

## LESSON 3 HANDOUTS

Name \_\_\_\_\_ Date \_\_\_\_\_



**Daily Bible journaling reflection**



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Citation: \_\_\_\_\_  
 Word or phrase that stood out to me: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Lord, I hear You saying: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Lord, hear me saying: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

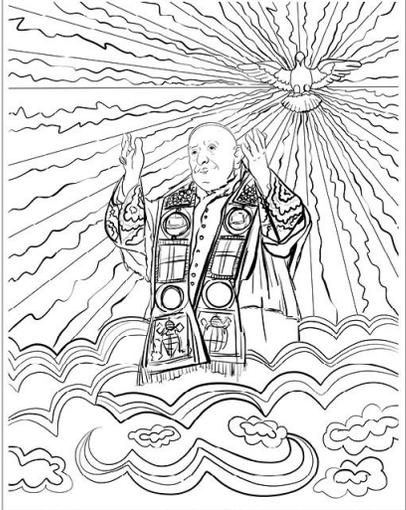
I am thankful for: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Prayer requests: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_




STUDENT HANDOUT 3A

— ST. POPE JOHN XXIII —



\*Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what is still possible for you to do." —St. Pope John XXIII




STUDENT HANDOUT 3B

Strategy – Bible Journaling Reflection (3A)

Saint – Coloring Page (3B)

Name \_\_\_\_\_ Date \_\_\_\_\_

— MODERATION—JUST ENOUGH —

**THE VIRTUE OF MODERATION**

**MEANING:** Attention to balance in one's life

**Do you spend an excessive amount of time on any of the following?**  
**Too much:** Sports, sleeping, studying, being alone in your room, binge watching, gaming, social media, online shopping, eating, listening to music.

**Do you need to spend more time on any of the following?**  
**Too little:** Being with family, friends, studying, socializing, silence, exercising, praying.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

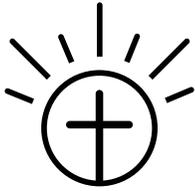
**Directions:** Select one thing from each "too much" and "too little." Think about ways you decrease the "too much" things and increase the "too little" things. It will help to think of practical things to do. For example, if you spend too much time in your room, ask yourself why and decide how to change this pattern.

TOO MUCH	TOO LITTLE




STUDENT HANDOUT 3C

Virtue Activity – Moderation (3C)



# Daily Bible journaling reflection



Light of the World, Hunt, William Holman / Keble College, Oxford, UK / By kind permission of the Warden and Fellows of Keble College, Oxford / Bridgeman Images

Citation:

Word or phrase that stood out to me:

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Lord, I hear You saying:

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Lord, hear me saying:

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I am thankful for:

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Prayer requests:

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Artist: Leah Chen

**“Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.” –St. Pope John XXIII**

— ■ **MODERATION—JUST ENOUGH** ■ —

**THE VIRTUE OF MODERATION**



**MEANING:** Attention to balance in one's life

**Do you spend an excessive amount of time on any of the following?**

**Too much:**

Sports, sleeping, studying, being alone in your room, binge-watching, gaming, social media, online shopping, eating, listening to music

**Do you need to spend more time on any of the following?**

**Too little:**

Being with family, friends, studying, socializing, silence, exercising, praying

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**Directions:** Select one thing from each “too much” and “too little.” Think about ways you decrease the “too much” things and increase the “too little” things. It will help to think of practical things to do. For example, if you spend too much time in your room, ask yourself why and decide how to change this pattern.

TOO MUCH	TOO LITTLE