



# Sacraments, Our Way of Life

## Begin

**Ask:** *What is your definition of courage? (being brave, standing up for what you believe in) Why do you think it takes courage to be yourself and believe in something when others don't? (It's hard to be different from others.)* Read aloud the unit title on page 91. **Say:** *Our new unit will help us learn ways that Jesus touches our lives through his presence in the sacraments. Saint Bernadette showed her courage by standing up for her beliefs when others doubted her.*

## Introduce the Saint

Direct your child's attention to the picture of Saint Bernadette. Point out how young she looks. **Say:** *God speaks to us in various ways, and we are never too young or too old to have a relationship with him.*

Turn to page 92. Have your child read aloud the text. **Say:** *Bernadette never wavered about her visions of Mary.* **Ask:** *Has there ever been a time when you weren't believed or taken seriously? How do you think Bernadette felt when the people she loved doubted what she was saying about the existence of Mary?*

**Say:** *In her appearances to Bernadette, Mary asked that processions be made to the grotto at Lourdes where she appeared. Today Lourdes is a famous pilgrimage site and a place for healing.*

**Say:** *We remember Saint Bernadette as a humble person with down-to-earth qualities who exemplifies what it means to follow Jesus.*

With your child add Bernadette's feast day, April 16, to your calendar. Plan an event together to celebrate the beliefs of Saint Bernadette.

## The New Passover

### Engage: Page 93

- ▶ With your child, plan your evening meal. **Ask:** *How does a meal bring families closer?* (Thoughts, feelings, and experiences are shared at mealtime.)
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *When we share a meal, we join as a community to meet our physical needs for food and our human needs for companionship. In this session we will learn how Jesus nourishes us through the Eucharist.*
- ▶ Ask your child to think about what you share at meals in addition to food. Pray aloud the prayer together.

### Explore: Pages 94–95

- ▶ **Ask:** *What do you remember about Moses?* (God gave Moses the Ten Commandments. God renewed his Covenant with Abraham's descendants through Moses. Moses led the Hebrews out of slavery in Egypt.)
- ▶ Have your child read aloud Passover, the Last Supper, and the Eucharist on page 94. **Ask:** *What meaning does Passover hold for Christians?* (Christians remember Jesus' sacrifice, Death, and Resurrection. We are saved by Jesus' sacrifice.)
- ▶ Provide a Bible for your child to complete More About Passover. Invite him or her to share the answers with you.
- ▶ Read aloud The Eucharist as Celebration and Sacrament on page 95. **Ask:** *How do we show that the Sacrament of the Eucharist is central in our lives?* (by attending Mass every Sunday, by actively participating at Mass and praying aloud, by singing at Mass) Explain that the assembly consists of the People of God when they are gathered together for worship.
- ▶ Read aloud the Link to Liturgy feature. **Say:** *We pray the Lamb of God to remember that Jesus has given us the Sacrament of Reconciliation so that we may confess our sins and receive absolution.*

### Art Exploration: Page 240

- ▶ Find in a magazine, in a book, or online a picture of Jesus and his disciples feeding Jesus' followers.
- ▶ **Ask:** *What do you see in this picture?* Encourage children to describe the picture in detail, including the setting and the actions of Jesus and his disciples.
- ▶ **Say:** *Jesus gave us the Eucharist so that we can have everlasting life with him.*

- ▶ Have your child turn to page 240. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud Jesus Feeds the Crowd. **Say:** *When Jesus said he was “the bread of life,” he was telling the people that God would nourish their souls.*
- ▶ Read aloud Jesus, the Bread of Life. **Ask:** *What was manna?* (the bread sent from God to feed the Hebrews)
- ▶ Read aloud the directions for Nourished by Faith. Give your child time to complete the activity. Encourage him or her to share it with you.
- ▶ Invite your child to imagine that he or she is the child who shared his food with Jesus and the disciples. **Ask:** *How did it feel to share the extra food?* Spend a few moments thanking God for the abundance in your own lives: loving relationships, food, education, and clothing.

### Reflect: Pages 96–97

- ▶ Together look at page 96. **Say:** *The boy fishing in the picture reminds us that Jesus fed the crowd with loaves and fish. Ask Jesus to help you understand the message of the story.*
- ▶ Read aloud the reflection. Pause between each paragraph to encourage prayerful reflection. Conclude by praying the Sign of the Cross with your child.
- ▶ Read aloud the heading and first paragraph on page 97. Ask your child to imagine being one of the disciples. Talk about what it might have been like to see the miracle of the loaves and fishes. Have your child answer the first three questions and share the answers with you. Invite your child to read aloud the fourth question and write a private prayer.

### Respond: Page 98

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can be more alert to the needs of others.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.

## ***Celebrating the Eucharist***

### **Engage: Page 99**

- ▶ **Ask:** *What is your favorite holiday? Why? What do we do to prepare for the day?*  
**Say:** *Holidays are traditions for our family. We follow certain patterns each holiday.*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *A ritual is an established pattern for performing an act that is part of a ceremony. In this session we're going to learn about the Eucharist, the most important ritual in which we participate.*
- ▶ Ask your child to identify other rituals that are part of the ceremonies we follow at Mass. Pray aloud the prayer together.

### **Explore: Pages 100–101**

- ▶ Discuss the order of events during Mass. **Say:** *The Mass follows a certain set of steps, starting with the Introductory Rite and ending with the Concluding Rites.*
- ▶ Have your child read aloud Christ's Presence in the Eucharist on page 100.  
**Ask:** *What is the Real Presence? (Jesus actually present in the Eucharist)*
- ▶ Take turns reading aloud the sections found under the heading The Order of Mass on pages 100 and 101. Summarize each section after you are finished. If possible, look at a Mass booklet to locate the prayers mentioned in the sections.

### **Art Exploration: Page 241**

- ▶ Find in a magazine, in a book, or online a picture of Jesus and his disciples sharing in the Last Supper.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the expressions on all the people's faces.
- ▶ **Say:** *Just as we have support and love from our family, Jesus was surrounded by his closest friends at the most difficult time of his life.*
- ▶ Have your child turn to page 241. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud The Eucharist Calls Us to Share. **Say:** *The Eucharist is a memorial because it recalls Jesus' sacrifice.* **Ask:** *What did Saint Paul suggest we do before celebrating the Eucharist? (examine ourselves)*
- ▶ Read aloud Worthy of the Eucharist and give your child time to complete the activity.

- ▶ Read aloud the Reading God's Word feature. **Say:** *To truly celebrate the Eucharist and be closer to Jesus, it is important that we are willing to live in harmony with others.*
- ▶ Have your child imagine that Jesus is present at your family's table at mealtime. Have your child draw a table and plates of the things that represent how he or she is worthy for Jesus, such as a bowl of smiles, because he or she is kind to others or a platter of prayers, because he or she has faith. Encourage your child to fill the table with things to show Jesus that he or she is ready for him.

### Reflect: Pages 102–103

- ▶ Together look at page 102. Encourage your child to pray before the Real Presence of Jesus. Tell your child that he or she can attend Eucharist adoration services or simply sit in church in front of the tabernacle.
- ▶ Invite your child to find a comfortable position. Read aloud the first paragraph. Have your child read *Tantum Ergo* silently. Point out that *jubilation* is another word for joy. After he or she reads the prayer, finish reading aloud the remaining paragraphs. Close by praying *Amen*.
- ▶ Read aloud the heading, first paragraph, and directions for part A on page 103. Ask your child to complete the activity. Encourage him or her to use a Mass booklet as a reference if there are questions. Invite your child to complete parts B and C and then share the answers with you.

### Respond: Page 104

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can stay close to Jesus.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.

## ***Celebrating Reconciliation***

### **Engage: Page 105**

- ▶ **Say:** *When we reconcile with someone, we heal a relationship that has been broken. Discuss times when both you and your child reconciled with a friend.*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *In this session we'll learn why forgiveness is important, even when it is difficult.*
- ▶ Ask your child to think about how he or she felt before and after a reconciliation. Pray aloud the prayer together.

### **Explore: Pages 106–107**

- ▶ Discuss stories that you know about Jesus healing the sick or read aloud Matthew 9:1–7 or Luke 5:17–26 in which Jesus heals the paralytic.
- ▶ Have your child read aloud page 106. **Ask:** *Why do you think Reconciliation and Anointing of the Sick are called Sacraments of Healing? (They help restore or heal our relationships with God, others, and ourselves.) What is the difference between a mortal sin and a venial sin? (Mortal sin is a more serious or grave offense.)* Ask your child to summarize what he or she learned about the Sacraments of Healing and the meaning of sin in our lives.
- ▶ Take turns reading aloud page 107. **Say:** *Remember that the priest will never talk to anyone about what you say to him. Also, the priest usually gives a penance that fits the sin. Ask: What does the word absolve mean? (to free from guilt) Say: By saying these words, the priest forgives your sins in the name of Jesus. Our Amen means that we believe that we have truly received God's forgiveness.*

### **Art Exploration: Page 242**

- ▶ Find in a magazine, in a book, or online a picture of Jesus revealing himself to his apostles after he is risen.
- ▶ **Say:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including what Jesus is doing and how his apostles are feeling.
- ▶ **Say:** *In the Sacrament of Reconciliation, we celebrate God's forgiveness, receive absolution for our sins, and are reconciled with ourselves, God, and the Church.*
- ▶ Have your child turn to page 242. Read aloud the introduction and discuss the question.

- ▶ Read aloud Jesus Brings Us Peace and Forgiveness. **Ask:** *What did Jesus do when he appeared to the apostles?* (He offered them peace. He sent them on a mission. He gave them the Spirit. He told them they have the authority to forgive sins.)
- ▶ Read aloud Learning to Forgive. Allow time for your child to complete the prayer.
- ▶ Have your child imagine he or she is one of the apostles in the room. Ask your child to illustrate a pictorial of what happened in the locked room in the style of a comic book. Encourage your child to read the Bible passage about the event to get the full depth of the miracle. Display the artwork in your home.

### Reflect: Pages 108–109

- ▶ Together look at page 108. **Say:** *It is helpful to learn the Act of Contrition by heart. This helps you pray the prayer often and pray the full meaning of the words.*
- ▶ Have your child read aloud the heading and the first paragraph. Together pray aloud the Act of Contrition. Read aloud the last two paragraphs, pausing to give your child time to reflect on the question. Conclude by praying *Amen*.
- ▶ Read aloud the first paragraph on page 109. Have your child read silently the parable of the forgiving father in Luke 15:11–24. Then have him or her complete the activity and share the summary with you.
- ▶ Read aloud the Reading God’s Word feature. **Ask:** *What are transgressions?* (sins, breaking a rule or law, doing wrong)

### Respond: Page 110

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to share times when he or she forgave someone who has done wrong to him or her.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.



## Jesus Heals Us

### Engage: Page 111

- ▶ Discuss how it feels to be ill. Recall a time when a friend or family member was ill. **Ask:** *How did the person deal with the experience? How did the illness affect our family?*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Ask:** *What can we do to make someone feel better?* (plan visits, bring food, or send a card) **Say:** *In this session we will learn how Jesus heals us.*
- ▶ Invite your child to make a "healing" collage by cutting out from magazines and newspapers pictures, words, and phrases that represent healing. Pray aloud the prayer together.

### Explore: Pages 112–113

- ▶ Discuss the meaning of your child's name. Talk about why you chose your child's name.
- ▶ Have your child read aloud Jesus Heals and Saves on page 112. **Ask:** *What is the meaning of Jesus' name? ("God saves" and "the anointed one") What does that tell you about Jesus? (His mission is to save and heal us.)*
- ▶ Read aloud the Sacred Site feature. **Ask:** *Why do you think we're learning about Lourdes in this session? (because it is a place of healing)*
- ▶ Take turns reading aloud page 113 and point out the vocabulary word. **Say:** *Anoint means "to mark or sign with oil."* **Ask:** *What parts of the body does the priest anoint? (forehead, hands)*
- ▶ Read aloud the Did You Know? feature. **Say:** *What other sacraments include anointing? (Baptism, Confirmation, Holy Orders)*

### Art Exploration: Page 243

- ▶ Find in a magazine, in a book, or online a picture of Peter and John healing a man who was crippled.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the actions of each man.
- ▶ **Say:** *After Jesus' Death, the apostles carried on his teaching with the occasional use of miracles to demonstrate God's power.*
- ▶ Have your child turn to page 243. Read aloud the introduction and discuss the question.



- ▶ Read aloud The Apostles Heal in Jesus' Name. **Ask:** *What is the story's message?* (When we pray, God will answer.)
- ▶ Have your child read aloud Gratitude List and have him or her write a prayer of thanks on a separate sheet of paper.
- ▶ Read aloud the Link to Liturgy feature. **Say:** *By performing a miracle for a Roman soldier, Jesus was showing that his healing power is meant for all people.*
- ▶ Have your child design and decorate five greeting cards for any person or any occasion. Encourage him or her to be heartfelt in the messages of healing, love, or gratitude. Encourage your child to give the cards to people he or she cares about.

### Reflect: Pages 114–115

- ▶ Together look at page 114. **Say:** *Remember to include in your prayers people you know who are sick or sorrowful.*
- ▶ Ask your child to read aloud the first paragraph. Then read aloud the remaining paragraphs slowly, pausing for reflection. Conclude by praying *Amen*.
- ▶ Have your child read aloud Comparing the Two Sacraments of Healing on page 115. **Say:** *Review the last session and this session if you need help answering the questions.* Discuss the answers when your child is finished.

### Respond: Page 116

- ▶ Ask your child to read aloud the Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways to show concern for people who are sick or suffering.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.

## ***Celebrating Lent and Holy Week***

### **Engage: Page 117**

- ▶ Have your child examine a cross. **Ask:** *What can you tell me about the cross? (We use it to pray. It reminds us of Jesus.)* **Say:** *Lent is a time to reflect on the cross.*
- ▶ Read aloud the session title and text. Discuss the picture. **Say:** *In this session we will learn about Lent and Holy Week, the time when we solemnly remember that Jesus died for our sins.*
- ▶ Discuss ways that your family prepares for Easter. Pray aloud the prayer together.

### **Explore: Page 118**

- ▶ **Say:** *The word passion refers to the suffering and Death of Jesus.* **Ask:** *What do you know about the Passion of Christ? Discuss your child's response.*
- ▶ Have your child read aloud The Passion of Jesus. **Say:** *We can make our own sacrifices as a sign of our commitment to Jesus. We can give alms, fast, and pray.*
- ▶ Read aloud Stations of the Cross. **Ask:** *Which stations can you recall? What do you think was going through Jesus' mind at that time?*
- ▶ Read aloud the Reading God's Word feature. **Say:** *In this Gospel, Luke is the narrator, telling us what happened at Jesus' Crucifixion. Through his Gospel we learn that many people gathered and followed Jesus as he carried his cross.*

### **Reflect: Page 119**

- ▶ Direct your child's attention to pages 198–199 in the Prayers and Practices section of his or her book. Have your child first describe each scene before you read aloud the Stations of the Cross. **Say:** *Lent and Holy Week is a very special time for the Church, and we retell the story of the Passion to celebrate the Resurrection of Jesus Christ.*
- ▶ Read aloud Mass During Lent and Holy Week. **Ask:** *Why is Mass not celebrated on Good Friday? (because it is the day Jesus suffered and died)*
- ▶ Have your child read aloud What We Experience. **Ask:** *Even though different churches have different traditions for venerating the cross, how are they the same? (The meaning is the same.)* **Say:** *The purpose is to acknowledge the Death of Jesus on the cross.*
- ▶ Read aloud The Great Sacrifice. Have your child look up the word *redemption* in the Glossary and complete the activity. Discuss the answers together.

## Art Exploration: Page 244

- ▶ Find in a magazine, in a book, or online a picture that shows Jesus as he carries his cross.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including how the painting makes him or her feel.
- ▶ **Say:** *Lent is a time to remember the Passion of Jesus and to forgive others as we would like to be forgiven.*
- ▶ Have your child turn to page 244. Read aloud the introduction and discuss the questions.
- ▶ Have your child read aloud Jesus Forgives. **Say:** *Pontius Pilate was the Roman governor who was sent to rule over the Jews in Palestine.* **Ask:** *Why do you think Jesus didn't just ask God to stop all of it and spare him the pain? (Jesus' mission was to save us from our sins by dying for us.)*
- ▶ Read aloud Forgive as Jesus Did. **Say:** *"Forgive us our trespasses" means to forgive us the wrong we have done to others.*
- ▶ Have your child read aloud Celebrating Lent and Holy Week and complete the activity. Invite him or her to share the ideas with you.
- ▶ Together make a simple calendar for the 40 days of Lent. Put a large line at the top for your child to write his or her Lenten promise. Provide 40 foil stars so that your child can mark off each day that he or she is able to fulfill the promise. Hang the calendar in your home and review it daily.

## Respond: Page 120

- ▶ Ask your child to read aloud the Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways to do something selfless for someone he or she loves.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.