



## **CIRCLE OF GRACE**

*Raise your hands above your head and then bring  
your outstretched arms slowly down.*

*Extend your arms  
in front of you  
and then behind you  
embrace all of the space around you  
then slowly  
reach down to your feet.*

*Knowing that **God** is in this space with you.*

*This is your  
**Circle of Grace.***

*You are in it.*

*What would our world look like if we all lived believing and truly knowing that God is that close?*

# Summary of Key Concepts of "Circle of Grace"

(Video of Circle of Grace Meditation Link :<https://vimeo.com/207836764>)

God gives each of us a Circle of Grace (see below) where He is always "Present"

*Raise your hands above your head,  
then bring your outstretched arms slowly down.  
Extend your arms in front of you and then behind you  
embrace all of the space around you  
slowly reach down to your feet.  
Knowing that **God** is in this space with you  
This is your **Circle of Grace**; you are in it.*

God is "Present" because He desires a relationship with us

- God is with us when we are happy and sad. God does not cause bad things to happen to us. He loves us very much.
- God desires to help us when we are hurt, scared or confused (unsafe).
- Having faith may not take away all of life's struggles. It is because of these struggles, God promised to always "be present"; providing guidance and comfort in our time of need.

God helps us know what belongs in our Circle of Grace

- Our feelings help us know about ourselves and the world around us.
- God helps us know what belongs in our Circle of Grace by allowing us to experience peace, love or contentment when something or someone good comes into our Circle of Grace.

God helps us know what does not belong in our Circle of Grace

- God desires to help us when we are hurt, scared or confused (unsafe).
- The Holy Spirit prompts (alerts) us that something does not belong in our Circle of Grace by giving us "a funny or uncomfortable feeling" that something is not safe. This feeling is there because God wants us to be safe.

God helps us know when to ask for help from someone we trust

- God gives us people in our lives to help us when we are troubled or struggling with a concern.
- God wants us to talk to trusted grownups about our worries, concerns or "funny/ uncomfortable feelings" so they can help us be safe and take the right action.

# The Circle of Grace Song

File Edit Staff Score Play View Startup

## Circle of Grace

Christina Buhta

Andante  
♩=120

♩=150

God gave me my cir - cle of grace. From my hands to my beau - ti - ful

face. From my head to my toes, my

knees and my nose, God wants me to keep it safe.

The song was composed by Christina Buhta from the Diocese of Sioux Falls SD  
The Archdiocese of Omaha is **grateful** for her contribution.



## Code of Conduct for Children and Young People

I understand that I am created by God and live in the love of the Father, Son, and Holy Spirit.

I understand that God does not want or cause bad things to happen.

I understand that God is with me even when I am hurting or sad.

I understand the *Circle of Grace* that God gives me and others.

I understand that I can help stamp out “bullying” by not being a silent bystander.

I understand that speaking out and taking positive actions when bullying occurs, makes a difference.

Because of this understanding when I interact with someone, either in person or when using technology such as texting and social networking, I will strive to:

- Have my actions be safe and show respect toward myself and others.
- Have my words and actions represent the truth.
- Identify and maintain appropriate and healthy boundaries and relationships.
- Talk with my parents/trusted adult if I have concerns (bullying) or if there is a question that any boundary was violated.

Student \_\_\_\_\_ Teacher \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_