**MAKING JESUS REAL - SESSION 1    - INTRODUCTION AND WELCOME**

Making Jesus Real is all about seeing the good and God in myself and others every day. We live it and we are Jesus many times a day but we don’t recognise it or acknowledge it. MJR is about making sure we are ‘switched on’ all the time to be Jesus in everything we do so that is become our way of life.

Sometimes it is not that easy because we are caught up in our busy lives, getting things done and going places. We collapse in a heap at the end of the day and think of all that we have to do tomorrow and the next day. When we get tired we often tend to see all the things we haven’t completed and perhaps get a little negative about how life is treating us. In this hectic life we live, we often don’t see or think about the good that we do.

For our wellbeing we need to see Jesus’ goodness coming through the people that we meet every day and in God’s wondrous creation around us. We need to take a moment to appreciate God’s gifts to us, wonder at the sunsets, listen for the bird’s song, and stop to smell the roses. Forget the things you haven’t, could have, and should have done— focus on the positives.

Recognise that when you do the simple things like: smiling, greeting others, high fives, thumbs up, winking Wednesdays, saying thank you, visiting others, spending time with people, visiting the sick, Jesus is working through you. Even doing the laundry and preparing dinner, Jesus is working through you and we should quietly recognise that daily. At the dinner table make a habit of everyone sharing one positive thing that happened that day.

As a school community, we value this reflection and we finish the day with an Ignatian prayer called the Examen. It is about reflecting on our day, thanking God for the good things and thinking about what we could do better by praying for help from God. Attached is a little reflection that you might like to use as a family or for your own personal reflection. This is about looking for good and God in ourselves, others and creation daily. Start looking for those God moments

**REFLECTION**

Ask Jesus to help you change your habits by doing this little reflection.

Find 5 minutes to sit silently. Read and Think about these questions.

That is prayer.

Did I welcome someone by saying, “hello” or “good morning”?

Did I smile or acknowledge others today?

What made me smile today?

Did I include others?

Where was Jesus in my life today?

Did I tell someone how good a job they did today?

Did I look for the good in others today?

Was I a positive thinker during my day?

Today was I a winner and grinner or a moaner and groaner?

Today was I a giver or a taker?

Did I put someone else first today?

**Children’s Reflection:**

Whenever we go into a strange or new place and meet new people, we always feel at ease if they welcome us with a smile or a pleasant 'g'day'. The questions we could ask ourselves as we come to school each day and our classmates walk through the door -

Do I say 'hello' to people at school in the morning?

How many people did I speak to this morning?

Can I greet people outside my friendship group today?

**ACTION:**

At family dinner we will share one great thing that happened today.

I plan to make sure I look for the things that my children do and thank them often.

I am going to thank my co-workers more often.