



Sacraments, Our Way of Life

Begin

Ask: *Who are teachers you remember most? Why do they stand out to you? (They made learning fun; they explained lessons in a way that I could understand.)* Read aloud the unit title on page 64. **Say:** *We're going to read about Saint Ignatius of Loyola, who believed education was important. Our new unit will help us encounter God's forgiveness, love, and generosity.*

Introduce the Saint

Focus your child's attention on the picture of Saint Ignatius of Loyola.

Ask: *What can you tell about Saint Ignatius of Loyola based on this picture? (He was a holy man.)*

Say: *Today there are about 20,000 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 hope that everything they do brings glory to God.*

Have your child read aloud Saint Ignatius of Loyola. **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 worldly lifestyle. He celebrated the Sacrament of Reconciliation. He traveled to a monastery. He became a priest.)*

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.

Celebrating Reconciliation

Engage: Page 64

- ▶ **Say:** Think of a time when someone hurt your feelings. **Ask:** How did you feel? How did you respond to that person? How did you show forgiveness to that person?
- ▶ Read aloud the session title and the text below it. Discuss your child's response. **Say:** Hugging or sharing another sign of peace is one way to show others that you are ready to forgive them. In this session we will learn about the Sacrament of Penance and Reconciliation, which is a visible sign of God's love and forgiveness. We will also learn that Jesus calls us to share God's forgiveness with others.
- ▶ Together act out situations in which one person might apologize to another. Pray aloud the prayer together.

Explore: Pages 65–66

- ▶ Display a first-aid kit. **Ask:** Why do we use items in a first-aid kit? (to treat an injury) **Say:** Sins are like invisible wounds that injure 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 65. **Ask:** What do we do when we have contrition? (We ask God to forgive us. We turn away from sin and turn our hearts back to God.) 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 for the people in his flock.)
- ▶ Read aloud page 66. **Ask:** When do we celebrate the Sacrament of Reconciliation? (when we are ready to ask God's forgiveness) What do we receive when we express our sorrow to God? (his healing forgiveness and the joy this brings)
- ▶ Read aloud the Link to Liturgy feature. **Say:** Notice that each liturgical season has its own color.

Art Exploration: Page 184

- ▶ 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 freely choose to turn away from God.

- ▶ Have your child turn to page 18. Read aloud the introduction and discuss the question.
- ▶ Read aloud The Lost Sheep. **Ask:** *What does a good shepherd do when he realizes he has lost one of his sheep?* (goes out to look for the lost sheep) **Say:** *Repentance is our choice to turn away from sin.*
- ▶ Have your child read aloud The Good Shepherd and complete the activity.
- ▶ Give your child construction paper and glue. Invite him or her to make a mosaic of Jesus, the Good Shepherd, by tearing small pieces of construction paper and gluing the pieces to another sheet. Display the artwork in your home.

Reflect: Page 67

- ▶ Together look at page 67. **Ask:** *How does the girl in the picture look?* (sad)
Say: *Through the Sacrament of Reconciliation, we receive the grace to return to God.*
- ▶ Read aloud the first paragraph. Together pray aloud the Act of Contrition. Pause after each sentence to give your child time to reflect on the meaning of the words. Conclude by praying *Amen* and the Sign of the Cross together. Read aloud the last paragraph. Allow a few moments for your child to pray in the silence of his or her heart.
- ▶ Have your child read aloud Return to God. **Ask:** *What does Jesus call us to do when we sin?* (return to God) *What can we do to accept an apology from others?* (Give the person a handshake or a hug. We can say "I forgive you.")

Respond: Page 68

- ▶ Ask your child to read aloud the Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways to forgive someone who has hurt him or her.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.

The Sacrament of the Eucharist

Engage: Page 69

- ▶ Together find pictures of families sharing meals. **Ask:** *What is different about each of these celebrations?* (There are different foods and different events.) *What is the same about each of these celebrations?* (People are enjoying a meal together.)
- ▶ Read aloud the session title and the text below it. Discuss your child's responses. Point out the picture. **Say:** *In this session we will learn about the Eucharist, an important meal we share with our family of faith.*
- ▶ Ask your child to start a family-meal scrapbook. Have him or her draw pictures and write captions about your family celebrations. Compile the pictures in a book. Pray aloud the prayer together.

Explore: Pages 69–70

- ▶ 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 are also part of a family's ethnic culture.)
- ▶ Have your child read aloud We Celebrate on page 69. **Ask:** *What do we share with one another when we share a meal with our families?* (God's love)
- ▶ Read aloud Jesus Invites Us on page 70. **Ask:** *Why does the Church call us together on Sunday?* (to remember Jesus' Resurrection)
- ▶ 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 185

- ▶ 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 the expressions on the faces of the apostles and the people in the crowd.
- ▶ **Say:** *The story of Jesus feeding the five thousand is an example of Jesus' compassion for his disciples.*



- ▶ Have your child turn to page 185. Read aloud the introduction and discuss the question.
- ▶ Read aloud Jesus Feeds the Five Thousand. **Say:** *Compassion is a feeling of sympathy or sorrow for someone in need.* **Ask:** *How does this story portray Jesus' compassion? (Jesus showed compassion for the people who had followed him by making sure they were fed.)*
- ▶ 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. Invite your child to write a news report of what he or she saw. Encourage your child to deliver the news report to your entire family.

Reflect: Page 71

- ▶ Together look at page 71. **Say:** *The boy in the picture is grateful for his food. Remember to talk to Jesus from your heart.*
- ▶ Read aloud the prayer slowly. Pause after each sentence to give your child time to use his or her imagination. Conclude the prayer by praying *Amen* and the Sign of the Cross.
- ▶ Read aloud Holy Days of Obligation. **Say:** *On these six days, we celebrate the great things that God has done for us. These days are so important that the Precepts of the Church call us to go to Mass on these days.*

Respond: Page 72

- ▶ 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 show compassion.
- ▶ 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.

Anointing of the Sick

Engage: Page 73

- ▶ Together recall times when you were sick or injured. **Ask:** *What did people do to make you feel better?*
- ▶ Read aloud the session title and the text below it. Discuss your child's response. **Say:** *Giving comfort to people who are ill is one way to share Jesus' love with others. In this session we will learn about the Sacrament of the Anointing of the Sick. Through this sacrament the Church offers Jesus' healing to those who are sick.*
- ▶ Think of someone in your family or neighborhood who could use some comfort. Deliver your personal care for this person together. Pray aloud the prayer with your child.

Explore: Pages 73–74

- ▶ Read aloud Luke 5:17–20 from your Bible. **Ask:** *Why was Jesus willing to heal the man? (because of the faith of his friends)*
- ▶ Have your child read aloud Nick Helps His Neighbor on page 73. **Say:** *The Sacrament of the Anointing of the Sick is one of the seven sacraments. It is one of the Sacraments of Healing.*
- ▶ Read aloud Anointing of the Sick on page 74. **Say:** *During the Sacrament of the Anointing of the Sick, the priest anoints the forehead and hands of the person who is sick or elderly. The oil of the sick is blessed by the bishop at the Chrism Mass, which is celebrated during Holy Week. This anointing brings Jesus' strength and healing. It also brings forgiveness of sins.*
- ▶ Read aloud the Link to Liturgy feature. **Say:** *When there is a possibility of a member of the Church dying, 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 186

- ▶ Find in a magazine, in a book, or online a picture of an icon of Saint James, who encouraged early Christians to pray for and to help people who were sick.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including Saint James's garments.
- ▶ **Say:** *We, like the members of the early Church, carry on Jesus' healing work by caring for people who are sick or suffering.*



- ▶ Have your child turn to page 186. Read aloud the introduction and discuss the question.
- ▶ Read aloud Jesus Heals. **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.*
- ▶ Together work with your child to make a prayer chain. On strips of two-by-six-inch paper, write the name of someone you know who is sick, suffering, or in need of prayer. Make the first link by taping together the two ends of a paper strip. Thread successive links through the link and tape together the ends of the new strip. Pray together a prayer asking Jesus to comfort all those who are sick or suffering.

Reflect: Page 75

- ▶ Together look at page 75. **Say:** *We pray prayers of intercession every time we celebrate the Mass. These prayers are called the Prayer of the Faithful. Praying to help another person is a great way to live out Jesus' new commandment that we learned about.*
- ▶ Read aloud the first two paragraphs. Then take turns with your child playing the parts of the reader and the responder. Pray aloud, including the name of someone for whom you would like to pray. Conclude by praying *Amen*.
- ▶ 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 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 prayers of intercession to help others experience Jesus' healing.
- ▶ 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.

Sacraments of Service

Engage: Page 77

- ▶ **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 and the text below it. Discuss your child's response. **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.*
- ▶ Have your child make a list of occupations that appeal to him or her. **Ask:** *How will these choices help you serve God and the Church?* Pray aloud the prayer together.

Explore: Pages 77–78

- ▶ Share a wedding story you are familiar with. **Ask:** *Why do people get married?* (because they love each other)
- ▶ Have your child read aloud A Family Wedding on page 77. **Say:** *When a couple exchanges vows, they are making a public commitment to each other in front of God.*
- ▶ Read aloud page 78. **Ask:** *How can married couples serve the Church?* (They help each other grow closer to God. They teach their children how to live Christian lives.) *What happens in the Sacrament of Holy Orders?* (Men are ordained bishops, priests, and deacons.)
- ▶ 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.)

Art Exploration: Page 187

- ▶ Find in a magazine, in a book, or online an image of two men picking grapes from vines.
- ▶ **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 men.
- ▶ **Say:** *When we grow in our relationship with Jesus, we become like productive branches that bear much fruit.*
- ▶ Have your child turn to page 187. Read aloud the introduction and discuss the question.



- ▶ 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?* (pray, attend Mass, celebrate the sacraments, practice the virtues)
- ▶ Read aloud *Retell the Parable* and have your child complete the activity. Encourage your child to share his or her 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: Page 79

- ▶ Together look at page 79. **Say:** *The boy in the picture appears to be focused on his thoughts. To stay connected to Jesus, we must let God cut away all that hinders our growth.*
- ▶ Ask your child to sit comfortably. Read the reflection 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*. **Ask:** *What does God call us to do?* (serve the Church by sharing our gifts with others)

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 share God's love with others.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the *With My Family* suggestions. Invite your child to choose one or more to complete today.

Celebrating Lent and Holy Week

Engage: Page 81

- ▶ Discuss the picture on page 81. **Ask:** *What is happening?* (A girl is receiving ashes on her forehead.) *When do we receive ashes on our forehead?* (Ash Wednesday)
- ▶ Read aloud the session title and text. **Ask:** *What do we prepare for during Lent?* (the celebration of Jesus' Resurrection)
- ▶ Discuss ways that your family will prepare for Lent and Holy Week. Pray aloud the prayer together.

Explore: Page 82

- ▶ Together read aloud the Scripture passage Matthew 14:13–21. Discuss the example Jesus sets for his followers in this passage.
- ▶ Have your child read *We Become More Like Jesus During Lent and Holy Week*. **Say:** *Jesus' enemies put him 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 *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 with God forever in Heaven.*

Reflect: Page 83

- ▶ 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*. **Ask:** *What is the Gospel Reading about on Good Friday?* (Jesus' Passion)
- ▶ Read aloud *What We Experience*. **Ask:** *What is the washing of the feet a symbol of?* (Jesus' love) **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 *Acts of Love and Kindness*. Give your child time to complete the activity.
- ▶ Read aloud the *Did You Know ... ?* feature. **Ask:** *When else does the Church use the color purple?* (during Advent) **Say:** *Purple is a symbol of penance.*



Art Exploration: Page 188

- ▶ Find in a magazine, in a book, or online a picture of the resurrected Christ.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including how the picture was made.
- ▶ **Say:** *The season of Lent ends with the celebration of the Triduum during Holy Week.*
- ▶ Have your child turn to page 188. Read aloud the introduction and discuss the question.
- ▶ 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.
- ▶ Before the session make three separate prayer spaces, each using symbols for one of the days of the Triduum. For example, you can use bread or a chalice for Holy Thursday, a cross for Good Friday, and a candle for Holy Saturday. Together process to the prayer spaces for each day of the Triduum. At each space, review what we remember on that day and then pray aloud a prayer that reflects that day of the Triduum.

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 to share God's love with everyone, not just the people he or she likes.
- ▶ 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.