

# Sacraments, Our Way of Life

## Unit Opener: Pages 128–130

- ▶ Say: *Think about things you do well.* Ask: *What is one of your strengths?* Share your own strengths with your child. Say: *Our strengths are gifts from God.* Invite your child to turn to page 128. Read aloud the unit title. Say: *In this unit, we'll learn about people whose strength was following God and leading others to do the same. We will also learn how we encounter Jesus today through the sacraments.*
- ▶ Discuss the image of Saint Ignatius. Ask: *How is Saint Ignatius portrayed?* (humble, repentant) Say: *Saint Ignatius lived 500 years ago, but he still has followers today—about 20,000, and they work in 112 countries. They are called Jesuits.*
- ▶ Ask your child read aloud the paragraph on page 129. Ask: *What first inspired Ignatius to follow God's call?* (He read about the lives of Jesus and the saints.) Say: *Saint Ignatius's dedication to service to others made a difference to people in need. We will read about several Old Testament leaders—prophets—who also made a difference. They encouraged people when life was difficult and reminded them to follow God's laws.*
- ▶ Read aloud the Be Inspired feature. Ask: *To whom is this litany directed.* (the Holy Trinity)
- ▶ With your child, add Ignatius's feast day, July 31, to your calendar. Plan an event together to celebrate the work of Saint Ignatius of Loyola.
- ▶ Ask your child to think about when they most feel God's love. Ask: *What do you do to connect with God?* Discuss his or her response. Offer examples of your own. *How does this help you when you face challenges?* (Discuss how God's grace and love give us fortitude.)
- ▶ Have your child read aloud Focusing on the Eucharist on page 130. Say: *Saint Ignatius centered his spiritual life on prayer and reflection. His devotion to prayer gave him the grace to glorify God in all that he did.*

- ▶ Read aloud the introduction and directions for Litany of Service. Invite your child to take a few moments to think of people in need in their parish and ways they can serve those people. Then have them complete the activity. Point out that each line should contain one item.
- ▶ Ask your child to read aloud the Reading God's Word feature. Say: *Praying the psalms is a good way to focus on God and keep him first in our lives.*

## Prophets Challenge the People

### Engage: Page 131

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Matthew 13:54–58. Then say: ***The Gospel of the Lord.*** Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Ask: ***Have you ever told a friend something he or she didn't want to hear? Why were you truthful?*** (to motivate them, to tell them something important) Say: ***In Scripture, we learn that the prophets often had to strongly repeat God's message to the people of Israel.***
- ▶ Ask your child to read aloud the paragraphs on page 131. Ask: ***Why were the people of Nazareth uncomfortable with Jesus' message?*** (They couldn't understand where he got such power and wisdom.)
- ▶ Pray aloud the prayer together. Conclude by praying the Sign of the Cross.

### Explore: Pages 132–133

- ▶ Discuss historical figures who have stood up for their beliefs, such as Abraham Lincoln, Martin Luther King Jr., and Dorothy Day. Ask: ***What did each hope to do? How did people react to their message?***
- ▶ Have your child read aloud the first paragraph on page 132. Ask: ***What did prophets do?*** (They told people that society could live in harmony by following God's commandments.)
- ▶ Have your child read the rest of the page. Ask: ***What did Amos speak out against?*** (how the wealthy people in Israel treated those who were poor) ***What concerned Jeremiah?*** (people of Judah who were not obeying the covenant established with Abraham and Moses) ***What message did Jeremiah give the exiled Jews?*** (that God loved them no matter where they were)
- ▶ Ask your child to read aloud God Calls Isaiah on page 133. Invite him or her to look up the boldfaced word in the Glossary. Ask: ***How did the angel purify, or cleanse, Isaiah?*** (The angel used fire to get rid of Isaiah's sin.) ***What was Isaiah's response to God's call?*** ("Here I am; send me!")
- ▶ Read aloud the Reading God's Word feature. Say: ***In this verse, Isaiah was calling on God to comfort the Jewish people as they neared the end of their exile.***

### Art Exploration: Page 134

- ▶ Find in a book, magazine, or online a representation of the prophet Jeremiah.
- ▶ Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including how the prophet Jeremiah is dressed. Ask: ***How would you react if a prophet asked you to change your ways?*** Discuss your child's response.

- ▶ Have your child turn to page 134. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud A Prophet's Challenge. Say: ***Even though the people did not listen, the prophets did not give up.*** Ask: ***What did the prophets ask the rulers, priests, and people to do?*** (turn away from their sinful ways, turn their lives back to God) Ask your child to imagine a prophet asking a ruler to share his wealth. Ask: ***Why might this message have been difficult for some to hear? How might people respond today?*** Discuss his or her response.
- ▶ Read aloud A Prophecy for Today. Allow time for your child to write his or her messages and share them with you.
- ▶ Have your child choose one prophecy they wrote on page 134 to illustrate as a bumper sticker. Make a long rectangle by folding a sheet of drawing paper in half. Ask your child to write the message neatly and illustrate the bumper sticker. Display the message in your home.

### Reflect: Pages 135–136

- ▶ Together look at page 136. Say: ***The boy in the picture is open to God's calling. Ask God to show you how to be open to his message and to be more like the prophets in sharing his message with others.***
- ▶ Read aloud the introductory paragraph. Have your child read aloud the prayer. Pause to allow a few moments for him or her to reflect on the words they just prayed. Conclude by praying the Sign of the Cross together.
- ▶ Have your child read aloud What It Means to Reform on page 136. Ask: ***What are some reforms for which the Catholic Church works?*** (abortion laws, immigration, workers' rights, ending the death penalty) Point out that the pope often calls for reform on global issues such as war and the dignity of life.
- ▶ Have your child complete the activity and discuss his or her ideas with you.
- ▶ Read aloud the Meet a Modern Prophet feature. Ask: ***What are some things that Dorothy Day tried to reform?*** (She worked to help those who were poor and those who were homeless. She protested war.)

### Respond: Pages 137–138

- ▶ Ask your child to read aloud Faith Summary on page 137. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus.
- ▶ Read aloud the Prophet Puzzlers and have your child complete the activity.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 138. Together as a family, complete the page and do the activity. Pray the family prayer together. Say: ***Throughout the coming week, think about how you can be like the prophets and share God's message with people you meet.***

## Prophets Give Hope

### Engage: Page 139

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Matthew 11:2–6. Then say: ***The Gospel of the Lord.*** Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Ask: ***Who are some people you turn to when you feel discouraged or alone?*** (parents, teachers, friends, pastor) Say: ***Sometimes we need people to give us hope when we feel hopeless. The prophets offered hope to the people of Israel.***
- ▶ Ask your child to read the paragraphs on page 139. Ask: ***Why did the people of Israel need hope?*** (They had been waiting centuries for God’s promise to be fulfilled.)
- ▶ Pray aloud the prayer together. Then conclude with the Sign of the Cross.

### Explore: Pages 140–141

- ▶ Ask your child to think about group activities they’ve participated in, such as sports or band. Ask: ***What does a coach do?*** (shows us how to work together, encourages us to play well, motivates us) Say: ***The Old Testament prophets were like coaches, encouraging the Hebrew people with their messages from God.***
- ▶ Have your child read aloud the first paragraph on page 140. Ask: ***Why was life difficult for the exiled Jews?*** (They were captives and victims of the grave sins of terrorism and torture. They did not know if they would ever return home.)
- ▶ Have your child read aloud the rest of the page. ***What was Second Isaiah’s message?*** (God still loved them, would care for them, and lead them home.)
- ▶ Ask your child to read aloud page 141. Ask: ***What did early Christians think of when they read Second Isaiah?*** (that Isaiah’s message of hope was fulfilled in Jesus Christ)
- ▶ Read aloud the Reading God’s Word feature. Say: ***Early Christians used the Old Testament to help them understand Jesus.*** Ask: ***What did Isaiah mean when he said these words?*** Discuss your child’s response.

### Art Exploration: Page 142

- ▶ Find in a book, magazine, or online a representation of the prophet Isaiah preaching.
- ▶ Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including how the artwork shows the role of the prophets in the Old Testament.
- ▶ Say: ***The words of the prophets are meant to bring us closer to God.***
- ▶ Have your child turn to page 142. Read aloud the introduction and discuss the question.

- ▶ Read aloud Jesus and the Prophecies of Old. Ask: ***Why did Matthew share the words of the prophet Isaiah?*** (Matthew was trying to show the Jews that Jesus fulfilled the prophecies concerning the Messiah.)
- ▶ Read aloud the activity directions and give your child time to write. Discuss the explanation.
- ▶ Read aloud the Did You Know? feature. Ask: ***How many parts make up the Book of Isaiah?*** (three; chapters 1–39, 40–55, and 55–66)
- ▶ Show your child the image of an illuminated page of the Bible you used in Unit 1, Session 1. Have your child choose a verse from the Book of Isaiah, such as “The people who walked in darkness have seen a great light.” Have him or her copy the verse from the Bible and illuminate with a large, colorful opening letter and text surrounded by a colorful border. Display the verse in your home.

### Reflect: Pages 143–144

- ▶ Together look at page 143. Say: ***We can bring all our needs to God just as we see in the Psalms. There is nothing too big or too small because God loves us unconditionally.***
- ▶ Read aloud the introductory paragraph. Then take turns with your child reading aloud the psalm. Focus on how God responds to us when we are facing difficulties. Conclude with the Sign of the Cross.
- ▶ Ask your child to read aloud Isaiah and the Gospel on page 144. Remind him or her that early Christians used the Old Testament to make connections between God’s promises and how Jesus’ message and life was the fulfillment of those promises.
- ▶ Read aloud Connecting Matthew and Isaiah. Work together to complete the activity. Read aloud both the Old Testament and New Testament passages and discuss each event.

### Respond: Pages 145–146

- ▶ Ask your child to read aloud Faith Summary on page 145. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus.
- ▶ Read aloud the activity. Allow your child time to write his or her paragraph. Then discuss the person they wrote about.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 146. Together as a family, complete the page and do the activity. Pray the family prayer together. Say: ***Your words and actions can bring hope and encouragement to the people you encounter in your life.***

## Sacraments of Initiation

### Engage: Page 147

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Matthew 28:16–20. Then say: ***The Gospel of the Lord.*** Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Ask: ***If you could change your name, what name would you pick? Why?*** Discuss your child's answer. Say: ***Having a new name means having a new identity. In the Sacraments of Initiation, we take on a new identity.***
- ▶ Have your child read aloud the paragraphs on page 147. Ask: ***What are the Sacraments of Initiation?*** (Baptism, Confirmation, Eucharist)
- ▶ Pray aloud the prayer together. Conclude with the Sign of the Cross.

### Explore: Pages 148–149

- ▶ Say: ***The Church has sacred rituals known as sacraments.*** Ask: ***What do you know about Baptism?*** Discuss your child's responses.
- ▶ Have your child read aloud the first section on page 148. Ask: ***What do we call adults preparing for Baptism today?*** (catechumens) ***What must they learn?*** (Church teachings, how to respond to God's call)
- ▶ Read aloud the activity introduction and directions. Explain that the Easter Vigil, the final part of the Easter Triduum, takes place on the night of Holy Saturday. Point out that the Triduum celebrates the Passion, Death, and Resurrection of Jesus and is when adult Baptisms are celebrated.
- ▶ Read aloud the Link to Liturgy feature. Say: ***Holy water is a sacramental that helps us remember our relationship with God.*** Ask: ***What images of water from Scripture are used during the blessing of baptismal water at the Easter Vigil?*** (the Spirit breathing upon the waters at creation, the Red Sea parting, the baptism of Jesus)
- ▶ Have your child read aloud page 149. Ask: ***Why is the Eucharist so important?*** (It nourishes us so that we can go out and serve others. It forgives venial sin. It brings us closer to Christ.) Say: ***The sacraments are signs of grace given to us by Jesus and his Church. Through the sacraments, we encounter Christ and receive his divine life.***
- ▶ Read aloud the Reading God's Word feature. Say: ***This passage from John's Gospel tells us that Jesus is present to us and gives us eternal life in the Eucharist.***



**Art Exploration: Page 150**

- ▶ Find in a book, magazine, or online a representation of Saint Peter's Church in France that includes the statue of Saint Peter as the keystone in the arch.
- ▶ Say: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including the statue of Saint Peter as the keystone in the arch. Ask: ***How did Saint Peter hold together the members of the early Church?*** Discuss his or her response.
- ▶ Have your child turn to page 150. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud The Stone That Holds Everything Together. Ask: ***Who is this Bible verse about?*** (Jesus) ***What does this verse mean to you?*** (Possible answers: Jesus Christ is the center of the Church; we are the home of the Holy Spirit.) ***Who else is like a keystone in the Church? Why?*** (the pope because he is our leader and teacher)
- ▶ Have your child complete the activity and share it with you.
- ▶ Read aloud the Reading God's Word feature. Ask: ***What does Peter mean when he speaks of a living stone?*** (an active member in supporting God's household, the Church)
- ▶ On a large sheet of paper, have your child draw a single outline of a house with a slanting roof and a cross on top, and one large stone inside at the top. Write *Jesus* on the stone. Invite your child to draw stones and while the names of your family and friends inside. Discuss ways that these people can build up the Church.

**Reflect: Pages 151–152**

- ▶ Together look at page 151. Say: ***When you pray, focus on God's presence. Ask God to help you learn how to live as a faithful member of his family.***
- ▶ Read aloud the introductory paragraph. Invite your child to pray aloud the prayer with you. If possible, have your child bless himself or herself with holy water. Conclude by praying the Sign of the Cross.
- ▶ Ask your child to read aloud Changed for Life on page 152. Invite him or her to look up the boldface word in the Glossary. Say: ***Sanctifying grace makes us children of God and heirs to heaven.*** Ask: ***How does Confirmation change us?*** (It deepens our faith, it completes our Baptism, we are left with a permanent mark, and we receive grace to become more active Christians.) ***How does the Eucharist change us?*** (It nourishes and strengthens us.)
- ▶ Have your child read aloud Changed Lives Are Meant to Change Lives. Ask: ***What are some ways you can respond to your baptismal call to serve others and spread the Good News?*** (offer to pray for people, treat others with dignity and respect, volunteer to help those who are poor and homeless)
- ▶ Read aloud the Did You Know? feature. Say: ***The age of reason is the age at which the Church considers a person to be old enough to begin to take personal responsibility for his or her decisions.***



**Respond: Pages 153–154**

- ▶ Ask your child to read aloud Faith Summary on page 153. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus.
- ▶ Read aloud the activity. Allow your child time to write his or her responses.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 154. Together as a family, complete the page and do the activity. Pray the family prayer together. Say: ***We become members of the Body of Christ and a Temple of the Holy Spirit when we are baptized.***

## Sacraments of Healing

### Engage: Page 155

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Mark 2:1–12. Then say: ***The Gospel of the Lord.*** Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Ask: ***When a child scrapes his or her elbow, why do parents offer to kiss it and make it better?*** Discuss your child's response. Say: ***Parents know that symbolic actions have a real effect on us. The Sacraments of Healing are symbolic actions that have a real effect on us.***
- ▶ Invite your child to read aloud the paragraphs on page 155. Ask your child to identify the Sacraments of Healing. (Penance and Reconciliation and Anointing of the Sick)
- ▶ Pray aloud the prayer together and conclude with the Sign of the Cross.

### Explore: Pages 156–157

- ▶ Say: ***The Church continues Jesus' healing ministry through two specific sacraments.***
- ▶ Invite your child to read aloud Anointing of the Sick on page 156. Ask: ***What does the Anointing of the Sick do for people who receive it?*** (It helps them identify with Christ's suffering; it gives strength, peace, and courage; it forgives the sins of those who are unable to receive the Sacrament of Penance and Reconciliation.) Say: ***The Church also invites others to receive this sacrament, including those who are elderly, people with chronic illnesses such as cancer, people with addictions, and people suffering from mental illness.***
- ▶ Ask your child to read The Dignity of Human Life. Invite him or her to look up the boldface word in the Glossary. Ask: ***Why does the Church teach that euthanasia is wrong?*** (Human life is sacred and comes from God. People have dignity because they are God's creations.)
- ▶ Read aloud the Link to Liturgy feature. Say: ***Chrism Mass is celebrated during Holy Week and is a sign of unity between the bishop and the local church.***
- ▶ Have your child read silently page 157. Ask: ***What does sin do?*** (It separates us from God and others.) ***What are the benefits of Reconciliation?*** (reunites us with God and the Church, brings us peace, renewal of the inner person, comforts us spiritually)
- ▶ Invite your child to look up the boldface terms. Say: ***Penance consists of prayers or actions that show you are sorry for your sins. A temporal punishment is a consequence of a sin a person bears that is not eternal but must be purified in Purgatory.***

**Art Exploration: Page 158**

- ▶ Find in a book, magazine, or online a representation of a disciple healing a person.
- ▶ Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including what the disciple is doing to the person. Say: ***Jesus continues to heal with the power of the Holy Spirit through the Church today.***
- ▶ Have your child turn to page 158. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud Jesus Sends Forth Healers. Discuss why Jesus gave his disciples the authority to heal. Explain that those who were ill were treated differently in Jesus' time. Say: ***Today Jesus' healing gifts are experienced through the Sacraments of Reconciliation and Anointing of the Sick.***
- ▶ Have your child read the activity directions and complete it.
- ▶ Read aloud the Reading God's Word feature. Ask: ***Who does Isaiah suggest will be included to see the glory of God?*** (all people)
- ▶ Provide several colors of paper from which your child can cut out small squares to glue to paper to make his or her own mosaic. Suggest that the topic of your child's mosaic represents healing in some way. Display the finished artwork in your home.

**Reflect: Pages 159–160**

- ▶ Together look at page 159. Say: ***Reconciliation brings you closer to God and others, reminds you to make good choices, and helps you avoid sin.***
- ▶ Read aloud the introductory paragraph. Pray aloud the Prayer of the Penitent together. Invite your child to take time to reflect on God's mercy and forgiveness. End by praying the Sign of the Cross.
- ▶ Have your child read silently Removing the Effects of Sin on page 160. Ask: ***What actions help us receive indulgences?*** (prayer and good deeds) ***What else can prayer and good deeds help us do?*** (overcome temptation, grow closer to God)
- ▶ Have your child read silently the Giving Restitution questions and carefully consider how he or she might make restitution in each situation. Have your child write his or her responses and discuss them together.

**Respond: Pages 161–162**

- ▶ Ask your child to read aloud Faith Summary on page 161. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus.
- ▶ Ask your child to read the activity directions and fill out the charts.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud With My Family page 162. Together as a family, complete the page and do the activity. Pray the family prayer together.

## Celebrating Lent and Holy Week

### Engage: Page 163

- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Matthew 6:5–8. Then say: ***The Gospel of the Lord***. Invite your child to respond *Praise to you, Lord Jesus Christ*.
- ▶ Say: ***Caregivers, such as parents, doctors, and first responders, have learned to set aside their own needs to take care of the needs of others. During Lent, we learn how to set aside our own needs for the needs of others.***
- ▶ Invite your child to read aloud the paragraphs on page 163. Ask: ***How does fasting help us focus on the needs of others?*** Discuss your child's response.
- ▶ Say: ***Jesus is with us during the holy season of Lent***. Pray aloud the prayer together and conclude with the Sign of the Cross.

### Explore: Page 164

- ▶ Have your child to look up *fasting* in the Glossary and discuss the definition. Ask: ***How might fasting improve our relationship with God?***
- ▶ Ask your child to read aloud We Fast and Pray During Lent and Holy Week. Ask: ***Why is it important to be aware of the struggles that others face, no matter how large or small a struggle may be?*** (so that we can offer help)
- ▶ Read aloud How Can I Help? Have your child complete the activity and share his or her responses with you.
- ▶ Read aloud the Reading God's Word feature. Say: ***Jesus teaches us that we are asked to treat everyone— neighbors and strangers alike—the way we would like to be treated. Before you say or do anything to someone, stop for a moment and think how you'd feel if someone were to say or do that to you.***

### Reflect: Page 165

- ▶ Discuss how your family prepares for Lent and Holy Week. Ask: ***What are some of our traditions?***
- ▶ Read aloud Mass During Lent and Holy Week on page 165. Say: ***During this time we pray and think about the choices we have been making. Because God loves us so much, he is willing to share his gift of forgiveness with us.***
- ▶ Have your child read aloud What We Experience. Together read aloud and discuss How to Make a Good Confession on page 269.
- ▶ Have your child read aloud The Wonderful Gift of Reliance. Say: ***The sacrifices we make during Lent remind us of the sacrifice Jesus made for all of us.***
- ▶ Read aloud the Did You Know? feature. Point out that the word *laetare* means "rejoice."

**Art Exploration: Page 166**

- ▶ Find in a book, magazine, or online a representation of the Garden of Gethsemane, where Jesus prayed after the Last Supper.
- ▶ 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 shown. Say: ***Through prayer, Jesus found the strength to accept his Father's will.***
- ▶ Have your child turn to page 166. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud The Church Celebrates Lent and Holy Wee. Ask: ***Why might it have been difficult for Jesus to spend his time at Gethsemane praying?*** (He felt great sorrow; he knew he would be crucified.)
- ▶ Read aloud the activity directions and allow time for your child to complete it.
- ▶ Explain that a triptych is a three-sided panel commonly used as an alter board. Have your child fold drawing paper into three panels and illustrate the last hours of Jesus: The Last Supper, Praying in Gethsemane, and The Crucifixion. Encourage your child to use the triptych as a reminder of the great sacrifice Jesus made.

**Respond: Pages 167–168**

- ▶ Ask your child to read aloud Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus.
- ▶ Read aloud the activity direction. Allow time for your child to complete it.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 168. Together as a family, complete the page and do the activity. Pray the family prayer together. Say: ***During this Lenten season, find ways to help those in need through prayer and by lending a helping hand.***