

Lesson Plan 4 :

"Temptations of life"

Objective:

- Students will be able to identify common temptations faced by people in today's world.
- Students will be able to explain how these temptations can lead us away from a Christ-centered life.
- Students will be able to explore strategies from the Catechism and scripture to overcome temptations.

Starter (10 mins):

- Begin by asking students to share some challenges young people face today.
- Briefly introduce the concept of temptation and how it can lead us away from God's will.

Icebreaker:

Activity 1: Glittering Roadblocks (15 minutes):

- Brainstorm together and list common temptations on the board (e.g., money, possessions, power, popularity).
- Ask students to choose two temptations that resonate most with them and write them down.

Activity 2: Scripture and the Catechism (20 minutes):

- Divide the class into pairs.
- Provide each pair with a Bible passage about a character who faced temptation (e.g., Jesus in the desert - Matthew 4:1-11) and a relevant excerpt from the Catechism (on, for example, overcoming greed - CCC 2534).
- Ask students to discuss:
 - How the character was tempted.
 - Why these temptations can be so powerful.
 - What the passage or Catechism excerpt teaches us about overcoming temptation.

Teaching Strategy (15 mins):

➤ **Greed for Money**

- Discuss the importance of money in life and also the major difference between need for money and greed for money
- Mention how in the society rich exploits the poor, strong overrules the weaker section of society

➤ **Vainglory (False pride)**

- Begin with a prayer, inviting the Holy Spirit to guide the discussion.
- Start with a simple definition of vainglory: the excessive desire for recognition and praise, often leading to inflated pride and a focus on outward appearances.
- Explain the relevance of discussing vainglory within the context of Catholic teachings on humility and authenticity.
- Explore relevant passages from the Bible that address the theme of humility and warn against vainglory

➤ **Consumerism (Consumerist Craze)**

- Provide a brief historical overview of consumerism, tracing its roots back to the Industrial Revolution and the rise of mass production.
- Discuss how advertising, media, and cultural influences contribute to consumerist behavior.
- Explore the psychological and sociological factors that drive consumerism, such as status-seeking, peer pressure, and the desire for instant gratification.
- Introduce Catholic social teachings related to consumerism, such as the principles of stewardship, solidarity, and the preferential option for the poor.
- Discuss how consumerism aligns (or conflicts) with these teachings, emphasizing the importance of responsible stewardship and ethical consumption.
- Encourage students to reflect on how their own consumption habits align with Catholic values and how they can make more conscious choices as consumers.

➤ **Desire for Power**

- Discuss the potential consequences of pursuing power without regard for ethical or moral principles.
- Draw parallels between biblical stories, historical events, and contemporary examples to illustrate the allure and dangers of power-seeking behavior.
- Read and reflect upon biblical passages that address the temptation of desiring power, such as the temptation of Jesus in the wilderness (Matthew 4:1-11) and Jesus' teachings on humility and service (Matthew 20:20-28).

- Facilitate a discussion on how these passages offer insights into the proper use of power and the importance of humility and servanthood.
 - Encourage students to identify virtues that counteract the temptation of desiring power, such as humility, compassion, and selflessness.
- **Prodigality**
- Define prodigality as excessive spending, wastefulness, or extravagance, and explain how it contrasts with the Christian virtue of stewardship.
 - Share examples of prodigality from everyday life and media to help students understand the concept.
 - Introduce relevant biblical passages that address themes of stewardship, responsibility, and the dangers of prodigality.
- **Craze for Luxuries**
- Engage students in a reflection on the impact of materialism on individuals, families, and communities.
 - Discuss how the desire for luxuries can lead to greed, envy, and discontentment.
 - Encourage students to share personal experiences or observations of how materialism has affected their lives or the lives of others.
 - Share examples of saints or contemporary role models who lived lives of simplicity and detachment from worldly goods.
 - Encourage students to set personal goals for simplifying their lives and prioritizing spiritual values over material possessions.
- **Pleasure Seeking**
- Introduce the topic of pleasure seeking as a common temptation faced by individuals.
 - Explore how pleasure seeking can manifest in various aspects of life, such as relationships, entertainment, and material possessions.
 - Discuss practical strategies for cultivating these virtues in daily life, such as setting boundaries, practicing self-discipline, and seeking spiritual guidance through prayer and sacraments.
 - Share stories of saints or other exemplary figures who demonstrated virtue in the face of temptation.
- **Unhealthy Competitions**
- Discuss common examples of unhealthy competitions in various aspects of life, such as academics, sports, relationships, and social media.
 - Introduce key Catholic virtues that can help students resist temptations related to unhealthy competitions, such as humility, kindness, and gratitude.

➤ **Hero Worship**

- Begin with a discussion on the concept of hero worship. Define what it means to idolize or excessively admire someone, often to the point of overlooking their flaws or shortcomings.
- Explain the relevance of this topic within the context of Catholic teachings on idolatry and the worship of God alone.
- Discuss how society often glorifies individuals without considering their moral character or the impact of their actions.
- Encourage students to reflect on their own experiences or observations of hero worship in their lives or communities

Practical Implication

- **Personal Reflection:** Students to engage in personal reflection about their own experiences with temptation and contemplate strategies for resisting temptation by avoiding situations where they are likely to be tempted, seeking guidance from trusted mentors or spiritual advisors, and cultivating virtues that strengthen them against specific temptations
- **Spiritual Growth:** students, may seek out spiritual practices that strengthen them against temptation, such as regular prayer, reading scripture, and participation in the sacraments, like confession and Eucharist.

Activity:

- Ask students to write a short essay on :“Temptations faced by catholic youth in the city of Mumbai and role played by church in helping youth to overcome it”

Bible Verse: read and learn

- **Philippians 2:3-4**