

Multimedia for each lesson are accessed by scanning the QR code on the Children's Book page. If you don't have access to a QR code digital device, contact your child's catechist for assistance.

Sacraments, Our Way of Life

Begin

- ▶ Ask: *Who are your favorite teachers or coaches? Why do they stand out to you?* (They made learning fun; they explained information in a way I could understand.) Read aloud the unit title on page 128. Say: *Our new unit will help us encounter God's love and forgiveness. We'll begin by learning about Saint Ignatius of Loyola, who believed education was important. He helped people learn about God.*

Introduce the Saint

- ▶ Focus your child's attention on the picture of Saint Ignatius of Loyola on page 128. Ask: *What can you tell about Saint Ignatius of Loyola based on this picture?* (He was a holy man. He traveled by donkey.)
- ▶ Have your child read aloud Saint Ignatius of Loyola on page 129. Say: *Saint Ignatius of Loyola was inspired to change his life after reading about Jesus and the saints. Ask: What did Saint Ignatius of Loyola do to show that he had changed?* (He gave up his life as a nobleman. He celebrated the Sacrament of Reconciliation. He traveled to a monastery. He became a priest.)
- ▶ Say: *Today there are more than 15,000 Jesuits in the world, working in ministries such as education, parish ministry, and peace and justice. Through their ministry, the Jesuits try to help people find God in the world around them. The Jesuits desire that everything they do bring glory to God.*
- ▶ Read aloud the Be Inspired feature. Talk about why it is important to be loving in our actions as well as our words.
- ▶ With your child, add Ignatius's feast day, July 31, to your calendar. Plan an event together to celebrate the teachings of Saint Ignatius of Loyola.

Unit Opener: Page 130

- ▶ Ask: *If you had an important activity or project to do, whom would you want to help you? Why would you choose these people? Say: Saint Ignatius of Loyola might have chosen to serve God by living alone, but God called him to serve in another way.* Read aloud *We Live and Grow Together in Jesus' Love*.
- ▶ Read aloud *Thankful for Our Community* on page 30. Have your child complete the activity and talk about his or her responses.
- ▶ Direct your child's attention to the Reading God's Word feature. Say: *Let's pray for all of God's family in Christ.* Read aloud the Scripture. Then invite your child to pray aloud the Scripture with you.

Celebrating Reconciliation

Engage: Page 131

- ▶ Say: *Think of a time when you told someone you were sorry.* Ask: *Why do you think it can sometimes be hard to ask for forgiveness?* Read aloud the session title. Say: *In this session, we will learn about the Sacrament of Reconciliation, which is a visible sign of God's love and forgiveness. We will also learn that Jesus calls us to ask others for forgiveness when we cause harm.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Mark 2:1–12 from your Bible. Then say: *The Gospel of the Lord.* Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Invite your child to read aloud the paragraphs on page 131. Ask: *How do we heal our relationship with God and others when we sin?* (through the Sacrament of Reconciliation) Say: *Jesus taught us about God's healing forgiveness. Let's take a moment to be aware of Jesus in our hearts.* Pray aloud the prayer together. Conclude by praying *Amen.*

Explore: Pages 132–133

- ▶ Display a first-aid kit. Ask: *Why do we use items in a first-aid kit?* (to treat an injury) Say: *Sins are injuries to our relationship with God and with one another. God can repair these injuries through the Sacrament of Reconciliation.*
- ▶ Have your child read aloud God's Forgiveness on page 132. Look up the word *repentance* in the Glossary. Ask: *When we are sorry and ask for God's forgiveness, what happens?* (Our sins are forgiven, and the divine life of the Holy Trinity is restored in us. We turn away from sin and back to God. We receive the grace to love God and others.) *What happens when we celebrate the Sacrament of Reconciliation?* (Our relationship with God and the Church is restored.)
- ▶ Read aloud the Reading God's Word feature. Ask: *What does this passage tell us about God?* (He is like a shepherd. He provides and cares for us and shows us how to live.)
- ▶ Read aloud page 133. Ask: *When do we celebrate the Sacrament of Reconciliation?* (when we are ready to ask for God's forgiveness and for the grace to make better choices) Look up the word *penance* in the Glossary. Say: *A penance is an action or prayer that shows we are turning away from sin and returning to God.* Ask: *What do we receive when we celebrate Reconciliation?* (God's healing forgiveness and the joy and peace this brings)

Art Exploration: Page 134

- ▶ Find in a magazine, in a book, or online an image that depicts Jesus as the Good Shepherd.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including the job of the shepherd.
- ▶ Say: *Jesus is the Good Shepherd, and he calls us to repent when we have freely chosen to turn away from God.*
- ▶ Read aloud the introduction and discuss the question on page 134.
- ▶ Read aloud The Lost Sheep. Ask: *What does a good shepherd do when he realizes he has lost one of his sheep?* (He goes out to look for the lost sheep.) Say: *God never stops looking for us. Repentance is our choice to turn away from sin and back to God.*
- ▶ Have your child read aloud The Good Shepherd and complete the activity. (The solution to the puzzle is *Jesus, the Good Shepherd, loves us and cares for us.*)
- ▶ Give your child construction paper in various colors and glue. Invite him or her to make a mosaic of Jesus, the Good Shepherd, by tearing small pieces of construction paper and gluing them to another sheet. Display the artwork in your home.

Reflect: Pages 135–136

- ▶ Together look at page 135. Ask: *How do you think the boy in the picture feels?* (peaceful, thoughtful) Say: *Through the Sacrament of Reconciliation, we receive the grace to return to God.*
- ▶ Read aloud We Express Our Sorrow. Together pray aloud the Act of Contrition (Prayer of the Penitent). Pause after each sentence to give your child time to reflect on the meaning of the words. Conclude by praying *Amen* and praying the Sign of the Cross together.
- ▶ Have your child read aloud Return to God on page 136. Ask: *What can we do when we need help to ask for forgiveness?* (We can pray to the Holy Spirit for the courage to say we are sorry.)
- ▶ Read aloud Ask for Forgiveness. Have your child complete the activity and share his or her ideas with you.
- ▶ Read aloud the Link to Liturgy feature. Say: *We can also celebrate the Sacrament of Reconciliation with our Church community. Together, we acknowledge our need for grace and prepare ourselves for confession.*

Respond: Page 137

- ▶ Ask your child to read aloud the Faith Summary on page 137. Review the Words I Learned. Read aloud Ways of Being Like Jesus. Ask your child to spend a moment reflecting on the question. Then invite your child to complete the activity.
- ▶ Pray aloud the prayer with your child. Then pray the Sign of the Cross together.

With My Family: Page 138

- ▶ Read aloud With My Family on page 138. As a family, complete the page and do the activity. Finally, pray the family prayer. Say: *Jesus, the Good Shepherd, always watches over us. He rejoices when we turn away from sin and turn our hearts back to God the Father.*

The Sacrament of the Eucharist

Engage: Page 139

- ▶ Together find pictures in magazines or online of families sharing meals. Ask: *What is different about each of these celebrations?* (There are different foods and different events.) *What is the same?* (People are enjoying a meal together.)
- ▶ Read aloud the session title. Say: *The Eucharist is an important meal we share with our family of faith. In this session, we will learn more about this sacrament.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Luke 22:14–20 from your Bible. Then say: *The Gospel of the Lord.* Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Say: *We want those we love most to be present with us. God is present to us through his Son, Jesus, and through the Eucharist.* Invite your child to read aloud the paragraphs on page 139. Ask: *What do we remember when we celebrate the Sacrament of the Eucharist?* (Jesus' sacrifice) Say: *Let's give thanks to God for giving us his Son, Jesus.* Pray aloud the prayer together. Conclude by praying *Amen.*

Explore: Pages 140–141

- ▶ Discuss different traditional foods that might be served during your family celebrations or those of friends. Ask: *Why are some foods important to families?* (Foods can be family recipes and may be part of a family's ethnic heritage.)
- ▶ Have your child read aloud We Celebrate on page 140. Ask: *What do we pray before we eat?* (a blessing thanking God for his many gifts)
- ▶ Read aloud the Did You Know? feature. Say: *We believe that Christ is present in the Eucharist by the power of his Word and his Spirit.*
- ▶ Read aloud Jesus Invites Us on page 141. Ask: *Why does the Holy Spirit help us gather as a community on the Lord's Day?* (to remember Christ's sacrificial Death and Resurrection) *What do we do to honor the Lord's Day?* (We attend Mass. We avoid unnecessary work or causing others to do work. We give our full attention to worshipping God and caring for others.)
- ▶ Read aloud The Lord's Day and have your child complete the activity.
- ▶ Read aloud the Reading God's Word feature. Say: *When we receive the Body of Christ in Holy Communion, we receive the strength to live as God wants us to live.*

Art Exploration: Page 142

- ▶ Find in a magazine, in a book, or online a picture of Jesus feeding the five thousand.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including what is happening.
- ▶ Say: *The story of Jesus feeding the five thousand is an example of Jesus' compassion for his disciples.*
- ▶ Read aloud the introduction and discuss the question on page 142.
- ▶ Read aloud Jesus Feeds the Five Thousand. Look up the word *compassion* in the Glossary. Say: *Compassion is a feeling of sympathy or sorrow for someone in need.* Ask: *How does this story portray Jesus' compassion?* (Jesus showed compassion by feeding the hungry people.)
- ▶ Read aloud Show Compassion and give your child time to complete the activity.
- ▶ Invite your child to imagine that he or she is an eyewitness to the feeding of the five thousand. Have your child write a news report of what he or she saw. Encourage your child to deliver the news report to your entire family.

Reflect: Pages 143–144

- ▶ Read aloud God Provides. Invite your child to focus his or her attention on Jesus.
- ▶ Pray aloud the prayer slowly. Pause after each sentence to give your child time to use his or her imagination. Conclude by praying the Sign of the Cross together.
- ▶ Read aloud Holy Days of Obligation on page 144. Say: *On these six days, we celebrate the great things that God has done for us. The holy days of obligation are so important that the precepts of the Church call us to go to Mass on these days.*
- ▶ Read aloud Celebrate Our Faith. Have your child draw a picture that represents one of the holy days of obligation and then tell you about the picture.

Respond: Page 145

- ▶ Ask your child to read aloud the Faith Summary on page 145. Review the Word I Learned. Read aloud Ways of Being Like Jesus. Say: *Sharing your food is a way to be like Jesus. It is also a way to show compassion.* Then invite your child to complete the activity.
- ▶ Pray aloud the prayer with your child. Then pray the Sign of the Cross together.

With My Family: Page 146

- ▶ Read aloud With My Family on page 146. As a family, complete the page and plan to do the activity. Finally, pray the family prayer. Say: *May Jesus' example guide our way every day. Let's follow his lead.*

Anointing of the Sick

Engage: Page 147

- ▶ Together recall times when you were sick or injured. Ask: *What did people do to help you feel better?* Say: *Giving comfort to people who are unwell is one way to share Jesus' love with others.* Read aloud the session title. Say: *We celebrate Jesus' healing presence in the Anointing of the Sick.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Matthew 4:23–25 from your Bible. Then say: *The Gospel of the Lord.* Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Invite your child to read aloud the paragraphs on page 147. Ask: *Why did Jesus heal people who were sick and suffering?* (because he felt compassion for them and wanted to show the crowds the depth of God's love and mercy) Say: *Giving comfort is a way to be a loving disciple of Jesus.* Pray aloud the prayer together. Conclude by praying *Amen.*

Explore: Pages 148–149

- ▶ Read aloud Matthew 9:27–31 from your Bible. Ask: *What did the two men who were blind ask of Jesus?* (that he take pity on them) *Why do you think Jesus was willing to heal the men?* (He felt compassion for them. They expressed belief in him.) Say: *When we are sick or injured, Jesus will always offer us his comfort.*
- ▶ Have your child read aloud page 148. Look up the term *Anointing of the Sick* in the Glossary. Say: *The Sacrament of the Anointing of the Sick is one of the Sacraments of Healing.*
- ▶ Read aloud Anointing of the Sick on page 149. Look up the term *oil of the sick* in the Glossary. Say: *The bishop blesses the oil of the sick at the Chrism Mass, which is celebrated during Holy Week. During the Sacrament of the Anointing of the Sick, the priest anoints the forehead and hands of the person who is sick or elderly. This anointing brings Jesus' strength and healing of the heart and soul. It also brings forgiveness of sins.*
- ▶ Read aloud the Link to Liturgy feature. Say: *When a member of the Church might die, in addition to celebrating the Sacrament of the Anointing of the Sick, the priest offers viaticum. This helps the person prepare for death.*

Art Exploration: Page 150

- ▶ Find in a magazine, in a book, or online a picture of someone visiting or caring for a person who is sick.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including how the visitor or caregiver is caring for the person who is sick.
- ▶ Say: *We carry on Jesus' healing work by caring for people who are sick or suffering. Saint James encouraged early Christians to pray for and help people who were sick.*
- ▶ Ask: *How can you follow Saint James's example?*
- ▶ Read aloud Jesus Heals on page 150. Ask: *In his letter in the New Testament, what did James encourage Christians to do?* (pray for those who were ill and anoint them in the name of the Lord)
- ▶ Read aloud Care for Others. Allow time for your child to complete the poster and share it with you.
- ▶ Read aloud the Reading God's Word feature. Say: *In this passage, Matthew points out the many ways that Jesus' followers experienced healing.*
- ▶ Work with your child to create a prayer chain. On two-by-six inch strips of paper, write the names of people you know who are sick, suffering, or in need or prayer. Make the first link by taping together the two ends of a paper strip. Thread another paper strip through the link and tape together its two ends. Continue until you have made a chain. Pray together a prayer asking Jesus to comfort all those who are sick or suffering.

Reflect: Pages 151–152

- ▶ Together look at page 151. Say: *We pray prayers of intercession every time we celebrate the Mass. Praying to help another person is a great way to live out Jesus' new commandment.*
- ▶ Read aloud We Ask God to Help Others. Pray aloud the prayer, pausing to allow your child to reflect. Then allow your child time to pray a prayer of intercession for someone he or she cares about.
- ▶ Have your child read aloud Prayers of Intercession on page 152. Ask: *How can we show care for people who are sick or suffering?* (We can visit them or send a card. We can pray a prayer of intercession for them.)
- ▶ Read aloud Write a Prayer and have your child complete the activity.
- ▶ Read aloud the Meet a Holy Person feature. Say: *Because of his example, Pierre Toussaint has been named venerable, one of the steps in the process of being declared a saint.*

Respond: Page 153

- ▶ Ask your child to read aloud the Faith Summary on page 153. Review the Words I Learned. Read aloud Ways of Being Like Jesus. Ask your child to name someone he or she will pray for this week. Then invite your child to complete the activity.
- ▶ Pray aloud the prayer as your child follows along. Then pray the Sign of the Cross together.

With My Family: Page 154

- ▶ Read aloud With My Family on page 154. As a family, complete the page and do the activity. Finally, pray the family prayer. Say: *Jesus is our light. He leads us out of darkness and comforts us when we are in pain.*

Sacraments of Service

Engage: Page 155

- ▶ Ask: *What do you want to be when you grow up?* Say: *God has a plan for each of us. We will all serve him in our own way.* Ask: *How might you serve God when you are older?*
- ▶ Read aloud the session title. Say: *The Sacraments of Matrimony and Holy Orders are Sacraments at the Service of Communion. Through them, people receive the grace to share their gifts and serve the Church in special ways. We'll learn about these two sacraments in this session.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Genesis 2:21–24 from your Bible. Then say: *The Word of the Lord.* Invite your child to respond *Thanks be to God.*
- ▶ Invite your child to read aloud the paragraphs on page 155. Say: *The Sacraments of Matrimony and Holy Orders are about putting the needs of others first, just as God calls us to do. Let's thank God for his loving presence.* Pray aloud the prayer together. Conclude by praying *Amen.*

Explore: Pages 156–157

- ▶ Share a story about your own wedding or a wedding you have attended. Ask: *Why do people get married?* (because they love each other)
- ▶ Have your child read aloud A Family Wedding on page 156. Say: *When a couple exchanges vows, they are making a public commitment to each other in front of God and their community. They are also committing to being good parents and to serving as role models in their community.*
- ▶ Read aloud the Reading God's Word feature. Ask: *How does this passage apply to the Sacrament of Matrimony?* (Jesus commands us to love one another. In the Sacrament of Matrimony, a bride and a groom promise to love each other during good times and bad times.)
- ▶ Read aloud page 157. Ask: *How do married couples create a domestic church?* (They help each other grow closer to God and teach their children how to live Christian lives.) Look up the word *ordained* in the Glossary. Ask: *What happens in the Sacrament of Holy Orders?* (Men are ordained as bishops, priests, and deacons.)

Art Exploration: Page 158

- ▶ Find in a magazine, in a book, or online an image of people picking grapes.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including the setting and the actions of the people.
- ▶ Say: *When we grow in our relationship with Jesus, we become like productive branches that grow much fruit.*
- ▶ Read aloud the introduction and discuss the question on page 158.
- ▶ Read aloud The Vine and the Branches. Say: *In this passage, Jesus tells us that when we freely choose to follow him, we remain close to him. We bear fruit by sharing his love with others.* Ask: *What can we do to remain close to Jesus?* (We can pray, attend Mass, celebrate the sacraments, follow the Ten Commandments, and practice the virtues.)
- ▶ Read aloud Retell the Parable and have your child complete the activity. Encourage your child to share his or her version of the parable with family members.
- ▶ Read aloud the Meet a Saint feature. Say: *Hildegard of Bingen responded to the call of discipleship by giving advice to others.*
- ▶ Invite your child to draw multiple branches stemming from a main vine. Say: *On each vine, draw a picture or write a sentence about how you can share Jesus' love with others.* Display the artwork in your home.

Reflect: Pages 159–160

- ▶ Together look at page 159. Say: *The boy in the picture appears to be focused on his thoughts. We can stay connected to Jesus by letting God the Father cut away all that hinders our growth.*
- ▶ Read aloud I Am the Vine. Ask your child to sit comfortably. Then pray the prayer slowly, pausing after each paragraph to give your child time to reflect. Close the prayer by praying *Amen* and asking your child to offer you a sign of peace.
- ▶ Have your child read aloud Called by God on page 160. Ask: *What does God call us to do?* (serve the Church by being priestly people and sharing our gifts with others)
- ▶ Read aloud Serve the Church. Give your child time to complete the activity. Remind him or her to write a caption that describes how the ordained man or the married couple is serving the Church.

Respond: Page 161

- ▶ Ask your child to read aloud the Faith Summary on page 161. Review the Word I Learned. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can be helpful to others. Then invite your child to complete the activity.
- ▶ Pray aloud the prayer as your child follows along. Then pray the Sign of the Cross together.

With My Family: Page 162

- ▶ Read aloud With My Family on page 162. As a family, complete the page and do the activity. Finally, pray the family prayer. Say: *Remember that we are called to love and serve God. Let's serve him by being loving and helpful members of our family and our Church community.*

Celebrating Lent and Holy Week

Engage: Page 163

- ▶ Say: *Tell me about a time you changed your mind.* Give your child time to respond. Then say: *Changing our minds is deciding to think in a different way. During Lent, we are called to repent, which means to think in a different way—the way Jesus thinks. In this session, we will learn about Lent and Holy Week. Ask: What do we prepare for during Lent?* (the celebration of Jesus' Resurrection)
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Ephesians 4:17–24 from your Bible. Then say: *The Word of the Lord.* Invite your child to respond *Thanks be to God.*
- ▶ Invite your child to read aloud the paragraphs on page 163. Say: *We use the words conversion and repentance to refer to changing our minds and hearts. Let's pray to Jesus to ask him to be with us during Lent.* Pray aloud the prayer together. Conclude by praying *Amen.*

Explore: Page 164

- ▶ Read aloud Matthew 14:13–21 from your Bible. Discuss the example that Jesus sets for his followers in this passage.
- ▶ Have your child read aloud We Become More Like Jesus During Lent and Holy Week. Say: *Jesus was put to death on the Cross.* Ask: *What is this event called?* (the Crucifixion) *What is Jesus' rising from the dead called?* (the Resurrection)
- ▶ Read aloud Prayer of Thanks. Give your child time to write a short prayer. Pray the prayer together.
- ▶ Read aloud Lenten Promises. Have your child write his or her promises and then share them with you.
- ▶ Read aloud the Reading God's Word feature. Say: *God gave us a great gift in his Son, Jesus. Everyone who believes in Jesus will live forever with God in heaven.*

Reflect: Page 165

- ▶ Suggest to your child that the two of you become prayer partners during Lent and pray for each other.
- ▶ Have your child read aloud Mass During Lent and Holy Week. Look up the term *Holy Thursday* in the Glossary. Ask: *What is the Gospel Reading about on Good Friday?* (Jesus' Passion)

- ▶ Read aloud What We Experience. Ask: *What does the washing of the feet symbolize?* (Jesus' love and service) Say: *In Jesus' day, people traveled by foot. Their feet got very dirty. When Jesus washed the feet of the disciples at the Last Supper, he practiced a humble act of service.*
- ▶ Read aloud Following Jesus. Give your child time to complete the activity.
- ▶ Read aloud the Did You Know? feature. Ask: *When else do we use the color violet?* (during Advent) Say: *Violet is a symbol of penance.*

Art Exploration: Page 166

- ▶ Find in a magazine, in a book, or online a painting of the resurrected Christ.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including who and what is depicted.
- ▶ Read aloud the introduction and discuss the question on page 166.
- ▶ Say: *The season of Lent ends with the celebration of the Triduum during Holy Week.*
- ▶ Read aloud The Triduum. Ask: *What are the three days of the Triduum?* (Holy Thursday, Good Friday, Holy Saturday) *What do we do during the Easter Vigil?* (wait to celebrate the glory of Christ's Resurrection)
- ▶ Read aloud Celebrate the Triduum and have your child complete the activity. Review the answers together.
- ▶ Ahead of time, set up a prayer space with symbols for each day of the Triduum. For example, you could use bread or a chalice for Holy Thursday, a cross for Good Friday, and a candle for Holy Saturday. Process together to the prayer space. Review what we remember on each day of the Triduum and pray aloud a short prayer.

Respond: Page 167

- ▶ Ask your child to read aloud the Faith Summary on page 167. Review the Words I Learned. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways to be kind to everyone, not just the people he or she likes. Then invite your child to complete the activity.
- ▶ Pray aloud the prayer with your child. Then pray the Sign of the Cross together.

With My Family: Page 168

- ▶ Read aloud With My Family on page 168. As a family, complete the page and plan to do the activity. Finally, pray the family prayer. Say: *During Lent and Holy Week this year, I hope we all find opportunities to grow closer to Jesus and put his teachings into practice.*