

[1] Before We Start...

Sometimes we want to do something but we can't. Why?

[2] Definitions:

faithful

should have done more

get involved

pretend

ignore

possible courses of action

faced with

thinking up excuses

a little voice inside of your

act on it

a gut feeling

follow through

conscious

logically

confident

turn out

appropriate

is beyond us

[3] Watch the presentation**[4] Read the text**

FAITHFUL CHOICES

When you're in a situation where you must make a choice, what do you choose? Some people are afraid that they will do something and it might be too much. Some people do little and then later think that maybe they should have done more. Some people don't want to take risks or get involved and do nothing at all, pretending not to have noticed or simply ignoring the situation and possible courses of action.

From today, always choose the loving, warmhearted one. When you're faced with a situation where you can't decide how much to do, do more.

When you have the feeling, however small, to do something for someone, stop thinking up excuses for why you shouldn't or can't. Just take that step and do it or say it.

There is a special place inside of you that has all the answers and knows what is best. Put your attention onto this place in your thoughts. When you hear a little voice inside of you that says, "this is the right thing", then act on it! Sometimes you will feel "That's foolish--I can't!" But, if something feels true, there is a gut feeling about it, follow through with it. Make that faithful choice.

You have learned many things in your life. Every experience you've ever had is part of you, even if you're not conscious of it. When deep inside of you, you feel that there is something you should do, follow that guidance as it comes from wisdom.

Even if you can't logically explain why you did something, if you felt that it was the right thing, be confident that it was the right thing, even if things didn't turn out as you imagined. There are things in the world that you cannot understand, but believe that your action was most appropriate. Be faithful to yourself because on a level that is beyond us, you do know what's the best choice to make.

Think about: If your choices are faithful to who you are, then you will never regret the choices you made.

[5] Circle True or False:

- Some people do not take action because they don't want to seem too pushy. [*true / false*]
- Some people after not taking action, regret it. [*true / false*]
- Everyone can take that step and do or say what they believe is the right thing to do in a situation. [*true / false*].
- It's best to follow that little voice inside of you. [*true / false*]
- The older you get the more wisdom you should have. [*true / false*]
- Sometimes we don't understand why things are the way they are. We just have to trust. [*true / false*]

[6] Phrase match:

- | | |
|--------------------------------------|--------------|
| A. maybe they should have done | _____ true |
| B. possible courses of | _____ us |
| C. if something feels | _____ thing |
| D. if you felt that it was the right | _____ more |
| E. a level that is beyond | _____ action |

[7] Listen and fill in the blanks:

Even if you can't logically _____ you did something, if you felt that it was the _____, be _____ that it was the right thing, even if things didn't _____ as you imagined.

There are things in the world that you _____, but believe that your action was _____ appropriate. Be _____

_____ yourself because on a level that is _____, you do

know what's the best choice to make.

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Imagine that you are teaching a young child to follow his or her guidance that comes from the heart. How would you teach it?

2. Where do you think a "gut feeling" comes from? (Not an easy question!)

3. Think of common situations you encounter. Complete the chart below about warm-hearted choices and the no-action excuse.

Situation	Warm-Hearted Choice	No-Action Excuse
Give someone a seat on a train	Stand up with a loving smile and ...	Pretend to fall asleep...

STUDENT NAMES & CLASS NUMBERS: