



## Unit 4



### Before You Begin

Download and print:  
Art Print BLMs Sessions 16–20

# Sacraments, Our Way of Life

## Begin

- ▶ Plan a “Celebrate Today” party for you and your child. Include healthy snacks, music, and a simple game. **Say:** *It is fun to have a celebration! It helps us grow closer to each other.* Remind your child that he or she learned about God’s family, the Church, in the last unit. **Ask:** *When do we celebrate together as God’s family, the Church?* (at Mass on Sunday or on a holy day) **Say:** *Now we will learn about a saint who answered God’s call to become part of his Church and helped others grow closer to God.*

## Introduce the Saint

- ▶ Have your child turn to page 91 and read aloud the unit title. Read aloud the saint’s name and look at his picture. Help your child locate the country of Spain on a map or globe. **Say:** *Saint Ignatius lived in Spain about 500 years ago.*
- ▶ Turn to page 92. Read aloud the title and the sentence as your child colors the picture. Then help your child tear out and fold the Unit 4 saint booklet at the back of the book. Read aloud pages A–D, inviting your child to track the words with his or her finger. Complete the activity on page D together. **Say:** *Saint Ignatius changed his life after he heard God’s call. His work is still important in our lives today.*
- ▶ With your child, add Saint Ignatius of Loyola’s feast day, July 31, to your calendar. Plan an event together to honor the teachings of Saint Ignatius.



## Jesus Calls Us to Pray

### Engage: Page 93

- ▶ Ask your child to pretend to sneeze. **Say:** *God bless you! When we ask for God's blessing, we are asking God to watch over us. We also ask God to watch over the people we love.*
- ▶ Read aloud the session title, the poem title, and the poem. **Say:** *At Mass, the priest gives us God's blessing.*
- ▶ Invite your child to finish this sentence with names of family members: *God bless \_\_\_\_\_.* Then pray aloud the prayer together. Conclude by praying *Amen.*

### Explore: Pages 94–95

- ▶ Discuss different reasons we pray: to thank God, to praise God, to ask God for help, to tell God we are sorry. Together brainstorm situations when you would pray each type of prayer. **Say:** *Sometimes we need to thank God, praise God, ask God for help, or tell God we are sorry. God listens to all our prayers.*
- ▶ Read aloud the title and the text on page 94. Then read aloud the directions. Help your child name people and things he or she has prayed about recently. Give an example for each type of prayer. **Say:** *For a prayer that asks for help, you might write: Dear God, please watch over \_\_\_\_\_ at camp and keep him safe.* Have your child complete the activity.
- ▶ Read aloud the A Friend of God feature. Together you might reread the Saint Ignatius of Loyola tear-out booklet.
- ▶ **Ask:** *Where is a good place to pray out loud? (at Mass, at bedtime)* Read aloud the title and the sentences on page 95. **Say:** *God is happy when you talk to him in prayer. You can pray by saying words, reading, singing songs, and being quiet. God is listening to you.*
- ▶ Read aloud the directions and have your child complete the activity.
- ▶ Read aloud the Reading God's Word feature. **Say:** *God listens to our prayers. Talking and listening to God helps us feel closer to him.*



### Art Exploration: Explore Art Print 16 Blackline Master

- ▶ Find in a magazine, in a book, or online a picture of a child praying before bedtime.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the setting and the action of the child.
- ▶ **Say:** *When we pray, we are doing what Jesus asks of us. We are growing closer to God our Father.*
- ▶ Display the Art Print Blackline Master for Session 16. Read aloud the introduction and discuss the question.
- ▶ Read aloud the section Our Father. **Say:** *When we talk to God, we honor him.* Then read aloud the section The Lord's Prayer. Invite your child to decorate the prayer card. Then pray the prayer together. **Say:** *We will use this prayer card to help us learn and pray the Lord's Prayer. Let's display this prayer card where everyone in our family can use it to pray the Lord's Prayer.*
- ▶ **Say:** *We can pray to God any time. We can pray when we are sad or when we are happy. We can pray when we are sleepy or when we are full of energy!* Give your child a sheet of paper, watercolors, and a paintbrush. **Say:** *Paint a picture of yourself when you are praying. Remember, your painting can show you praying at bedtime, at a meal, outdoors—whenever or wherever you like to pray.* When your child is finished, discuss his or her painting.

### Reflect: Pages 96–97

- ▶ Together look at page 96. **Ask:** *What do you think the children in the picture are thinking about?* (Answers will vary.) **Say:** *We are happy and grateful for all the wonderful things God has given us. We thank God for the beauty of his creation.*
- ▶ Read aloud the title and the introductory sentences. Point out the term *Lord's Prayer*. Help your child find it in the Glossary and discuss the definition. **Say:** *Today you will be learning the first part of the Lord's Prayer.* Pray aloud the first line of the Lord's Prayer and invite your child to repeat after you. Continue line by line. Then go back to the beginning and pray aloud all the lines together with your child.
- ▶ Read aloud the title and the sentences on page 97. **Say:** *The first part of the Lord's Prayer asks God to guide us and help us do what he wants us to do.*
- ▶ Read aloud the directions. **Ask:** *What do you think heaven looks like?* (Answers will vary.) Invite your child to complete the activity and describe what he or she drew.

### Respond: Page 98

- ▶ Read aloud the Faith Summary. Have your child trace the term *Lord's Prayer*. **Say:** *We have talked about the Lord's Prayer and about reasons and ways to pray.*
- ▶ Invite your child to pray silently as you pray aloud. **Say:** *Dear Father, please bless us and watch over us until we are together again.* Together pray the Sign of the Cross.
- ▶ Read aloud the words from the story in *With My Family* and have your child say the picture words. Use the Picture Glossary on pages 206–207 if needed. Invite your child to answer the question at the end of the story.



## The Church Celebrates

### Engage: Page 99

- ▶ Discuss your family traditions. **Ask:** *What yummy foods do we eat? What special activities do we do?* (Answers will vary.) **Say:** *Our Church family has special traditions too.*
- ▶ Read aloud the session title and the poem. Have your child track the words with his or her finger. **Ask:** *How do family traditions bring people together?* (Families share love when they get together. They enjoy each other's company.)
- ▶ Help your child make an invitation for someone to come to your next family celebration. Then pray aloud the prayer together. Conclude by praying *Amen*.

### Explore: Pages 100–101

- ▶ Together make a small door banner for an upcoming family celebration. **Say:** *The Church has celebrations too.*
- ▶ Read aloud the title and the sentences on page 100. Have your child point to the word *sacrament*. Help him or her find it in the Glossary and discuss the definition. **Say:** *Jesus gave us sacraments to show us his love.* Read aloud the directions and the name of each sacrament. Describe how each image represents the sacrament. Then have your child color each picture.
- ▶ Read aloud the Reading God's Word feature. **Say:** *We celebrate the sacraments at certain times in our lives.*
- ▶ **Say:** *We have already learned about three sacraments. But Jesus gave us four more sacraments!* Read aloud the title and the sentences on page 101. Again, say the name of each sacrament and describe how each image represents the sacrament. Then have your child color each picture.
- ▶ Read aloud the Did You Know? feature. Together name the seven sacraments. **Ask:** *Why do we celebrate the sacraments?* (We celebrate the sacraments to remember that God is always with us.)



### Art Exploration: Explore Art Print 17 Blackline Master

- ▶ Find in a magazine, in a book, or online a picture of a wedding ceremony.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the setting and the role of each person in the wedding party.
- ▶ **Say:** *Matrimony means marriage. Matrimony is a sacrament. When we celebrate the sacraments, we welcome God into our hearts.*
- ▶ Display the Art Print Blackline Master for Session 17. Read aloud the introduction and discuss the question.
- ▶ Read aloud the section Signs of Love. **Say:** *Jesus gave us the sacraments. The sacraments help us live as God wants us to live.* Read the section Matrimony Maze. Discuss each sign of the sacrament that is in the maze. Then have your child complete the activity.
- ▶ Read aloud the Did You Know? feature. **Say:** *Priests pray blessings over people at Mass and at the celebration of each sacrament, such as Baptism.*
- ▶ Play traditional wedding songs, such as “Canon in D Major” by Johann Pachelbel or “Ave Maria” by Franz Schubert. Explain that these songs are usually played at a wedding ceremony. Share family wedding pictures as you listen to the music. Encourage your child to ask questions about what happens during a wedding ceremony. **Say:** *The Sacrament of Matrimony brings people together in love.*

### Reflect: Pages 102–103

- ▶ Together look at page 102. **Ask:** *What is the boy doing?* (praying in church) **Say:** *We ask for God’s blessing as we gather to praise and celebrate at church.*
- ▶ Review the first part of the Lord’s Prayer, found on the prayer card and on page 96, with your child. **Say:** *Now we will learn the second part of the Lord’s Prayer.* Read aloud the title and the introductory sentences on page 102. Invite your child to echo each line of the Lord’s Prayer after you pray it aloud. Then pray the entire prayer together using the prayer card.
- ▶ Read aloud the title and the sentences on page 103. **Ask:** *What do we need for our bodies to stay strong and healthy?* (food, water, exercise, fresh air, sleep) **Say:** *“Our daily bread” from the Lord’s Prayer stands for all the things we need to stay healthy, not just the bread we eat.*
- ▶ Read aloud the directions. Encourage your child to complete the activity by drawing a food-related scene, such as eating a family meal or shopping at a supermarket.

### Respond: Page 104

- ▶ Read aloud the Faith Summary. Have your child trace the word *sacrament*. **Say:** *We have talked about the sacraments and how we celebrate them at special times in our lives.*
- ▶ Invite your child to pray silently as you pray aloud. **Say:** *Loving Jesus, thank you for giving us the seven sacraments. Help us be more like you in everything we do.* Together pray the Sign of the Cross.
- ▶ Read aloud the words from the story in With My Family and have your child say the picture words. Use the Picture Glossary on pages 206–207 if needed. Invite your child to answer the question at the end of the story.



## The Church Welcomes Us

### Engage: Page 105

- ▶ **Ask:** *How can you help someone feel welcome? (smile, shake hands, talk to them) Act out your suggestions. **Say:** Jesus and his followers preached and baptized people so that they would welcome God's love.*
- ▶ Read aloud the session title and the chant. Then repeat it, with your child shouting out each even-numbered line. **Say:** *Our Church welcomes us into God's family when we are baptized.*
- ▶ Repeat the chant, changing the name *Philip* to names of your family members. Then pray aloud the prayer together. Conclude by praying *Amen*.

### Explore: Pages 106–107

- ▶ Display a picture of a baby or a doll. **Ask:** *What does a baby need? (food, sleep, care, a name) **Say:** A baby also needs to be baptized.*
- ▶ Read aloud the title and the sentences on page 106. Have your child point to the word *Baptism*. Help him or her find it in the Glossary. Discuss the definition. Then talk about what is happening in the picture. **Say:** *Baptism is one of the seven sacraments.* Read aloud the directions and have your child complete the activity.
- ▶ Read aloud the Did You Know? feature. Use the Glossary to remind your child of the definition of Original Sin.
- ▶ **Ask:** *What does the priest pour over the baby's head when the baby is baptized? (holy water)*
- ▶ Read aloud the title and the sentence on page 107 to learn about the signs of Baptism. Then read aloud the directions and help your child complete the activity.
- ▶ After you read aloud the Reading God's Word feature, **say:** *The water of the Baptism ceremony gives us new life by making us one with the Holy Spirit.*



### Art Exploration: Explore Art Print 18 Blackline Master

- ▶ Find in a magazine, in a book, or online a picture of a Baptism.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the people and their actions.
- ▶ **Say:** *Baptism is the first sacrament we celebrate in the Church. Being baptized welcomes us into God's family, the Church.*
- ▶ Display the Art Print Blackline Master for Session 18. Read aloud the introduction and discuss the question.
- ▶ Read aloud the section We Are Welcomed. **Ask:** *Why do we have Original Sin?* (Adam and Eve disobeyed God in the Garden of Eden.) **Say:** *When we are baptized, we are freed from Original Sin.*
- ▶ If possible, show your child a picture of his or her Baptism. Then read aloud the section I Belong to the Church and have your child complete the activity.
- ▶ Help your child make a Baptism Book using six note cards, markers, and a stapler. On the first card, write *My Baptism Book* by \_\_\_\_\_. This is the cover. Then have your child decorate four note cards, each with one sign of Baptism: a water droplet, a candle, a bottle of Chrism, and a church. On the last card, include a picture of your child at his or her Baptism. Help your child staple the cards together to make a book.

### Reflect: Pages 108–109

- ▶ Together look at page 108. **Ask:** *Where is the girl in the picture?* (in a forest or park) *Why do you think she is looking up?* (Answers will vary.) **Say:** *We give praise to God for the things that bring us joy.*
- ▶ Read aloud the page. Then invite your child to pray the prayer with you a second time. Conclude by praying the Sign of the Cross.
- ▶ **Ask:** *What has God made or done for you that makes you want to shout for joy?* (Answers will vary.) Read aloud the title and the sentences on page 109. **Say:** *Praising God gives us a chance to express our joy!* Read aloud the directions and have your child complete the activity.

### Respond: Page 110

- ▶ Read aloud the Faith Summary. Have your child trace the word *Baptism*. **Say:** *We have talked about the gift of Baptism, which makes us part of the Church, and the signs of Baptism.*
- ▶ Invite your child to pray silently as you pray aloud. **Say:** *Dear Jesus, thank you for the gift of Baptism. Being part of God's family fills us with joy.* Together pray the Sign of the Cross.
- ▶ Read aloud the words from the story in With My Family and have your child say the picture words. Use the Picture Glossary on pages 206–207 if needed. Invite your child to answer the question at the end of the story.



## Jesus Shares a Special Meal

### Engage: Page 111

- ▶ **Say:** *Let's close our eyes and imagine we are at Mass. What do you see? What do you hear? Take turns describing the experience. Say: Celebrating Mass together is the most important way we talk to and listen to God.*
- ▶ Set a timer for one minute. Count how many items at Mass you and your child can name.
- ▶ Read aloud the session title and the song title. **Say:** *We can sing this song to the tune of "Twinkle, Twinkle, Little Star." Sing the song together. Then pray aloud the prayer together. Conclude by praying Amen.*

### Explore: Pages 112–113

- ▶ **Ask:** *If you could choose whatever you wanted to eat for supper, what food would you choose? (Answers will vary.) Say: Meals are a time for love and sharing.*
- ▶ Read aloud the title and the sentences on page 112. Then read aloud the story of the Last Supper, found in Luke 22:7–23, from a children's Bible or retell it from your Bible using simple language. Answer any questions your child may have about the story. Then read aloud the directions and have your child complete the activity.
- ▶ Read aloud the Reading God's Word feature. **Say:** *These are Jesus' words to the disciples who shared the Last Supper with him.*
- ▶ Help your child recall the seven sacraments. Then read aloud the title and the sentences on page 113. Point out the word *Eucharist*. Help your child find it in the Glossary. Discuss the definition. **Say:** *We celebrate the Eucharist as a Church family. The Eucharist brings us closer to Jesus.* Read aloud the directions and have your child complete the activity.
- ▶ Read aloud the I Go to Church feature. **Say:** *Jesus died on the Cross so our sins can be forgiven. We remember this at Mass in the celebration of the Eucharist.*



### Art Exploration: Explore Art Print 19 Blackline Master

- ▶ Find in a magazine, in a book, or online a picture of The Last Supper.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including what the people are doing.
- ▶ **Say:** *Jesus shared a special meal with his friends.*
- ▶ Display the Art Print Blackline Master for Session 19. Read aloud the introduction and discuss the question.
- ▶ Read aloud the section A Special Meal. **Say:** *The Last Supper was the last meal that Jesus ate with his friends. Soon after the meal, Jesus died on the Cross. Jesus died so our sins can be forgiven and we can live with God the Father in heaven.*
- ▶ **Ask:** *Who leads us in celebrating the Eucharist at Mass?* (the priest)
- ▶ Read aloud the section Eucharist Match. Help your child complete the activity.
- ▶ After you read aloud the Reading God's Word feature, **say:** *When we go to Mass, we remember the Last Supper that Jesus shared with his friends.*
- ▶ If your child has no food allergies, give him or her a sample of unleavened bread, such as pita bread or matzo. **Ask:** *How is it different from bread we use for sandwiches?* (Answers will vary.) **Say:** *This bread is similar to the bread that Jesus broke when he said, "This is my body. Eat this. Remember me."*

### Reflect: Pages 114–115

- ▶ Together look at page 114. **Ask:** *What do you think the children in the picture are saying to each other?* (Answers will vary.) **Say:** *Jesus showed his love by sharing the Sign of Peace with his friends.*
- ▶ Demonstrate sharing the Sign of Peace with your child. Then pray aloud the prayer Love and Peace. After giving your child time to pray silently, pray the Sign of the Cross.
- ▶ Read aloud the title and the sentences on page 115. Give each other the Sign of Peace. **Say:** *When we give the Sign of Peace, we share love with people as Jesus did.*
- ▶ Read aloud the directions and have your child trace the word *Peace*. Read aloud the sentence together. Then invite your child to complete the activity.

### Respond: Page 116

- ▶ Read aloud the Faith Summary. Have your child trace the word *Eucharist*. **Say:** *We have talked about the special meal of the Eucharist, which brings us closer to Jesus.*
- ▶ Invite your child to pray silently as you pray aloud. **Say:** *Dear Jesus, thank you for the gift of the Eucharist.* Together pray the Sign of the Cross.
- ▶ Read aloud the words from the story in With My Family and have your child say the picture words. Use the Picture Glossary on pages 206–207 if needed. Invite your child to answer the question at the end of the story.



## Celebrating Lent and Holy Week

### Engage: Page 117

- ▶ Make a paper calendar strip that shows the days of Holy Week. Have your child help you label the following days: Palm Sunday, Holy Thursday, Good Friday, and Holy Saturday. **Say:** *The Church season leading up to Easter is called Lent. Let's read about this important Church season.* Add small symbols to help your child recognize each day.
- ▶ Read aloud the session title and the text. Point out the terms *Lent* and *Holy Week* and help your child find them in the Glossary. Discuss the definitions. **Ask:** *What is the last week of Lent called? (Holy Week)*
- ▶ Use your calendar strip to review the days and events of Holy Week. Then pray aloud the prayer together. Conclude by praying *Amen*.

### Explore: Page 118

- ▶ **Ask:** *What helps us grow on the outside? (fresh air, healthy food) How can we grow on the inside? (Be kind, be helpful, talk to and listen to God.)*
- ▶ Read aloud the title and the sentences. **Say:** *We can grow on the inside by growing closer to Jesus. During Lent, we pray, fast, and give alms.* Help your child understand these terms by completing the activity together.
- ▶ Read aloud the Reading God's Word feature. **Say:** *The Bible told of the events of Holy Week before they actually happened.*

### Reflect: Page 119

- ▶ **Say:** *Ash Wednesday is the first day of Lent. Let's read about what happens on Ash Wednesday.* Read aloud the title and the sentences. **Say:** *The cross on our forehead reminds us to turn our hearts to God by being more loving and caring during Lent.* Have your child complete the activity.
- ▶ Read aloud the Did You Know? feature. **Say:** *Lent lasts for 40 days. We remember Jesus' suffering and Death, and we get ready to celebrate Jesus' rising from the dead on Easter.*



### Art Exploration: Explore Art Print 20 Blackline Master

- ▶ Find in a magazine, in a book, or online a picture of Saint Veronica holding a cloth bearing the likeness of Jesus.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the face on Veronica's cloth.
- ▶ **Say:** *When we comfort others, we are being like Jesus.*
- ▶ Display the Art Print Blackline Master for Session 20. Read aloud the introduction and discuss the question. Discuss ways to comfort others, such as giving hugs and helping them when they are not feeling well.
- ▶ Read aloud the section Jesus Wants Us to Be Forgiven. **Say:** *Jesus died because he wanted us to be saved.* Read aloud the section Lenten Paper Chain. Help your child prepare the paper strips. Add additional strips of paper to reach the number of days left until Easter. Then use the chain to help you count down the days to Easter.
- ▶ **Say:** *Let's make Helping Hands to remind us to help others during Lent and Holy Week.* Help your child trace around his or her hands on construction paper and cut out the tracing. On each hand, write a way to help someone, such as carry groceries or pick up toys. Display your helping hands and have your child choose a helpful task each day.

### Respond: Page 120

- ▶ Read aloud the Faith Summary. Have your child trace the terms *Lent* and *Holy Week*. **Say:** *We have talked about Lent and what we can do to grow closer to Jesus.*
- ▶ Invite your child to pray silently while you pray aloud. **Say:** *Dear Jesus, help me grow to be more giving and loving during Lent by helping others.* Together pray the Sign of the Cross.
- ▶ Read aloud the words from the story in With My Family and have your child say the picture words. Use the Picture Glossary on pages 206–207 if needed. Invite your child to answer the question at the end of the story.