

Mini Lesson #5 – Happiness

Hello Sunshine!!! Finally some warmer weather to help bring some happiness and positivity to our day! This lesson is going to be a little different than previous ones. Some questions are going to challenge you, make you think about yourself and make you think about how others see you. Sometimes we don't realize the persona that we are "putting off" until we stop to think about it. Sometimes literally looking in the mirror makes a difference, are you actually seeing YOU, or are you seeing what you WANT to see.

Questions to ask yourself:

1. Am I content with "me"?
2. Do I post pictures and selfies constantly making people think that I'm ok and happy? Deep down are you?
3. When you do leave the house (or when you used to, haha) do you feel that you have to be dressed a certain way, hair done a certain way?
4. Do you constantly compare yourself to others? You may not even realize you do it. When you first enter school, classroom, church, youth group, what are your first thoughts?
5. When you look at someone what is the first thing you look at? Is it the one thing you don't like about yourself? For example, if you hate your hair, is that the first thing you look at on others?

Ok, if you started reading this lesson and were happy, all these questions were not meant to make you feel bad about yourself. ☺These questions were meant to make you be honest with yourself! If you're not comfortable in your own skin, if you're unhappy for some reason, you owe it to yourself to find the root of the problem. You owe it to God who gave you this amazing life, to live it happily and to the fullest. It's VERY human like to fall into the spiral of hating yourself and the way you look because society is CONSTANTLY telling you "what's pretty, what's cool, what's hot, what's ugly.

When you stop thinking about EVERYONE ELSE, and think about the only thing that truly matters, how God see's you, it should put everything else in perspective. This pandemic with the virus we are going through should in some way help us realize what's important and how we view ourselves...

~Everyone needs toilet paper, whether you're thin, fat, old, young, ugly, pretty.

~We're all in this together, we're all experiencing the same things! Before this pandemic you may have thought your problems and daily life were only something you have to go through and experience. You're not alone!

Take a second to check out this 3 minute video <https://youtu.be/6lkZmR1hDNU> it focuses on women but EVERYONE needs to watch and hear the message.

Task a Family:

With the nice weather today and tomorrow being even warmer as a family you have a task to GET OUTSIDE. With the overall theme of happiness with this lesson, I want each person in the family to find something outside that is beautiful and unique. It maybe a flower they never realized before that blooms in your yard. A bird building a nest, check out how creative the nest is. They include twigs, dog hair, leaves, anything they can find to make a home.

Whatever you chose think about these things:

1. God spend so much time and energy to create it.
2. If God spent THAT MUCH energy and time creating that, imagine how much time he spent creating me.
3. As unique and beautiful as your choice might be, think of how unique and beautiful YOU are!
4. You may not feel unique, special, pretty, beautiful, or awesome everyday but take today to find something about yourself that you like.
5. As a family, say one thing nice about each other!

If you need another example of Gods unique creation, other than yourself, check out this guy!
<https://www.youtube.com/watch?v=1UmLjMe6brA>

Saint Catherine of Genoa- Saint of the Day for March 26

Saint Catherine of Genoa's story <https://www.franciscanmedia.org/saint-catherine-of-genoa/>

Going to confession one day was the turning point of Catherine's life.

When Catherine was born, many Italian nobles were supporting Renaissance artists and writers. The needs of the poor and the sick were often overshadowed by a hunger for luxury and self-indulgence. Catherine's parents were members of the nobility in Genoa. At 13, she attempted to become a nun but failed because of her age. At 16, she married Julian, a nobleman who turned out to be selfish and unfaithful. For a while she tried to numb her disappointment by a life of selfish pleasure.

One day in confession she had a new sense of her own sins and how much God loved her. She reformed her life and gave good example to Julian, who soon turned from his self-centered life of distraction. Julian's spending, however, had ruined them financially. He and Catherine decided to live in the Pammatone, a large hospital in Genoa, and to dedicate themselves to works of charity there. After Julian's death in 1497, Catherine took over management of the hospital.

She wrote about purgatory which, she said, begins on earth for souls open to God. Life with God in heaven is a continuation and perfection of the life with God begun on earth.

Exhausted by her life of self-sacrifice, Catherine died September 15, 1510, and was canonized in 1737.

Reflection

Regular confession and frequent Communion can help us see the direction—or drift—of our life with God. People who have a realistic sense of their own sinfulness and of the greatness of God are often the ones who are most ready to meet the needs of their neighbors. Saint Catherine began her hospital work with enthusiasm and was faithful to it through difficult times because she was inspired by the love of God, a love which was renewed in her by the Scriptures and the sacraments.