to entrust each other to the Lord.  
May God's blessing come down upon us as a consoling embrace.  
Lord, may you bless the world, give health to our bodies and comfort our hearts. You ask us not to be afraid. Yet our faith is weak, and we are fearful. But you, Lord, will not leave us at the mercy of the storm.  
Tell us again: 'Do not be afraid'.  
And we, together with Peter, 'cast all our anxieties onto you, for you care about us'."

~Pope Francis, *Urbi et orbi* blessing, March 2020

**CLOSING PRAYER**