



Growing
FAITH
moments

My body - God's gift

INTRODUCTION

At the heart of equipping people for their lifelong faith formation are the Four Key Faith Practices: **Caring Conversations, Devotions, Service, and Rituals and Traditions**. As you share how your body is changing, be thankful for the incredible things your body can do. Let this My body, God's gift **Growing Faith Moment** be a time to get excited about what the future holds for you.

This moment can take place around the family table.

Caring Conversations

The parent/guardian can tell a story about when they were young and going through body changes.

Invite the young person to share their answers to one or a number of the following questions.

- What is something you are looking forward to doing when you grow up?
- Do you have a favourite memory from when you were little?

Devotions

Although the man and his wife were both naked, they were not ashamed. The woman stared at the fruit. It looked beautiful and tasty. She wanted the wisdom that it would give her, and she ate some of the fruit. Her husband was there with her, so she gave some to him, and he ate it too. Right away they saw what they had done, and they realized they were naked. Then they sewed fig leaves together to make something to cover themselves.

Genesis 2: 25, 3: 6-7

This story can be compared to what it is like to grow up. When we were young we were not embarrassed to be naked. As we grow up and our bodies change we become more self-conscience.

Talk about things that are challenging at this stage of life. Ask the youth if they are nervous about the changes to their body.

Talk about the new experiences they will get to have as they get older. What are they looking forward to?

Service



Perhaps purchase a book on adolescent changes for your son or daughter that has good solid information about body changes.

Take a shopping trip to buy feminine hygiene products with your daughter or shaving supplies with your son.

Share a fun morning or afternoon tea or lunch with them after the shopping.

Rituals and Traditions



Gather the people present around the young person. Invite them to place their hands on the young person's head or shoulders for the following prayer and blessing.

Pray:

Dear God, give (name) courage, strength, peace and joy as he/she continues growing into the wonderful young (man/woman) you have designed him/her to be. Amen.

Bless

May God bless you as you continue on your life's journey. Amen.

Gifts:

A journal or diary.