

UNIT 5:

Tent Roof.

A Suitable Helper. MORALITY



12th Grade

In order to search for the truth I have to be critical.

The world doesn't offer me happiness.

The truth is written in my heart.

Morality is a walking stick along my path.

Life, a GIFT.

5. Can I Lose My Dignity? My Life?

“I came so that they might have life and have it more abundantly”

Jn 10:10.



Recognizing the value of dignity as something inherent in the person, given to us by God, as sons of God. Helping the youth recognize that they are valuable and worthy of this good, choosing Him who makes them truly dignified, true persons.

ACTIVITIES 1- 2: Begin the session by showing the youth an image of DIGNITY. The image shows a woman carrying a box on her shoulders. The box is filled with gold and precious stones. The woman is carrying, therefore, the weight of something valuable.

This intends to show human dignity as something precious that we must know how to carry and care for.



Invite the youth to draw another image that represents dignity in our century.

The word “dignity” comes from the Latin *dignitas*.

Dignity is the characteristic of worthiness and it indicates that someone is deserving of something. Dignity is quality.

The quality “dignified” derives from the Latin 'digno' and can be translated as *valuable*. It is a value inherent to human beings.

ACTIVITIES 3-4-5: Then, present Pedro Pablo Sacristán's story entitled, "*The Unworthy King*". This story is about an intelligent and powerful king who is an expert at chess and challenges his people to a match in order to see if anyone is capable of being dignified enough to win. Otherwise they will be decapitated. No one is able to equal him in dignity. After a few years, a beggar goes before the king, saying that he forgave him for what he was about to do (killing him, since he would lose the game). He then challenged the king: "Would you be capable of doing it?" The beggar thus showed his true dignity, since he won the game without even playing chess. The beggar rebuked the king, showing him that it is not people, but their actions, that are unworthy.

Using this story, enter into a dialogue with the youth.

Conclude with a personal reflection about:

- Whether they recognize human dignity in themselves and in others. If I have value, then so does the person in front of me.
- Whether they are aware that their acts can distance them from their true PERSONAL being; what type of actions can distance themselves from their own dignity; and whether, through their actions, they can even step on the dignity of others.



The concept of dignity is not well understood by today's society. Just like we saw with the king in the story, dignity is not being the best at something, or being very rich, having a lot of power, etc. Dignity has to do with love. This is the most prized treasure of human beings.

My dignity is "being worthy of..." My dignity is rooted in my creation. This means that Someone has conferred this dignity on me.

My DIGNITY is being a child of God. Created in the image and likeness of God. And this dignity is innate, inherent in my person.

My reason and freedom are also inherent, and they put my actions, which can either build me up or destroy me, into play.

I can have two attitudes in front of my DIGNITY:

- Recognize that I am DIGNIFIED and VALUABLE because of who I am, setting my gaze on the One who has given me this DIGNITY.**
- Choose those DIGNIFIED and valuable acts that correspond to my true DIGNITY, bringing my reason, my will and my freedom into play, and recognizing my need to cleave to Him who makes me truly DIGNIFIED.**

ACTIVITY 6: Next, show them a music video of Lifehouse's song "Everything". It shows the main character in two different states: first, in harmony with the Creator, and then in a second moment of despair and bitterness. The passage from one step to the other is clearly caused by the poor use of freedom when this character allows herself to be seduced by other "lights", other "ways" that initially seem to offer pleasure, but end up destroying people.

The image of God is a constant presence in the life of this character. Always by her side, watching out for her. But she is the one who turns her back on Him. Only when the creature opens up the door of her heart just a crack, the love of God enters her life with strength and rebuilds it anew in harmony.

God is always waiting to embrace us. All we need to do is desire this.

Here are the lyrics to the song:

Find me here, speak to me
I want to feel You, I need to hear You
You are the light that's leading me
To the place where I find peace again.

You are the strength that keeps me walking
You are the hope that keeps me trusting
You are the light to my soul
You are my purpose, You're everything.

How can I stand here with You and not be moved by You?
Would You tell me, how could it be any better than this?

You calm the storms, and You give me rest,
You hold me in Your hands, You won't let me fall,
You steal my heart, and You take my breath away.
Would You take me in, take me deeper now.
How can I stand here with You and not be moved by You?

Would You tell me, how could it be any better than this?
And how can I stand here with You and not be moved by You?
Would You tell me, how could it be any better than this?
'Cause You're all I want, You're all I need
You're everything, everything.

Invite them to express what caught their attention the most, and to answer the following questions:

1. What most caught your attention about how this song was acted out?
2. Where can you observe donation and generosity in the face of seduction?
3. What elements of seduction are used?
4. What effects appear in the main character? Where does she find peace and happiness, and where does she experience despair?
5. Is the main character alone? Is someone watching over her?
6. At what point is she embraced?
7. After watching this video, do you think that it is possible for people to lose their dignity?
Is it possible to lose your life even though you are still alive?

Then, ask them to think of concrete examples of things that distance us from human dignity:

- When I use my body wrongly.
- When I don't appreciate the value of life.
- When I don't respect other people.
- When I don't respect myself.

ACTIVITY 8: To conclude the session, show the youth the testimonial of Laura, an alcoholic girl, which shows how drugs and alcohol destroy people, brutally crushing their human dignity.

The following sentences can be taken from the text and proposed as conversation topics:

"...up until then I was a happy girl..."

Where is our happiness rooted? In our wellbeing, pleasure, in instant gratification? Or in truly responding to our dignity as persons?

"...I started to do drugs for stupid reasons, to make me look important..."

Are we aware of the magnitude of our actions? Do we know that our actions have consequences?

"...if I wasn't drinking, I couldn't live..."

"...the next day you feel bad about yourself..."

Does this emptiness and solitude that we sometimes feel speak to us about our dignity?

"...I didn't know about the risks of alcohol..."

How many things do we accept without understanding them? Do we always put our trust in the right people?

"...alcohol ruins your life..."

Do addictions destroy you? What other things can ruin your life?

"...I was losing everything..."

What do we lose out on when we don't act according to our dignity?

"...I don't have self-confidence..."

Are insecurity, low self-esteem and fear the consequences of distancing ourselves from our dignity? What other consequences do we experience?

Ask them to think about things or situations that initially seem to offer wellbeing and pleasure, but can ultimately enslave them.

It is important for the teacher to encourage the youth to always look for what will make them truly happy and to stay faithful to what they believe in, not allowing themselves to be led by the pressures around them, but always seeking personal harmony in true Love.

To lose my dignity is to cease to be what I am, a PERSON.

To lose my dignity is to fail to respond to the wonderful Value that I have as a child of God, loved by God.

If I am not attentive and I don't open my eyes to the call of the One who gives me true DIGNITY, it is very easy to fall into what the world offers me in such an attractive way. It tangles me up in its web and it's very difficult to get out.

But there is always a good news, ALWAYS! Just like the image of *Everything*, there is Someone who is always watching over me, always waiting for me with open arms, and always desiring to love me. And to give me life in abundance.

I am who I choose. I am the one who searches, who is called to respond. Who do I want to embrace?

TIMING AND MATERIALS

This lesson is designed for students in the 12th grade.

It can be imparted in two sessions, according to student participation in the conversations and dialogues.

ACTIVITY	TIME (minutes)	MATERIALS
Activities 1- 2: Individual work.	5/10	Worksheet and image of dignity.
Activ. 3-4- 5: Personal reflection.	10/20	P. P. Sacristán's story and worksheet.
Activ. 6: Personal reflection and discussion.	20/30	Overhead projector. Worksheet.
Activ. 7: Individual work.	10/20	Image of the ad: You, too, shall fall!
Activ. 8: Reading and group reflection.	10/20	Pencil and paper. Worksheet.
Conclusions.	5	