

LIFE Meeting

Respect

November 16, 2016

1. Opening Prayer

Jesse

2. Large Group: Skit

3. Transition to Small Group

Morgan

4. Small Group: Respect Self

5. Large Group: Witness Talk

- Learning to respect myself for me allowed me to show more respect to others

6. Transition to Small Group

Viveca

7. Small Group: Mirror

8. Closing Prayer

Morgan

- Next Meeting: December 7th
- Planning Meeting November 23rd NO SCHOOL!!!
 - Food: Morgan, Jesse, Kinley, Sophia

Opening Prayer

Let's take a minute to quiet our minds and hearts and join hands so that our strengths are covering up each other's weaknesses.

Be Kind to Yourself by Andrew Peterson

<https://www.youtube.com/watch?v=sYiM-sOC6nE>

You've got all that emotion that's heaving
like an ocean
And you're drowning in a deep, dark well
I can hear it in your voice that if you only
had a choice
You would rather be anyone else

Gotta learn to love, learn to love
Learn to love your enemies
Gotta learn to love, learn to love
Learn to love your enemies too

I love you just the way that you are
I love the way He made your precious heart

Be kind to yourself
Be kind to yourself

I know it's hard to hear it when that anger in
your spirit
Is pointed like an arrow at your chest
When the voices in your mind are anything
but kind
And you can't believe your Father knows
best

I love you just the way that you are
I love the way He's shaping your heart
Be kind to yourself
Be kind to yourself

Well how does it end when the war that
you're in
Is just you against you against you
Gotta learn to love, learn to love
Learn to love your enemies too

You can't expect to be perfect
It's a fight you've gotta forfeit
You belong to me whatever you do
So lay down your weapon, darling
Take a deep breath and believe that I love
you

Be kind to yourself
Be kind to yourself
Be kind to yourself

Reflection:

God made each and every one of us in our own unique and special way. Yet sometimes it's hard to see ourselves as a perfect image made by God. We forget that this is how He made us and that we should love who we are. There are times where we just don't respect ourselves in the way we should. We don't love who we are. We bring ourselves down constantly by complaining about how we look, what we have to wear, and just who we are as a person. We see other people that we think are better than us and we wish we could be them. If we just changed one thing about ourselves, then maybe, just maybe we would feel better. All the time we disrespect ourselves. What we don't often realize is that when we are unkind to ourselves that it is reflected and taken out onto other people. We can't expect to be kind and compassionate towards others if we can't even respect our own selves. God is always trying to reach out to us to remind us that we do need to be kind to ourselves. We need to be able to love and respect who we are. Because this is how God made us and He loves us just the way we are. We're not ever going to perfect beings, but we can try. And the sooner we love who we are, the happier and fuller our lives will be. As your people let us joyfully proclaim, may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary, Amen.

Respect Skit

Respectful People

- Becca
- Casslyn
- Kinley
- Jesse
- Sophia
- Viveca

Disrespectful People

- Grant
- Meg
- Morgan
- Nathan
- Anna
- Molly

Scene 1

*Grant and Becca wake up and look in the mirror.

They are both having a bad hair day and Grant says that he hates himself and also begins to comment on how he doesn't like the color of his hair or the way his face looks in the morning. He is very negative and Becca is positive and doesn't care that her hair is bad and makes the most of her day.*

molly and jesse walk in and act like they are making breakfast for children

grant gets in fight with mom (Molly)

fight/bicker

*he blames her for giving him "ugly" hair and a face that he doesn't like

Grant walks out angrily and doesn't say bye to mom

Becca and dad (Jesse) are happy as larks

Becca: wow thx dad you're the best for making me this!! Love you!!

Becca: Dad thanks for giving me your good looks, but you sure did bless me with some crazy hair!

Becca thanks dad and gives him a hug before leaving

Everyone walks off - transition into scene 2

grant gets in his car and starts driving when Nathan cuts him off in his car

they roll down the windows and yell at each other and what not

They arrive in Gross' parking lot and are still fighting

*Grant walks in still upset about his hair

becca gets in car all happy and then sees kinley in her car

they wave and smile and say good morning and walk into school together

Becca tells kinley about her bad hair day but laughs about it

Everyone walks off- transition into scene 3

*Grant--there is oh so perfect Meg. Just because she got a good scholarship. I will never get a scholarship because I am not as smart as she is

meg is walking down the hallways and drops her books and grant walks by and kicks them and they start yelling and fighting

grant takes books and throws them and walks away

viv is walking down the hallway and drops her books and becca is kind and loving and helps pick them up and the 2 walk to class together

Everyone walks off- transition into scene 4

anna is trying to talk at the assembly and grant is clapping after everything she says

no one laughs at grant and he gets upset because he thinks that people don't believe him to be funny

casslyn gives a super happy speech and becca kindly waits to clap at the end of it

Everyone walks off- transition into scene 5

grant answers question but gets it wrong and Morgan is sitting in the back of the class telling grant that's he's dumb and Grant says that he can't do anything right and doesn't respect himself

becca answers question and it's wrong but soph is super sweet and tells becca how smart she is and keeps it positive and Becca knows she is still smart even though she got a question wrong

Everyone walks back in for scene 6

disrespectful people talking and making a ruckus

respectful people being nice and listening to Kim and taking notes

Kim: seriously guys show some respect!!! You are all here for a reason so please show me you deserve to be here!! The sooner we can get things done the sooner you can go home

Grant: okay guys let's show some respect here

go back to all listening and being v respectful

Final scene

*Grant and Becca go home and are brushing their teeth before bed and Becca says what a good day it was and that tomorrow will be great too

because she loves herself and Grant says it was a bad day but he realized he needs to have more respect for himself and tomorrow will be a better day*

Reflection:

It doesn't make sense to call ourselves ugly because we don't really see ourselves. We don't watch ourselves sleeping in bed, curled up and silent with our chest rising and falling with our own rhythm. We don't see ourselves reading a book, our eyes fluttering and glowing. We don't see ourselves looking at someone with love and care inside our hearts. There's no mirror in our way when we're laughing and smiling and happiness is leaking out of us. We would know exactly how bright and beautiful we are if we saw ourselves in the moments where we are truly ourselves. But never confuse self-love with ego, the two are entirely different. A big ego requires a person to think they are better than others and will put them down in order to keep that perception. Self-love means you are your own best friend and that you love, accept, consider, encourage, care for, and believe in yourself.

First Small Group

Stop what you are doing, hold hands interlocking fingers so that our strengths cover up our weaknesses.

Genesis 1:26

Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals,^a and over all the creatures that move along the ground." So God created mankind in his own image, in the image of God he created them; male and female he created them.

Reflection:

It is important to remember that we are the image of God. We were created out of pure love and are called to embody that love. God, we call upon you to open our minds and hearts to your love tonight and always. Amen.

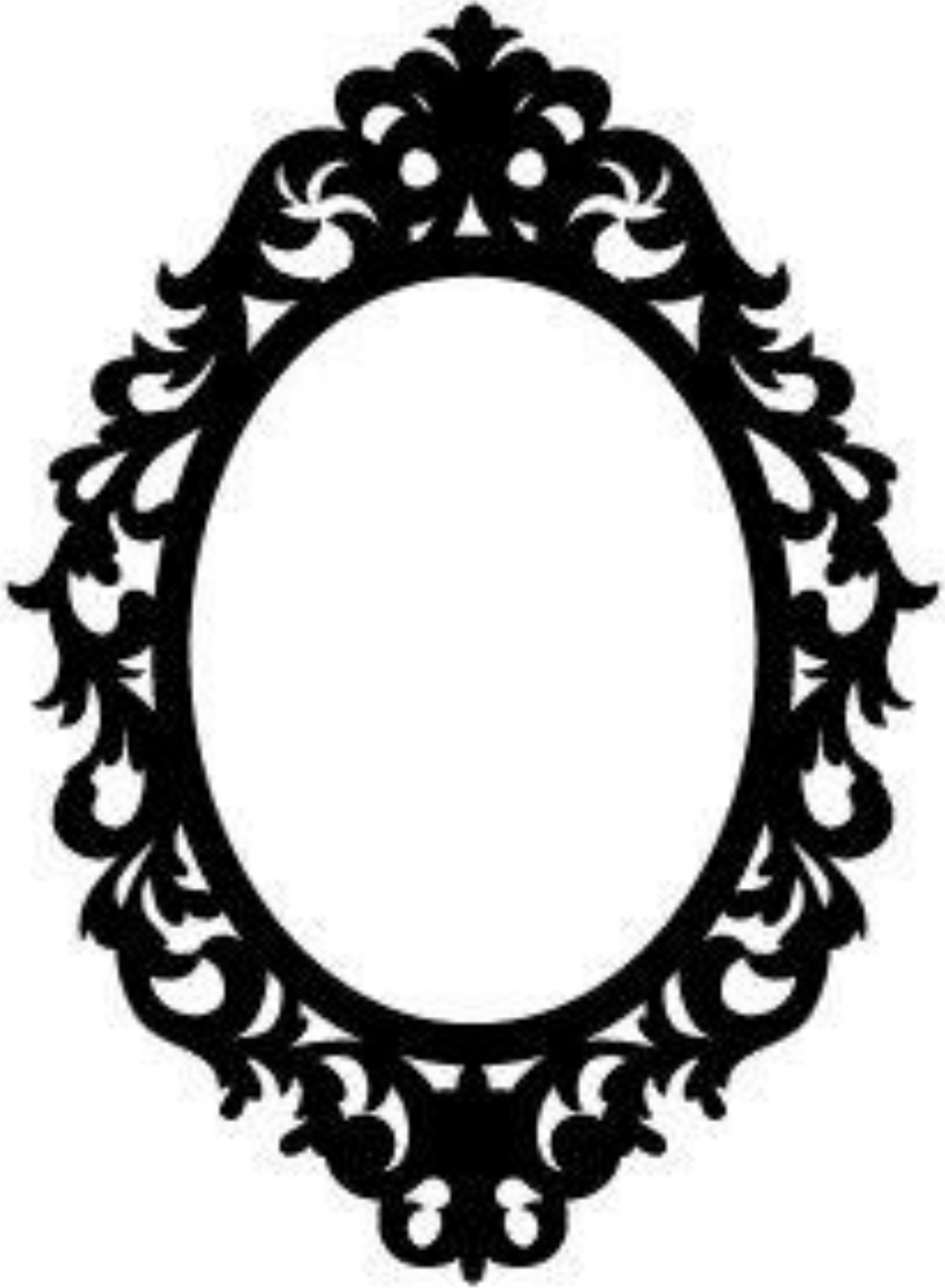
Opening Activity

Give everyone a sheet with a mirror on it.

On the back, make a list of things or situations where you did not respect yourself. It could be anything from lowering yourself to someone else's level or mentally attacking yourself because you don't think you're "pretty". Be totally honest with yourself in making this list. Don't ask "does this count as disrespect" there are no wrong answers.

Questions:

1. What is a good definition of self-respect? What things do you do that mean you respect yourself?
2. Why is self-respect so important?
3. Where do you see people being most disrespectful to themselves?
4. We are created in the image of God, what are things about you that you believe come from God? What are ways you can live up to the title "Child of God"?
5. Do you see structures in society that lend themselves to helping or hurting self-respect? If so, explain.
6. Go around the circle and have people share one of the items from their list of disrespect.
 - a. Where does that stem from? What began that disrespect?
 - b. Can you see why you do that to yourself?
 - c. How can you change that?
 - d. What is a positive way you can take this and turn it around? What can you do to come away from this with a reinvigorated self-respect?
 - e. (Have other people comment if they have the same struggle, know someone who does or perhaps have insight on how the person can combat this).
7. Based on the things that people have shared. As group come up with ways or things that people can do or say that would counteract one of the ways that they disrespect themselves. As the group comes up with ways that people can respect themselves, everyone should add it to their mirror.



Large Group

Witness Talk ~ Julie McNamara

Transition to Small Group

It is easy to get caught up in what other people think about you. To go with what others are doing. We want to be accepted. Even when some of us "I don't care what other people think", a small part of us still does. But we must remember that our opinions of ourselves are the most important and the most relevant to our lives. The mob mentality is hard to resist, we don't mean to stray from our morals or who we want to be but sometimes it happens without us even realizing it. Every person believes himself to be the hero of their life, but sometimes they are the villain in someone else's. We must actively strive to do better and be better. We want to fit in and belong so much that we are sometimes willing to sacrifice our humanity to do so. We must realize that our love is the most important thing we can offer to the world. If we respect others and ourselves, and encourage others to value respect just as much as we do we can change the world. #theGoldenRule.

Small Group 2(Respecting others):

Spontaneous prayer

Questions:

1. What did you think of the witness talk? Do you relate in any way?
2. Have you ever realized that you aren't respecting others or vice versa?
3. What does it feel like to be respected? Disrespected?
4. Do you think that disrespect has become a social norm?
5. What names are disrespectful that we use everyday?
6. What are the small ways that you can hurt people without realizing it?
7. What role does respect play in our relationships with others?
8. Do you think a person has to earn respect or do all people automatically deserve it?

9. How can we stand up for people that are disrespected?
10. If someone disrespect you, you don't have to treat them with respect. Do you agree or disagree?

Large Group

Any closing thoughts about anything said in the meeting

Closing Prayer

Beautiful By: Christina Aguilera

<https://www.youtube.com/watch?v=aoYEQgG4-JY>

Let's take a minute to quiet our minds and hearts and join hands so that our strengths are covering up each other's weaknesses.

Every day is so wonderful
Then suddenly it's hard to breathe.
Now and then I get insecure
From all the pain, I'm so ashamed.

I am beautiful no matter what they say.
Words can't bring me down.
I am beautiful in every single way.
Yes, words can't bring me down... Oh
no.
So don't you bring me down today.

To all your friends you're delirious,
So consumed in all your doom.
Trying hard to fill the emptiness.
The pieces gone, left the puzzle undone.
is that the way it is?

You are beautiful no matter what they
say

Words can't bring you down....oh no
You are beautiful in every single way
Yes, words can't bring you down, oh, no
So don't you bring me down today...

No matter what we do
(no matter what we do)
No matter what we say
(no matter what we say)
We're the song inside the tune
Full of beautiful mistakes

And everywhere we go
(and everywhere we go)
The sun will always shine
(the sun will always, always shine)
And tomorrow we might wake on the
other side

We are beautiful no matter what they
say

Yes, words won't bring us down, no, no

We are beautiful in every single way

Yes, words can't bring us down, oh, no

So don't you bring me down today

Oh, yeah, don't you bring me down
today, yeah, ooh

Don't you bring me down ooh... today

As the song says you are beautiful and deserve to be respected. Along with deserving to be respected, you should respect others. The golden rule says "treat others as you want to be treated." Help us to know that we have much to learn from other people who are just like us in different ways. Inspire us to respect others fully as our equals, seeing and loving them for everything you made them to be. As your people let us joyfully proclaim, May the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.