

# Teacher Quick Guide Card



**HOLY HABITS CHALLENGE**



## LABOR FOR THE LORD



**GIVE EACH DAY TO GOD WITH A MORNING OFFERING PRAYER.**



**GIVE EACH NEW TASK AND TRIP TO GOD WITH A "HAIL MARY."**



**GIVE EACH HARDSHIP TO GOD PRAYING: "I TRUST IN YOU!"**

### ***The Background***

The Christian community, like the Israelites before us, has long been interested in the question of how to understand the place of work and labor in God's plan for us and for the world.

One of the consequences of the sin of Adam and Eve is that we now have to exert ourselves in ways that can be tiring and even painful as we carry out the tasks of living. Work makes us sweat and makes us sore!

This is related to the deeper problem that humanity has wrestled with from the beginning: the problem of suffering itself. We have always struggled to find meaning in hardships of any variety.

This habit emerged out of the Christian response to labor and to suffering. We are invited to view all of the tasks of our day, big or small, as a participation in the creative work of God and also in the offering of the Cross. We are invited to receive our hardships patiently and with trust in Jesus who suffers for us, and with us, and even through us.

Making a morning offering prayer each day is a way of putting the day ahead of us in perspective, reminding us that all of it belongs to God. Making a "Hail Mary" before each new quiz, baseball game, homework assignment, household project, or trip in the car reinforces the truth that whatever we are doing, we are doing it for God. Offering up our sufferings with a simple prayer teaches us to view suffering with patience.

In all these efforts, our work and even our sufferings have the power to make us holy as we are joined, through them, to Christ.



## ***Useful texts:***

### ***A morning offering prayer:***

"O Jesus, through the Immaculate Heart of Mary,  
I offer you my prayers, works, joys, and sufferings of this day,  
in union with the Holy Sacrifice of the Mass throughout the world.  
I offer them for all the intentions of your Sacred Heart;  
the salvation of souls, the reparation for sin, the reunion of all Christians;  
I offer them for the intentions of our bishops and of all members of the Apostleship of Prayer, and in particular for those recommended by the Holy Father this month.  
Amen."

### ***Holy Habit Pledge:***

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

## ***A Saint for the Habit:***

- **Saint Joseph the Worker:** The legal father of Jesus who valued his work as a carpenter.  
Feast Day: May 1<sup>st</sup>
- **Saint Josemaria Escriva:** The founder of the association Opus Dei who promoted the holiness of ordinary tasks performed with love.  
Feast Day: June 26<sup>th</sup>

## ***Classroom Tips:***

- Incorporate the Habit and Logo on a classroom board.
- Pray a morning offering prayer together as a class each morning or at the beginning of a class.
- Pray the "Hail Mary" before tests or at the start of a new class activity.
- Incorporate a rule about offering up sufferings and complaints in the classroom rules.
- During any classroom prayer times, pray for the Pope's intentions that month. Visit the Pope's Worldwide Prayer Network for information about the Pope's monthly intentions and youth/child friendly versions of prayers of offering. <http://www.popesprayerusa.net/>

## ***Catechism Connection:***

- See *Catechism of the Catholic Church* section 1521 on joining our sufferings to Christ's own sacrifice.
- See *Catechism of the Catholic Church* sections 2427-2428 on the meaning and dignity of human labor.

