

■ Spiritual

Learning intention To celebrate the joy of growing physically and spiritually.

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Introduction and content

Pope Francis teaches that God sees with his heart, not his eyes, and we are called to do the same. "God's love is the same for each and every person. No matter what your religion, it's the same love."

We are all special people made in the image and likeness of God. Our body is a temple of the Holy Spirit and is God's gift to us. We should respect our bodies, character, personality and giftedness.

1 Questions to consider

- 1) What does it mean to grow holistically, e.g. physically, socially, emotionally, intellectually and spiritually?
- 2) Are there ways and means we can ensure each aspect happens healthily?
- 3) What difficulties might you face as your body changes and grows?
- 4) God's love surrounds you always and His Holy Spirit guides and protects you. How will this help you to be respectful of your own body and help you to be courageous in the face of changes?

2 Possible activities

The following are different aspects of human love; think of reasons why/if each of these is important in our lives:

Parental love – The family, is a 'community of love' in which the child experiences unconditional love from his/her parents. Gandhi believed that every home is a university and parents are its teachers. Families are the building blocks of society and where faith and wisdom are passed on. Catholic Christians recognise that most families consist of mother, father and children. We should respect that all families may not all be made up like this but that they are centred on love.

Romantic love – This is a term often used to describe attraction to another person that is not in itself necessarily sexual. Romantic love sometimes takes the form of infatuation, particularly among adolescents who may project romantic longings onto a hero or a well-known 'celebrity'.

