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# Sacraments, Our Way of Life

## Unit Opener: Pages 128–129

- ▶ Invite your child to talk about how he or she feels when someone says yes to him or her. Then say: ***We have talked about how Mary said yes to God. Now we're going to learn about a saint who also said yes to God.***
- ▶ Have your child look at the picture of Saint Thérèse on page 128 while you read aloud the unit title and first paragraph on page 129. Ask: ***What did Thérèse want to do for God?*** (everything) Say: ***We can always try to do our best in all we do. Thérèse wanted to show her love for God every day.*** Explain that even as a young child, everything Thérèse said and did was to please God.
- ▶ Read aloud the next two paragraphs and say: ***We can be little flowers of Jesus too. We can show how much we love God by doing little things.*** Ask: ***What little things can you do to please God?*** (Possible answers: love others, be my best self, be a good friend) Say: ***As Thérèse showed us, even the littlest things we do can honor God when we do them with love.***
- ▶ Read aloud the Be Inspired feature. Ask your child how Saint Thérèse did good on earth.
- ▶ With your child, add Thérèse's feast day, October 1, to your calendar. Plan events together to honor the ways of Saint Thérèse of the Child Jesus.

## Unit Opener: Page 130

- ▶ Ask your child to name things he or she did today and write the actions on a sheet of paper. Say: ***We do many little things each day.*** Ask: ***How might we make these simple actions show our love for God?*** (do them with love and gratitude, try our best, share our joy)
- ▶ Tell your child that Saint Thérèse always tried to show her love for Jesus. Say: ***Thérèse offered Jesus simple prayers. Even her everyday actions became prayers because she loved Jesus so much.***
- ▶ Read aloud the title and two paragraphs. Tell your child that Saint Thérèse shows us one way to love God. Say: ***Thérèse said yes to God through all the little things she did each day. We can show God love with our everyday actions too.***
- ▶ Read aloud the activity title and directions and help your child complete the activity.
- ▶ Say: ***We praise God through our words and actions.*** Read aloud the psalm in the Reading God's Word feature. Then have your child pray it together with you. Close by praying together the Sign of the Cross and *Amen*.

## Jesus in Our Lives

### Engage: Page 131

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Open the Bible and read aloud John 13:34–35. Then say: **The Gospel of the Lord.** Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Think of an activity or sport that your child enjoys. Then ask whom your child would imitate in order to improve his or her skill in that activity or sport. Ask: **When it comes to loving our neighbor, whom can we imitate?** (Jesus)
- ▶ Read aloud the paragraphs. Ask: **How can we share Jesus' love with one another?** (be kind, share, help others) Say: **The sacraments help us love as Jesus did.**
- ▶ Invite your child to prepare for prayer. Pray aloud the prayer while your child follows along. Then pause for additional reflection. Conclude by praying together the Sign of the Cross and *Amen.*

### Explore: Pages 132–133

- ▶ Ask: **What do we do at Mass?** (listen to stories about God; pray; sing) Explain that when we go to Mass, we show our love for God as a community of believers. Say: **We have talked about how the Mass is a special kind of liturgy. Liturgy is prayer that we pray with Jesus' friends.**
- ▶ Point out the boldface terms on the page and have your child repeat them after you. Then read aloud the four paragraphs on page 132. Ask: **What are signs of Jesus' love called?** (sacraments) Say: **Jesus gave the Church the sacraments. We receive God's grace through the sacraments. Grace is a gift of God's life. God gives us grace because he loves us and wants us to love others.**
- ▶ Ask: **What do we call the sacraments that welcome us into the Church?** (Sacraments of Initiation) **What three sacraments welcome us?** (Baptism, Confirmation, and the Eucharist)
- ▶ Ask: **What do we call the sacraments that heal us?** (Sacraments of Healing) **What two sacraments heal us?** (Reconciliation; Anointing of the Sick)
- ▶ Ask: **What do we call the sacraments that help us serve others?** (Sacraments at the Service of Communion) **What two sacraments help us serve others?** (Matrimony and Holy Orders)
- ▶ Read aloud the Did You Know? feature on page 132. Say: **We are signs of Jesus' love in this world when we are kind.**

- ▶ Point out the boldface word, *priests*, on page 133 and have your child repeat it after you. Then read aloud the paragraph. Ask: **What is the name of our parish priest? What do priests do?** (Accept reasonable responses.) Say: **A priest is a man who has received a special calling from God to serve the Church. Priests guide the Church and lead us in the celebration of Mass.**
- ▶ Read aloud the activity title, directions, and words in the word bank. Have your child complete the activity.
- ▶ Then read aloud the Reading God's Word feature. Say: **God loves you very much. He will always protect you. He is always with you.**

### Art Print: Page 134

- ▶ Find in a magazine, a book, or online a picture of Jesus surrounded by children. Ask: **What do you see in this picture?** Encourage your child to describe the picture in detail, including the expressions on the faces of Jesus and the children. Say: **Jesus treated children with kindness. Treating others with kindness is one of the greatest signs of love.**
- ▶ Read aloud the first paragraph. Then explain that Jesus' friends thought he might have more important things to do than speak with children.
- ▶ Read aloud the second paragraph and the verse from the Gospel of Mark. Say: **When Jesus asked for the children, he showed everyone how important he thinks children are.** Read aloud the last paragraph.
- ▶ Read aloud the activity title and directions. Allow time for your child to write his or her answer and color the picture. Discuss the response.
- ▶ Help your child fold a sheet of white paper into thirds. On the left panel, have your child write the word *Jesus*. In the center have your child write the word *Loves*. On the right panel, have your child write the word *Me*. Guide your child to illustrate each word, using crayons or markers. On the back have your child draw a picture of himself or herself with Jesus.

### Reflect: Page 135

- ▶ Invite your child to prepare for prayer. Then read aloud the title and paragraph. Together look at the picture. Say: **Like the boy in the picture, use your imagination in prayer. Use your senses to imagine what you see, feel, hear, touch, and smell.**
- ▶ Have your child close his or her eyes. Then pray aloud the first paragraph of the prayer, pausing after each sentence to give your child time to reflect. Next, pray aloud the last paragraph. Pause to allow your child time to be with Jesus in his or her heart. Then say: **Whenever you want to talk to Jesus, just imagine he is right beside you.**

**Reflect: Page 136**

- ▶ Discuss how your child feels when he or she talks with Jesus. Then read aloud the title and paragraph. Ask: ***When does Jesus love you?*** (when I talk with him, when I share what's in my heart, all the time) ***How do you know Jesus loves you very much?*** (because he loves me just the way I am)
- ▶ Read aloud the activity title and directions. Give your child time to complete the activity. Offer help as needed. Then discuss the note your child wrote.

**Respond: Pages 137–138**

- ▶ Ask your child to read aloud the Faith Summary on page 137. Review the Words I Learned in this session. Then read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can show signs of love for Jesus.
- ▶ Read aloud the activity title and directions and invite your child to complete the activity. Then ask your child how he or she might show love for each person he or she named on the signs.
- ▶ Point to the prayer and have your child pray it together with you. Conclude the prayer by praying together the Sign of the Cross and *Amen*.
- ▶ Read aloud the first paragraph of With My Family on page 138. Then read aloud and discuss the Scripture verses as suggested in the next paragraph.
- ▶ Discuss Faith on the Go. Then read aloud the activity title and directions. Complete the activity together.
- ▶ Conclude by praying together the Family Prayer.

## Joining God's Family

### Engage: Page 139

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Open the Bible and read aloud Matthew 28:16–20. Then say: **The Gospel of the Lord**. Invite your child to respond *Praise to you, Lord Jesus Christ*.
- ▶ Give your child a page of stickers or a small bag of treats. Say: **I've given you a gift. Your mission is to share it with everyone in our home!** Allow time for your child to share the stickers or treats with you and anyone nearby. Say: **Jesus gave the gift of God's love to the Apostles and told them to share it with the whole world.**
- ▶ Read aloud the paragraphs on page 139. Ask: **How can you share God's love with others?** (tell them about God, be joyful and kind)
- ▶ Ask your child to prepare for prayer. Pray aloud the prayer while your child follows along. Pause briefly for reflection. Then conclude by praying together the Sign of the Cross and *Amen*.

### Explore: Page 140

- ▶ Say: **Imagine you are in a hot desert without any water.** Ask: **How do you feel?** Give your child a glass of water. Ask: **How does the water help you feel now?** Allow time for your child to respond. Then say: **Water is important to all living things. Water is also an important sign for members of our Church. Let's find out how water is important in the Sacrament of Baptism.**
- ▶ Read aloud the title and the first paragraph. Have your child repeat the boldface terms, *Baptism* and *Original Sin*, after you. Say: **We learned that a sacrament is a sign of Jesus' love. The Sacrament of Baptism is one of these signs. All people are born with Original Sin because the first people, Adam and Eve, disobeyed God. Baptism frees us from Original Sin. We become followers of Jesus. We become part of God's family the day we are baptized.**
- ▶ Read aloud the last two paragraphs. Point out the boldface term *holy water* and have your child repeat it after you. Say: **Holy water is blessed water. We keep holy water in a holy-water font. What do we do when we enter the church and pass the holy-water font?** (dip our fingertips into the holy water and pray the Sign of the Cross) Ask: **Why do we bless ourselves with holy water?** (to remind ourselves of our Baptism)
- ▶ Share with your child details of his or her Baptism. Then say: **A Baptism is a wonderful day for families!**

**Explore: Page 141**

- ▶ Ask your child to name some people who are important to him or her. Then say: ***Now we're going to learn about some people who are important in both our family and God's family.***
- ▶ Read aloud the title and first paragraph. Have your child repeat the boldface word *godparents* after you. Say: ***Godparents are important people because they promise to help their godchildren grow in God's family.***
- ▶ Read aloud the second paragraph. Ask: ***How do godparents show they care?*** (by helping us live good lives, by remembering us on special days)
- ▶ Read aloud the Reading God's Word feature. Ask: ***Who do you think said this?*** (Jesus) Say: ***Jesus wants everyone to be part of God's family.*** Ask: ***How do we become a part of God's family?*** (through Baptism, being baptized)

**Art Print: Page 142**

- ▶ Find in a magazine, a book, or online a picture of Saint Peter. Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including objects that Peter is holding. Say: ***In Baptism we join God's family and become followers of Jesus.***
- ▶ Read aloud the title and the first two paragraphs of the story. Ask: ***Whom was Peter talking about?*** (Jesus)
- ▶ Read aloud the next two paragraphs. Ask: ***What two things did Peter say the people should do to follow Jesus?*** (love God and join his family)
- ▶ Read aloud We Are Invited. Say: ***When Jesus was here on earth, many people followed him. Now we're Jesus' followers. We join God's family in the Sacrament of Baptism. When we love God and one another, we show that we are Jesus' followers.***
- ▶ Read aloud the activity title and directions and have your child color the pictures. Afterward, remind your child that we are following Jesus when we are kind to one another.
- ▶ Using poster board and art supplies, ask your child to make a poster that illustrates any of the following: *Love God, Follow Jesus, God's Family, Jesus Loves Me, or I Love Jesus.* Ask him or her to write the caption on the poster and explain the drawings. Display the poster in your home.

**Reflect: Pages 143–144**

- ▶ Together look at page 143. Ask: ***What do you think the girl in the picture is doing?*** (making the Sign of the Cross)
- ▶ Remind your child of the importance of holy water. Ask: ***What does holy water remind us of?*** (our Baptism)
- ▶ Set a bowl of water on the table and demonstrate how to dip your right hand into holy water and pray the Sign of the Cross. Ask your child to do it with you. Say: ***We are all part of God's family. God is our Father. We are brothers and sisters in God's family.***
- ▶ Read aloud the title on page 143 and invite your child to prepare for prayer by closing his or her eyes and folding his or her hands. Then read aloud the paragraph in a prayerful manner.
- ▶ Read aloud the first paragraph of the prayer. Ask your child to open his or her eyes. Then pray together the Sign of the Cross, checking that your child uses the correct gestures.
- ▶ Read aloud the title and paragraph on page 144. Ask: ***What does Baptism do for us?*** (It makes us members of God's family and frees us from Original Sin.)
- ▶ Read aloud the activity title and directions and allow time for your child to complete the activity.
- ▶ Read aloud the Did You Know? feature. Say: ***When we enter and exit the church, we dip our hand into the holy water. Then we pray the Sign of the Cross, which reminds us we are baptized and part of God's family.***

**Respond: Pages 145–146**

- ▶ Ask your child to read aloud the Faith Summary on page 145. Review the Words I Learned. Then read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can act in loving ways toward others.
- ▶ Read aloud the activity title, introduction, and directions. Have your child tell you something about God. Then have your child complete the activity.
- ▶ Say: ***Our Baptism makes us members of God's family. Let's tell Jesus we are grateful for this gift.*** Pray aloud the prayer as your child prays silently. Then say: ***Take a moment to talk with Jesus in the quiet of your heart.*** Pause briefly. Close by praying together the Sign of the Cross and *Amen*.
- ▶ Read aloud the first paragraph of With My Family on page 146. Then read aloud and discuss the Scripture verses as suggested in the next paragraph.
- ▶ Discuss Faith on the Go. Then find a time to complete the activity together.
- ▶ Conclude by praying together the Family Prayer.

## Celebrating Jesus

### Engage: Page 147

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Open the Bible and read aloud John 6:32–35. Then say: **The Gospel of the Lord.** Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Ask your child: **What do human beings need to live?** (food, water, air) Say: **We also need love in order to live!**
- ▶ Read aloud the paragraphs on page 147. Say: **Jesus calls himself the Bread of Life because he gives us the love we need to live.** Ask: **Where do we receive the Bread of Life?** (at Mass, in the Eucharist) Say: **The Bread of Life helps us grow closer to God.**
- ▶ Say: **Let's ask Jesus to be with us.** Pray aloud the prayer. Then pause briefly for reflection. Conclude by praying together the Sign of the Cross and *Amen.*

### Explore: Page 148

- ▶ Ask: **What is your favorite meal that we enjoy together?** Discuss dishes that you and your child eat at different family celebrations. Say: **Jesus shared an important meal with his friends.**
- ▶ Read aloud the title and all but the last paragraph. Ask: **What did Jesus share with his friends at this meal?** (blessed bread and wine) Say: **Jesus told his friends to remember him when they ate the blessed bread.**
- ▶ Read aloud the last paragraph. Point out the boldface term *Last Supper* and have your child repeat it after you. Ask: **What do we call this meal that Jesus shared with his friends?** (the Last Supper) Say: **The Last Supper was the last meal Jesus shared with his friends. Soon after the meal, Jesus died, but then he rose from the dead.**
- ▶ Ask your child: **How do you think Jesus' friends felt when he wanted to share his last meal with them?** (Possible answers: important, special, close to Jesus) Say: **Sharing is something that you too can do every day to make people feel special and important. Let's try to be sharing people every day.**

### Explore: Page 149

- ▶ Explain to your child that we share Jesus' meal at Mass. Say: **Sharing Jesus' special meal shows him that we remember him and know he is with us.**
- ▶ Read aloud the title and first paragraph. Point out the boldface word *Eucharist* and have your child repeat it after you. Ask: **What is another name for Eucharist?** (Holy Communion)

- ▶ Read aloud the second paragraph. Point out the boldface word *consecration*. Ask: ***What happens at Mass during the consecration?*** (The priest prays. He blesses the bread and wine and says “This is my Body” and “This is my Blood.” The blessed bread and wine become the Body and Blood of Jesus.) Say: ***During the consecration, the priest repeats the words and actions of Jesus at the Last Supper. The bread and wine truly become the Body and Blood of Jesus Christ. We know Jesus is with us whenever we share this special meal together.***
- ▶ Read aloud the activity title and directions as well as the words and phrases in each column. Ask your child to complete the activity.

### Art Print: Page 150

- ▶ Find in a magazine, a book, or online a picture of many people walking to church for Mass. Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including where the people are walking to. Say: ***In celebrating the Mass, we remember what Jesus has done for us.***
- ▶ Read aloud the title and first paragraph. Ask: ***How do we remember Jesus as he asked us to do?*** (We share in a special meal.) Say: ***Jesus is with us in the consecrated bread and wine.***
- ▶ Read aloud the second paragraph. Ask: ***How can we glorify God?*** (Possible answers: pray, attend Mass, love and serve others)
- ▶ Read aloud the activity title and directions. After your child colors the picture, remind him or her that Mass is a celebration with our friends, followers of Jesus.
- ▶ Read aloud the Reading God’s Word feature. Say: ***No matter what we do—whether it’s going to Mass or playing with a friend—we should do it to show our love for God.***
- ▶ Say: ***Like the special meal we have at Mass, meals are good times we share with our family and others we care about.*** Invite your child to make a “meal” collage by cutting out pictures from magazines of favorite foods and people sharing a meal and by drawing pictures of family members and friends who are special to him or her. Ask your child to glue these pictures to a sheet of construction paper. Encourage your child to add to the collage by labeling pictures and adding his or her own drawings.

### Reflect: Page 151

- ▶ Together look at the picture. Ask: ***Where is the family in the picture?*** (at the kitchen table) ***What is the family doing?*** (praying) Say: ***Before each meal, we ask God to bless us and the food we are about to eat.***
- ▶ Read aloud the prayers. Invite your child to pray each prayer with you a second time.

- ▶ Then say: **Now let's take a moment to thank God in our hearts for everything he has given us.** Pause briefly before saying: **Let's pray the Lord's Prayer together to end our prayer time.** After praying the Lord's Prayer, conclude by praying together the Sign of the Cross and *Amen*.

### Reflect: Page 152

- ▶ Ask your child to name some of his or her favorite foods. Then ask: **If you could invite anyone to a meal, whom would you invite? Why?** Begin by sharing whom you would invite and why you would invite that person.
- ▶ Read aloud the title and the two paragraphs. Point out the boldface term *Blessed Sacrament* and have your child repeat it after you. Ask: **What are the consecrated hosts and wine called?** (the Blessed Sacrament) Ask your child to tell where the tabernacle is in your church and to describe it. Say: **The tabernacle is a sacred box or container in which the Blessed Sacrament is kept so that Holy Communion can be taken to those who are sick.** Then ask: **Why do we genuflect or bow in front of the tabernacle?** (to show respect for the Blessed Sacrament inside the tabernacle)
- ▶ Read aloud the activity title and directions. Invite your child to complete the activity.

### Respond: Pages 153–154

- ▶ Ask your child to read aloud the Faith Summary on page 153. Review the Words I Learned. Then read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can make others feel special.
- ▶ Read aloud the activity title and directions. Have your child complete the activity by filling in the blanks as you read aloud the sentences to him or her.
- ▶ Say: **When we eat and drink the consecrated bread and wine at Holy Communion, we receive Jesus' Body and Blood. Let's thank Jesus for this gift.** Have your child prepare for prayer. Then have him or her pray aloud the prayer. Close by praying together the Sign of the Cross and *Amen*.
- ▶ Read aloud the first paragraph of With My Family on page 154. Then read aloud and discuss the Scripture verses as suggested in the next paragraph.
- ▶ Discuss Faith on the Go. Then choose when to complete the activity together.
- ▶ Conclude by praying together the Family Prayer.

## Listening to Our Father

### Engage: Page 155

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Open the Bible and read aloud Matthew 6:5–8. Then say: ***The Gospel of the Lord***. Invite your child to respond *Praise to you, Lord Jesus Christ*.
- ▶ Play a song quietly in the background. Have your child tell you when he or she can hear what's being played. Say: ***We live in a noisy world and often cannot hear important things over all the noise.***
- ▶ Read aloud the paragraphs on page 155. Ask: ***How can we grow closer to God?*** (by praying to God and listening to him)
- ▶ Together find a special, comfortable, quiet place in your home. Pray aloud the prayer while your child follows along. Pause briefly. Then conclude by praying together the Sign of the Cross and *Amen*.

### Explore: Page 156

- ▶ Together look at the two pictures on page 156. Say: ***Today we're going to learn a story about a man named Elijah. Elijah had a place where he could be alone and quiet. It was a place where he could talk to and listen for God.***
- ▶ Read aloud the story. Then ask your child: ***What is happening in the picture on the left side of page 156?*** (Elijah is watching the storm, the earthquake, and the fire in the sky.) ***Was God there?*** (Yes, God is everywhere.) ***Why couldn't Elijah hear God?*** (There was too much noise.)
- ▶ Have your child describe the picture on the right side of the page. Then say: ***God is always with us, but we hear him best when we are listening.*** Explain that talking to someone requires both speaking and listening. Say: ***Sometimes it is hard to hear God with all the noise in our lives, but we will hear God if we listen closely.***
- ▶ Read aloud the Reading God's Word feature. Ask: ***Why is listening important when we pray?*** (so we can learn from God the Father)

**Explore: Page 157**

- ▶ Ask your child: ***When you have a conversation with a friend, does one of you do all the talking, or do you listen to one another? Do you respond to what your friend says?*** (Accept reasonable responses.)
- ▶ Read aloud the title and the two paragraphs. Point out the boldface word *Confirmation* and have your child repeat it after you. Ask: ***What does the Holy Spirit give us in Confirmation?*** (more grace) ***How does the Holy Spirit help us in Confirmation?*** (The Holy Spirit helps our faith grow stronger, helps us hear God, and helps us do what God asks.)
- ▶ Read aloud the activity title and directions. Then have your child fill in the blanks as you read aloud each sentence.

**Art Print: Page 158**

- ▶ Find in a magazine, a book, or online a picture of people singing and dancing. Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including how the people may feel. Say: ***The people in the picture may be praying. There are many different ways to pray.***
- ▶ Read aloud the title. For each paragraph, read aloud the question that starts the paragraph and invite your child to respond.
- ▶ Point out the boldface word *gestures* in the second paragraph and have your child repeat it after you. Say: ***Gestures are the movements we make to add meaning to our words.*** Ask: ***What gestures do we make in prayer?*** (making the Sign of the Cross, bowing when we say or hear Jesus' name, genuflecting before the tabernacle and as we enter a pew) Say: ***If our words, songs, and gestures help us talk to God, then they are prayers.***
- ▶ Read aloud the activity title and directions and have your child draw the picture.
- ▶ Read aloud the Link to Liturgy feature. Say: ***God hears us whenever and wherever we pray.***
- ▶ Ask your child to pretend that he or she is in the picture of people dancing. Ask your child to show how he or she would be moving and what he or she would be saying or singing. Remind your child that when we pray, we praise God, we thank him, we ask for help, and we tell him we're sorry.

**Reflect: Page 159**

- ▶ Together look at the picture. Ask: ***What sounds do you think the child in the picture can hear?*** Remind your child that it is important to make time for silence so that he or she can both talk and listen to God.

- ▶ Read aloud the title and first paragraph. Then say: ***To get ready to pray, you should be as quiet as Elijah when he was listening for God. Fold your hands and close your eyes. Breathe in and out slowly.***
- ▶ Read aloud the second paragraph. Then say: ***Now listen carefully. Remember that listening is an important part of praying. When I finish reading aloud, you will have time to talk with God in your heart.***
- ▶ Read aloud the prayer, pausing after each sentence to give your child time to reflect. Then give your child time to speak with God in his or her heart. After a few moments, say: ***Now open your eyes. Let's close our prayer time by praying together the Sign of the Cross and Amen.***

### Reflect: Page 160

- ▶ Share with your child a peaceful place you enjoy. Describe it. Ask: ***Where is a peaceful place you like to go? What do you like about it? What do you do in your peaceful place?*** (Accept reasonable responses.)
- ▶ Read aloud the title and paragraph. Say: ***There are many peaceful places in God's world. Peaceful places are good places in which to talk to and listen to God. God is always talking to us, but we have to listen closely so that we can hear him.***
- ▶ Read aloud the activity title and directions. Invite your child to complete the activity. When he or she is finished, ask your child to share the picture and his or her answers. Encourage your child to use a lot of detail to explain why each place is his or her favorite peaceful place. Then invite your child to join you in a prayer of thanksgiving for all the wonderful things we enjoy and the many peaceful places we find in the world.

### Respond: Pages 161–162

- ▶ Ask your child to read aloud the Faith Summary on page 161. Review the Words I Learned with your child. Then read aloud Ways of Being Like Jesus. Ask your child to suggest a specific time each day when he or she can have some quiet time to talk to and listen to God.
- ▶ Read aloud the activity title, first line of introduction, and directions. Have your child complete the activity. When he or she is finished, read aloud the sentence together.
- ▶ Say: ***Let's thank God for the quiet times we have with him.*** Pray aloud the prayer as your child prays silently. Then say: ***Spend a few moments of quiet time with God.*** Pause briefly. Then close by praying together the Sign of the Cross and *Amen*.
- ▶ Read aloud the first paragraph of With My Family on page 162. Next, read aloud and discuss the Scripture verses as suggested in the next paragraph.
- ▶ Discuss Faith on the Go. Then complete the activity together.
- ▶ Conclude by praying together the Family Prayer.

## Celebrating Lent and Holy Week

### Engage: Page 163

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Open the Bible and read aloud Matthew 4:1–2. Then say: **The Gospel of the Lord.** Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Ask your child to name things he or she practices. (Possible answers: counting, riding a bike, gymnastics, martial arts) Say: **Preparation is important if we want to do something well. To be good followers of Jesus, we need to prepare.**
- ▶ Read aloud the paragraphs on page 163. Ask: **How did Jesus prepare his heart?** (He prayed in the desert for 40 days.) Say: **Growing close to God is important work. We spend time during Lent making our hearts ready.**
- ▶ Pray aloud the prayer. Then pause for reflection. Conclude by praying together the Sign of the Cross and *Amen.*

### Explore: Page 164

- ▶ Say: **When we grow closer to someone, that person becomes our friend.** Ask: **What kind of friend was Jesus?** (a good friend who loved and cared for others) Point out that God the Father wants us to be more like his Son, Jesus, and that Lent is a great time to do this.
- ▶ Read aloud the title and the first two paragraphs. Point out the boldface word *Lent* and have your child repeat it after you. Ask: **What do we do during Lent?** (prepare for Easter, grow closer to God) **How do we grow closer to God?** (live like Jesus did, pray, be sorry for our wrongs, be kind and helpful)
- ▶ Read aloud the last paragraph. Point out the boldface term *Holy Week* and have your child repeat it after you. Ask: **When is Holy Week?** (the last week of Lent)
- ▶ Read aloud the activity title and directions. Invite your child to read aloud the words in the word box and then complete the activity.
- ▶ Read aloud the Reading God's Word feature as your child follows in the book. Ask: **What is one thing you did today to show love for God?** (Accept all responses.)

## Reflect on the Mass: Page 165

- ▶ Discuss what Mass is like during Lent and Holy Week. Ask: ***Is there a special color that stands out?*** (violet) ***Are there lots of songs or only a few songs?*** (only a few)
- ▶ Read aloud the title and paragraph. Point out the boldface word *Alleluia* and have your child repeat it after you. Ask: ***What is the Alleluia?*** (a prayer of praise that we usually sing before the Gospel) Explain that Mass changes as we celebrate different seasons of the liturgical year. Ask: ***What change in music will we notice at Mass during Lent?*** (We will not hear the Alleluia; we will hear music with other words.)
- ▶ Read aloud What We Experience. Ask: ***What other changes will we notice at Mass during Lent?*** (violet vestments, plain linens, no flowers)
- ▶ Read aloud the activity title and directions. Then have your child complete the activity.
- ▶ Read aloud Did You Know? Say: ***We receive ashes on Ash Wednesday to symbolize the dust from which God made us. As we receive ashes on our forehead, the celebrant may say, "Remember, you are dust, and to dust you shall return."***

## Art Print: Page 166

- ▶ Find in a magazine, a book, or online a picture that shows Jesus on the Cross. Ask your child: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including how seeing Jesus on the Cross makes him or her feel. Say: ***Lent is a time to prepare. By being more like Jesus, we get our hearts ready for Easter.***
- ▶ Read aloud the title and paragraphs on page 166. Say: ***Jesus teaches us how we can be closer to God.*** Ask: ***How can we care for people in need?*** (Share money in the church collection. Participate in volunteer activities. Pray for people in need.) ***How do we pray?*** (We can sit quietly with Jesus in our thoughts, or we can pray with our church family.) ***How can we share God's message?*** (by living like Jesus and showing others how to make good choices)
- ▶ Read aloud the activity title and directions. Have your child write the prayer. Help your child as needed. When your child is finished, remind him or her that our kind words and actions can help us grow closer to God.
- ▶ Give your child art paper, a paint brush, and watercolor paint. Ask your child to paint his or her own version of the crucifix. Encourage your child to use bold strokes and unusual colors. Remind your child that God is always there for all of us.

**Respond: Pages 167–168**

- ▶ Read aloud the Faith Summary on page 167. Review the Words I Learned. Then read aloud Ways of Being Like Jesus. Ask your child to suggest other ways he or she can show kindness toward others. Then say: ***We do nice things for others during Lent and Holy Week to be more like Jesus and to grow closer to God the Father.***
- ▶ Read aloud the activity title, directions, and words in the word bank. Then read aloud each clue and help your child complete the puzzle.
- ▶ Invite your child to prepare for prayer. Say: ***Today we talked about the importance of preparing our hearts during this season of Lent. Let's ask God for help during Lent.*** Pray aloud the prayer as your child prays silently. Then say: ***Spend a few moments talking with God in silent prayer.*** Pause briefly. Then close by praying together the Sign of the Cross and *Amen*.
- ▶ Read aloud the first paragraph of With My Family on page 168. Then read aloud and discuss the Scripture verses as suggested in the next paragraph.
- ▶ Discuss Faith on the Go. Then plan a time to complete the activity together.
- ▶ Conclude by praying together the Family Prayer.