



Sacraments, Our Way of Life

Begin

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. Read aloud the unit title on page 64. **Say:** This unit helps us 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.

Introduce the Saint

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

Ask: How is Saint Ignatius portrayed? (He has a halo around his head. He looks holy.) **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.

Have your child read the page silently. **Ask:** Where did the Jesuits in Ignatius's time work? (in Europe and Japan) What gave Ignatius the strength to do his work? (prayer, Mass)

Say: Saint Ignatius's leadership made a difference in the Church. 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.

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.



Prophets Challenge the People

Engage: Page 64

- ▶ **Ask:** *Have you ever told a friend something he or she didn't want to hear? Why were you truthful? How did your friend react? Was it easy or hard for you? Why?*
- ▶ Read aloud the session title and the text below it. Discuss your child's response.
Say: *In this session we will learn about how God spoke through people who wanted to help others live good lives, even when it was challenging for them to share God's message.*
- ▶ Ask your child to make a list of people in his or her life who are truthful and give a reason why each person is trustworthy. Pray aloud the prayer together.

Explore: Pages 65–66

- ▶ Discuss historical figures who have stood up for their beliefs such as Abraham Lincoln and Martin Luther King Jr. **Ask:** *How did people react to their message?*
- ▶ Have your child read silently page 65. Together look at the map of the area in Old Testament times in the Children's Book. **Ask:** *What did prophets do? (They told people that society could live in harmony by following God's commandments.) What message did Jeremiah give the exiled Jews? (that God's love would be with them no matter where they were)*
- ▶ Read aloud God Calls Isaiah on page 66 and point out the vocabulary word.
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 184

- ▶ Find in a magazine, in a book, or online a picture 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.
- ▶ **Say:** *The prophets who called the Chosen People to repentance and conversion were powerful witnesses to God.*
- ▶ Have your child turn to page 184. Read aloud the introduction and discuss the question.



- ▶ Have your child read silently A Prophet's Challenge. **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)
- ▶ 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 he or she wrote 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 then illustrate the bumper sticker. Display the message in your home.

Reflect: Page 67

- ▶ Together look at page 67. **Say:** *The girl in the picture is sharing her music. Ask God to show you how to be more like the prophets and share his message with others.*
- ▶ Read aloud the first paragraph. Have your child read aloud the prayer. Read aloud the last paragraph and ask your child to reflect on the words you just prayed. Conclude by praying the Sign of the Cross together.
- ▶ Have your child read aloud What It Means to Reform. Point out the vocabulary word. **Ask:** *What are some reforms for which the Catholic Church works?* (abortion laws, immigration, migrant workers, the death penalty) 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: 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 speak out against injustices.
- ▶ 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.



Prophets Give Hope

Engage: Page 69

- ▶ **Ask:** *What challenges do you face when starting a new school year? How do these challenges make you feel? Whom do you talk to about your feelings?*
- ▶ Read aloud the session title and the text below it. Discuss your child's responses.
Say: *You can rely on people you trust to give you hope and guidance, just as the prophets gave the people of their time. In this session we will read more about the Jewish people in exile and about another prophet.*
- ▶ Ask your child to write an acrostic poem using the word *hope*. Have your child use each letter of the word to start a line of the poem. Pray aloud the prayer together.

Explore: Pages 69–70

- ▶ **Say:** *A coach trains us to play a sport. What else does a coach do? (shows us how to work together, encourages us to play well, motivates us)*
- ▶ Have your child read silently *The Jews in Exile*. Point out the vocabulary term.
Ask: *Why was life difficult for the exiled Jews? (They were captives and severely mistreated. They couldn't see an end to their misery.) What was Second Isaiah's message? (God still loved them, would care for them, and lead them home.)*
- ▶ Have your child read silently *Early Christians Turn to the Prophecies* on page 70.
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. We know that Jesus himself read and studied the Scriptures.* **Ask:** *What did Isaiah mean when he said these words?*

Art Exploration: Page 185

- ▶ Find in a magazine, in a book, or online an image of the prophet Isaiah.
- ▶ **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 Old Testament prophets offered hope and encouragement to the people of their time.*
- ▶ Have your child turn to page 185. 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 Isaiah and Matthew and give your child time to complete the activity. Discuss your child's 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)
- ▶ Look at examples of an illuminated Bible on the Internet. 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 your child copy the verse from the Bible and illuminate it with a large, colorful opening letter and text surrounded by a colorful border. Display the verse in your home.

Reflect: Page 71

- ▶ Together look at page 71. **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 first paragraph. Then take turns with your child reading aloud the psalm. Read aloud the last paragraph. Focus on how God responds to us when we are facing difficulties. Pray *Amen* and the Sign of the Cross.
- ▶ 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: 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 offer hope to those who need it.
- ▶ 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 Initiation

Engage: Page 73

- ▶ Together flip through a calendar from last year and discuss interesting events that happened to your child and your family.
- ▶ Read aloud the session title and the text below it. Discuss your child's responses.
Ask: *Did any of these events have a lasting impression on you? Why?* **Say:** *In this session we'll learn that the Sacraments of Initiation are special events that change us in good ways.*
- ▶ Ask your child to write a short newspaper article describing an important event in his or her life. Tell your child that the article should include how the event changed him or her. Pray aloud the prayer together.

Explore: Pages 73–74

- ▶ **Say:** *The Church has special traditions for the sacraments.* **Ask:** *What do you know about Baptism?*
- ▶ Have your child read aloud Entering a New Life with God's Family. Point out the vocabulary words. **Ask:** *What do we call adults preparing for Baptism today? (catechumens) What must they learn? (what God has done through Jesus, Church teachings, how to respond to God's call)* Have your child complete the activity.
- ▶ Have your child read silently The Eucharist on page 74. **Ask:** *Why is the Eucharist so important? (It nourishes us so that we can go out and serve others. It forgives venial sins, and it brings us closer to Christ.)*
- ▶ Read aloud the Link to Liturgy feature. **Say:** *Holy water is a sacramental that helps us remember our relationship with God. In most churches you may fill a bottle with holy water to use in fonts at home.*

Art Exploration: Page 186

- ▶ Find in a magazine, in a book, or online an image of St. Peter's Church in France.
- ▶ **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.
- ▶ **Say:** *When you go into a church, look for structures that remind you of your faith.*



- ▶ Have your child turn to page 186. Read aloud the introduction and discuss the question.
- ▶ Have your child read silently *The Stone That Holds Everything Together*. **Ask:** *Who else is like a keystone in the Church? Why?* (Jesus is like a keystone because he holds the Church and its members together. The people are like keystones because they spread God's Word and personify the teachings of Jesus.)
- ▶ Read aloud *Your Keystone*. 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 the 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 more stones and write the names of your family and friends on them. Discuss ways that these people can build up the Church.

Reflect: Page 75

- ▶ Together look at page 75. **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 first 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 reading aloud the last paragraph. End by praying the Sign of the Cross.
- ▶ Read aloud *Changed for Life*. **Ask:** *What are some ways you can respond to your baptismal call to serve others and spread the good news?* (be honest, offer to pray for people, treat others with dignity and respect)

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 act as a forgiving and caring member of the Christian community.
- ▶ 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 Healing

Engage: Page 77

- ▶ **Ask:** *What helps you feel better when you are sick? (bed rest, chicken soup, cozy blankets) How is the girl in the picture helping another person feel better? (She is reading to her; she is keeping her company.)*
- ▶ Read aloud the session title and the text below it. Discuss your child's responses.
Say: *The Church has sacraments to help us heal physically, mentally, and spiritually. In this session we will learn about those sacraments.*
- ▶ Invite your child to talk about what he or she already knows about the Sacraments of Healing. Pray aloud the prayer together.

Explore: Pages 77–78

- ▶ **Ask:** *What do you know about how Jesus healed people? (He helped a blind man see; he cured lepers; he helped a paralyzed man walk.)*
- ▶ Read aloud Healing for the Body and point out the vocabulary word. **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.)*
- ▶ Have your child read silently page 78. **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, comforts us spiritually)*

Art Exploration: Page 187

- ▶ Find in a magazine, in a book, or online a picture of a disciple curing a blind man.
- ▶ **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 man.
- ▶ **Say:** *Jesus continues to heal with the power of the Holy Spirit through the Church today.*
- ▶ Have your child turn to page 187. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud Jesus Sends Forth Healers. Discuss why Jesus gave the authority to heal to his disciples. **Say:** *Today Jesus' healing gifts are experienced through the Sacraments of Reconciliation and Anointing of the Sick.*



- ▶ Read aloud *The Church Celebrates Healing*. Have your child read aloud *Be a Healer* and complete the activity.
- ▶ Read aloud the Reading God's Word feature. **Ask:** *Who does Isaiah suggest will see the glory of God?*
- ▶ Provide several sheets of construction paper in different colors from which your child can cut out small squares. Have your child glue the squares to a sheet of paper to make his or her own mosaic. Suggest that the topic of your child's mosaic represent healing in some way. Display the finished artwork in your home.

Reflect: Page 79

- ▶ Together look at page 79. **Say:** *Reconciliation can keep you close to God, remind you to make good choices, and help you avoid sin.*
- ▶ Read aloud *A Call for Mercy*. Pray aloud the Act of Contrition together. Have your child read silently the last paragraph and 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*. **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)*

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 include everyone in activities at home, at school, and in the community.
- ▶ 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

- ▶ Together look at pictures online or in magazines of people helping others. Discuss what is happening in each scene.
- ▶ Read aloud the session title and the text. **Say:** *In this session we will learn how Lent and Holy Week is the time to think about our actions and how they affect others.*
- ▶ Invite your child to think of choices he or she has made that hurt God or others and reflect on them during the season of Lent. Pray aloud the prayer together.

Explore: Page 82

- ▶ **Ask:** *What does fasting mean? How might fasting improve our relationship with God?* Discuss your child's responses.
- ▶ Together 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 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.*

Reflect: Page 83

- ▶ 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. **Say:** *During this time we pray and think about the choices we make. 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 160.
- ▶ Have your child read aloud The Wonderful Gift of Reliance and complete the activity.
- ▶ Read aloud the Did You Know . . . ? feature. Point out that the word *Laetare* means "rejoice."



Art Exploration: Page 188

- ▶ Find in a magazine, in a book, or online a picture that shows 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.
- ▶ **Say:** *Through prayer Jesus found the strength to accept his Father's will.*
- ▶ Have your child turn to page 188. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud The Church Celebrates Lent and Holy Week. **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 Lenten Acts and allow time for your child to complete the activity.
- ▶ Explain that a triptych is a three-sided panel commonly used as an altar board. Have your child fold a sheet of drawing paper into three panels and illustrate the hours before Jesus' Death: 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: Page 84

- ▶ 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 show kindness to people who have not always been kind to 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.