



Sacraments, Our Way of Life

Begin

Ask: *What does it mean to say yes? (that you like something, that you agree to do something) How does it feel when someone says yes to you? (good, exciting)* Read aloud the unit title on page 64. **Say:** *We have talked about how Mary said yes to God. In this session we will learn about a saint who also said yes to God. Everything she did was to please God. Let's begin by learning about Saint Thérèse.*

Introduce the Saint

Read aloud the saint's name and look at her picture. **Ask:** *What did Thérèse want to do for God? (She wanted to do everything for God.)* **Say:** *We can always try to do our best in all we do.*

Read aloud the title and the first paragraph. **Say:** *Thérèse wanted to please God every day. Even as a young child, everything Thérèse said and did was to please God.*

Read aloud the second paragraph. **Say:** *We can show how much we love God by doing little things.* **Ask:** *What are some things you can do to please God? (share my toys, do my chores, be a good friend)*

Say: *Thérèse gives us a wonderful example to follow. Remember that even the littlest things we do can honor God.*

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.



Jesus in Our Lives

Engage: Page 64

- ▶ With your child, talk about times when you've felt especially loved, such as when you were sick and someone took care of you. **Say:** *A smile and a kind word can make others happy.*
- ▶ Read aloud the session title and the text below it. Discuss your child's response. **Say:** *We are so fortunate to be loved by our families and friends. In this session we will learn how showing love to others is something God wants us to do.*
- ▶ Have your child share ways of giving himself or herself as a gift to someone. **Ask:** *What can you do to make someone's life easier today?* Pray aloud the prayer together.

Explore: Pages 65–66

- ▶ **Ask:** *What are some signs we use to show our love?* (hug, smile, card, kind words) **Say:** *The signs of Jesus' love are so special we celebrate them at church.*
- ▶ Read aloud Jesus Loves Us on page 65. **Ask:** *How do the sacraments help us?* (They help us live as God wants us to; they bring us closer to Jesus.) **Say:** *Grace is a gift that God gives us because he loves us.*
- ▶ Read aloud the Did You Know ...? feature. **Say:** *We are signs of Jesus' love in this world when we are kind.*
- ▶ Read aloud Caring for Our Spirit on page 66 and point out the vocabulary word. **Say:** *Priests share sacraments, signs of Jesus' love, with us.* Have your child complete the activity.
- ▶ 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 Exploration: Page 172

- ▶ Find in a magazine, in 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:** *When Jesus asked for the children, he showed everyone how important he thinks children are.*
- ▶ Have your child turn to page 172. Read aloud the introduction and discuss the question.



- ▶ Read aloud the heading and the Bible passage. **Say:** *When Jesus asked for the children, he showed everyone how important he thinks children are. Jesus treated children with kindness. Treating others with kindness is one of the greatest signs of love.* Remind your child that Jesus gives us signs of his love through the sacraments.
- ▶ Read aloud the last paragraph. Allow time for your child to write his or her answer and color the picture. Discuss your child's response.
- ▶ Help your child fold a sheet of white paper into thirds. In the left panel, have your child write the word *Jesus*. In the center panel, have your child write the word *Loves*. In the right panel, have your child write the word *Me*. Guide him or her 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 67

- ▶ Together look at page 67. **Say:** *Like the girl in the picture, use your imagination in prayer. Imagine what you see, feel, hear, touch, and smell.*
- ▶ Read aloud each paragraph softly. Pause to allow your child time to think about his or her response. Encourage your child to imagine that Jesus is right beside him or her. Together pray the Sign of the Cross.
- ▶ Read aloud Special Time with Jesus. Have your child complete the activity.

Respond: Page 68

- ▶ 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 show signs of love for 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.



Joining God's Family

Engage: Page 69

- ▶ **Say:** *Imagine you are in a hot desert without any water. How do you feel? Give your child a glass of water. Ask: How does the water taste to you now?*
- ▶ Read aloud the session title and the text below it. Discuss your child's responses. **Ask:** *Can flowers live without water? Can animals? Can people? (No.) Say: All these things need water to live and grow. In this session we will learn why water is also important for us in the Church.*
- ▶ Ask your child to look outside and talk about all the things he or she sees that need water to live. Pray aloud the prayer together.

Explore: Pages 69–70

- ▶ **Say:** *Water is an important sign for members of our Church. Ask: What is a sacrament in which water is very important? (Sacrament of Baptism) Find photos of your child's Baptism and discuss that day.*
- ▶ Read aloud Our First Sacrament. **Say:** *Through Baptism we receive the Holy Spirit. Holy water is kept in a holy-water font. Ask: What do we do when we enter the church and pass the holy-water font? (dip fingertips in the holy water and pray the Sign of the Cross)*
- ▶ Read aloud Godparents Are Special People on page 70. **Say:** *Godparents are special people who promise to help their godchildren grow in God's family. Ask: How do godparents show they care? (going with us to church, remembering us on special days)*
- ▶ Read aloud the Reading God's Word feature. **Ask:** *Who do you think said these words? (Jesus) Say: Jesus wants everyone to be part of God's family. Ask: How do we do this? (through Baptism, being baptized)*

Art Exploration: Page 173

- ▶ Find in a magazine, in 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 the object that Saint Peter is holding.
- ▶ **Say:** *In Baptism we join God's family and become followers of Jesus'.*
- ▶ Have your child turn to page 173. Read aloud the introduction and discuss the question.



- ▶ Read aloud Followers of Jesus. **Ask:** *What two things did Peter say the people should do to follow Jesus? (Love God and join his family.)* **Say:** *When we love God and one another, we show that we are Jesus' followers.*
- ▶ Read aloud We Are Invited and have your child color the picture.
- ▶ 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 drawing. Display the poster in your home.

Reflect: Page 71

- ▶ Together look at page 71. **Ask:** *What do you think the girl in the picture is doing? (making the Sign of the Cross)* **Say:** *She knows that God is our Father and that we are all brothers and sister with Jesus, his Son.*
- ▶ Read aloud the first two paragraphs. Then 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.*
- ▶ Read aloud What Is the Word? Allow time for your child to write his or her answers and then go over them together.
- ▶ 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 that we are baptized and part of God's family.*

Respond: Page 72

- ▶ 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 let people know about the Church.
- ▶ 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 Jesus

Engage: Page 73

- ▶ With your child share stories about special non-holiday meals you have shared together with your family. **Say:** *No matter what a special meal celebrates, it's always important to share food and prayer together.*
- ▶ Read aloud the session title and the text below it. Discuss your child's responses. **Ask:** *What makes a meal special? (the people, the occasion, the place, the food)* **Say:** *In this session we are going to learn about a special meal to which all of God's family is invited.*
- ▶ Together look in your pantry and find a nonperishable food item that both of you can bring to church or to a food pantry to help others have special meals together. Pray aloud the prayer together.

Explore: Pages 73–74

- ▶ **Ask:** *What is your favorite dinner to have together?* Discuss dishes that you and your child eat at different celebrations. **Say:** *Jesus had a special meal with his friends.*
- ▶ Read aloud A Special Meal with Jesus. **Say:** *Sharing Jesus' special meal shows him that we remember him and know he is with us.*
- ▶ Read aloud The Last Supper on page 74. **Say:** *The Last Supper was the last meal Jesus ate with his friends. Soon after the meal he died, but then he rose from the dead.*
- ▶ Read aloud the Link to Liturgy feature. **Say:** *During Mass the priest repeats the words and actions of Jesus at the Last Supper, the special meal Jesus shared with his friends. The Bread and Wine truly become the Body and Blood of Jesus Christ.*

Art Exploration: Page 174

- ▶ Find in a magazine, in 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 the building to which the people are walking.
- ▶ **Say:** *In celebrating the Mass, we remember what Jesus has done for us.*
- ▶ Have your child turn to page 174. Read aloud the introduction and discuss the question.
- ▶ Read aloud the first two paragraphs of Mass, Our Special Meal. **Ask:** *What do you think the priest means when he says to glorify God? (We should pray; we should attend Mass; we should love one another.)*



- ▶ Read aloud the last paragraph. Allow time for your child to color the picture. Remind your child that Mass is a celebration with our friends, who are followers of Jesus'.
- ▶ Read aloud the Reading God's Word feature. **Say:** *No matter what we do, we should do it to show God that we love him.*
- ▶ Invite your child to make a collage by cutting out pictures from magazines of people sharing a meal or pictures of favorite foods and people 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 the pictures and adding his or her own drawings.

Reflect: Page 75

- ▶ Together look at page 75. **Ask:** *Where is the girl in the picture? Why is she holding hands with the person next to her?* Discuss your child's responses. **Say:** *Before each meal we ask God to bless us and the food we are about to eat.*
- ▶ Read aloud Mealtime Prayers. Then invite your child to pray each prayer with you a second time. **Say:** *Let's pray the Lord's Prayer together to end our prayer time.*
- ▶ Have your child read aloud My Special Meal. Discuss the questions and then have your child use crayons or markers to complete the activity.

Respond: Page 76

- ▶ 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 make others feel special.
- ▶ 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.



Listening to Our Father

Engage: Page 77

- ▶ **Ask:** *Do you ever think of a special place you'd like to go? Is it a real place or an imaginary place? Share a place that you enjoy, such as a garden or a beach.*
- ▶ Read aloud the session title and the text below it. Discuss your child's responses.
Ask: *Why do you think it is easier to think when you are in a quiet place?* **Say:** *In this session we will learn that quiet places and quieting ourselves can help us listen to Jesus. Together find a special, comfortable, quiet place in your home. Pray aloud the prayer together.*

Explore: Pages 77–78

- ▶ Together look at the pictures on pages 77 and 78. **Say:** *Today we're going to learn about a man named Elijah. Elijah's special place is a cave where he goes to be quiet and listen for God. God told Elijah he would be passing by Elijah's cave.*
- ▶ Read aloud Elijah Listens for God. **Ask:** *Why do you think Elijah couldn't hear God? (There was too much noise.)*
- ▶ Read aloud the first paragraph on page 78. **Ask:** *How do you think Elijah felt when he heard God's voice after the wind, earthquake, and fire? (happy, relieved)* **Say:** *This story reminds us that sometimes it is hard to hear God with all the noise in our lives. But if we listen closely, we will hear God.*
- ▶ Read aloud the Reading God's Word feature. **Say:** *Jesus asks us to listen. Do you think listening is an important part of learning? Discuss your child's response.*

Art Exploration: Page 175

- ▶ Find in a magazine, in a book, or online a picture of happy people dancing and singing while they're praying.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including what the people might be feeling.
- ▶ **Say:** *There are many different ways to pray.*
- ▶ Have your child turn to page 175. Read aloud the introduction and discuss the question.
- ▶ Read aloud the question in each paragraph and have your child read the sentences below it. Together look up the word *gestures* in the Glossary. Demonstrate gestures for prayer. **Say:** *If our words, songs, and gestures help us talk to God, then they are prayers.*



- ▶ Read aloud the directions and have your child complete the activity.
- ▶ Read aloud the Link to Liturgy feature. **Say:** *When we gather at Mass on Sunday, we pray with our family and friends.*
- ▶ Ask your child to imagine being present in the scene in the picture. Encourage your child to show with his or her body and voice how he or she would be moving, speaking, or singing. Remind your child that when we pray, we praise God, thank him, ask for help, and tell him we're sorry.

Reflect: Page 79

- ▶ Together, look at Listen for God on page 79. **Ask:** *What sounds do you think the people 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 to and listen to God.
- ▶ Read aloud each paragraph, pausing after each one to give your child time to reflect. Pray the Sign of the Cross together.
- ▶ Read aloud the heading and the first paragraph of Where Can We Find God? **Say:** *God is always talking to us, but we have to be quiet so that we can listen to him.*
- ▶ Read aloud Quiet Places. Ask your child to describe his or her quiet place and then draw a picture of it.

Respond: Page 80

- ▶ 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 he or she can find time to listen to God each day.
- ▶ 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 81

- ▶ Display an Easter basket or a picture of one. **Ask:** *What is this?* **Say:** *Easter is a special time of year in our Church. On Easter Sunday we celebrate with Easter baskets filled with eggs or gifts. The days leading up to Easter Sunday are called Lent and Holy Week.*
- ▶ Read aloud the session title and text. Point out the vocabulary words. **Ask:** *Can you name any of the special days celebrated during Holy Week? (Palm Sunday, Holy Thursday, Good Friday, Holy Saturday)* **Say:** *In this session we'll learn about Lent and Holy Week. During this time of year, we learn to care for others as Jesus does.*
- ▶ Discuss ways that your family celebrates Lent and Holy Week. Pray aloud the prayer together.

Explore: Page 82

- ▶ **Ask:** *What are some ways that we can grow closer to someone? (spend time with him or her, call him or her, help someone in need)* **Say:** *When we grow closer to someone, that person becomes our friend.*
- ▶ Have your child read aloud the first paragraph of Growing Closer to God. **Say:** *When we are like Jesus, we grow closer to God.* Discuss the questions together and have your child write the answers.
- ▶ Read aloud Ash Wednesday. Invite your child to use the words in the word box to complete the activity.
- ▶ Read aloud the Reading God's Word feature. **Ask:** *What is one thing you did today to show love for God?* Discuss your child's response.

Reflect: Page 83

- ▶ Discuss what Mass is like during Lent and Holy Week. **Ask:** *Is there a special color that stands out? (purple) Are there many songs or only a few songs? (only a few)*
- ▶ Read aloud Mass During Lent and Holy Week. **Say:** *Throughout the liturgical year, the Mass changes as we celebrate different seasons.*
- ▶ Read aloud What We Experience. Talk about what your child will and will not see during Lent.
- ▶ Have your child read aloud My Parish Priest. Help your child complete the activity.
- ▶ Read aloud the Did You Know...? feature. Share pretzels with your child. **Say:** *During Lent long ago, people fasted from milk, butter, eggs, cheese, cream, and meat. They shaped flour, water, and salt to look like arms crossed in prayer and baked the small breads that we now call pretzels. Pretzels are a reminder that Lent is a time for special prayer.*



Art Exploration: Page 176

- ▶ Find in a magazine, in a book, or online a picture that shows Jesus on the cross.
- ▶ **Ask:** *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.*
- ▶ Have your child turn to page 176. Read aloud the introduction and discuss the question.
- ▶ Read aloud the first two paragraphs on page 176. **Ask:** *How can we care for people in need?* (Share money in the church collection. Pray for them.) *How do we pray?* (We can pray anytime we sit quietly, 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 last paragraph and allow time for your child to write a prayer.
- ▶ Give your child paper, a paintbrush, 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 us.

Respond: Page 84

- ▶ 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 do nice things for 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.