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# Sacraments, Our Way of Life

## Unit Opener: Pages 128–130

- ▶ Say: ***In this unit, we are going to learn more about how Jesus enters our lives through his presence in the sacraments.*** Draw your child's attention to the picture on page 128. Point out how young Saint Bernadette looks. Say: ***We can have encounters with God in many ways, including through the sacraments. In Saint Bernadette's case, she received a vision that changed her life forever.***
- ▶ Invite your child to read silently the paragraphs on page 129 and to underline two interesting facts. When your child is finished, invite him or her to share what he or she underlined. Ask: ***What do you admire most about Bernadette?*** (Answers will vary.) Emphasize that Bernadette demonstrated great faith and courage by never wavering about her visions of Mary. Point out that today Lourdes is a famous pilgrimage site and a place for healing. Then say: ***We remember Saint Bernadette as a humble person who exemplified what it means to follow Jesus.***
- ▶ Invite your child to read aloud the Be Inspired feature. Discuss what Bernadette meant by praying that Jesus would be her "everything."
- ▶ Ask your child to think about a time when he or she encountered someone who made fun of another person for that person's beliefs. Ask: ***How did you respond? Why?*** (Accept reasonable responses.) Invite your child to read aloud Patience and Understanding on page 130. Say: ***People may doubt the beliefs of others for many different reasons. If we react angrily or impatiently to this doubt and opposition, our behavior can communicate just as clearly as the words we say. When we share our faith with others, we must remember to be patient and kind.***
- ▶ Read aloud the activity directions. Give your child time to think about the life of Saint Bernadette, then invite him or her to complete the activity. Discuss his or her response.
- ▶ Invite your child to read aloud the Reading God's Word feature. Say: ***Just like Bernadette, we are called to share what we believe with others—with gentleness, patience, and love.***

## The New Passover

### Engage: Page 131

- ▶ Read aloud the session title. Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Read aloud 1 Corinthians 11:23–32. Then say: **The Word of the Lord.** Invite your child to respond, *Thanks be to God.*
- ▶ Invite your child to talk about videos that he or she has seen of someone being rescued, or look up a video online to watch together. Say: **The person being rescued had to rely completely on others to rescue him or her. When it comes to sin, we cannot save ourselves.** Invite your child to read aloud the paragraphs on page 131. Say: **Jesus saved us from sin by dying on the Cross.** Ask: **How do we thank Jesus for his gift of himself?** (by celebrating the Eucharist)
- ▶ Say: **Let's ask Jesus to help us cherish the precious gift of the Eucharist.** Pray aloud the prayer while your child prays along silently, then pray *Amen.*

### Explore: Pages 132–133

- ▶ Remind your child how God gave Moses the Ten Commandments. Explain that God renewed his covenant with Abraham's descendants through Moses and that Moses led the Hebrews out of slavery in Egypt.
- ▶ Invite your child to read aloud Passover, the Last Supper, and the Eucharist on page 132. Ask: **What meaning does Passover hold for Jewish people today?** (It reminds them that God's liberating acts are taking place in their own lives.) Ask: **What meaning does Passover hold for Christians?** (Christians remember Jesus' Death, Resurrection, and Ascension. We are saved by Jesus' sacrifice.)
- ▶ Provide a Bible bookmarked to Matthew 26:26–28 and invite your child to read aloud the Scripture passage. Together, summarize the passage.
- ▶ Find Exodus 12:3–13 in the Bible and read it aloud, then invite your child to complete the activity. Review his or her answers.
- ▶ Turn to page 133. Take turns with your child reading aloud the paragraphs on the page. Ask: **How do we show that the Sacrament of the Eucharist is central in our lives?** (by attending Mass every Sunday, by actively participating at Mass and praying aloud, by singing at Mass) Look up the word *assembly* in the Glossary and review its definition.
- ▶ Read aloud the Link to Liturgy feature. Say: **When we pray the Lamb of God at Mass, we remember the sacrifice that Jesus made by dying on the Cross.**

### Art Print: Page 134

- ▶ Find in a magazine, in a book, or online a picture of Jesus providing food for a crowd.
- ▶ Encourage your child to describe the picture in detail, including the setting and the actions of Jesus and his disciples.

- ▶ Invite your child to turn to page 134. Read aloud the introduction and discuss the question.
- ▶ Invite your child to read aloud Jesus Feeds the Crowd. Say: ***When Jesus said he was “the bread of life,” he was saying that God alone sustains us and nourishes our souls.***
- ▶ Read aloud Jesus, the Bread of Life. Say: ***In sharing the Bread of Jesus in the Eucharist, Christians are reconciled with God and with one another.*** Read aloud the activity directions and give your child time to complete the activity. Encourage your child to share with you what he or she wrote.
- ▶ Draw an outline of a bread loaf and a fish, then invite your child to decorate the inside of the loaf and fish with drawings of what represents nourishment for him or her, such as family, laughter, friends, and peace. Encourage your child to think of how he or she can share those nourishing things with the people in his or her life.

### Reflect: Pages 135–136

- ▶ Invite your child to look at the picture on page 135 while you read aloud John 6:1–15 from a Bible. Give your child a few moments to reflect, then invite him or her to read aloud the first paragraph on page 135.
- ▶ Read aloud the second paragraph. Pause for a few moments to allow your child to grow quiet, then invite him or her to pray aloud the prayer. Conclude by praying together the Sign of the Cross. Say: ***Let us always remember Jesus’ generosity toward us as we journey through our lives.***
- ▶ Read aloud Feeding and Being Fed on page 136. Invite your child to imagine being one of the disciples. Talk about what it might have been like to see the miracle of the loaves and fishes. Read aloud the activity directions and invite your child to answer the first three questions of the activity. Discuss his or her answers, then invite your child to read the fourth question and write a private prayer. Explain that your child will not be asked to share what he or she wrote.

### Respond: Pages 137–138

- ▶ Invite your child to read aloud the Faith Summary on page 137. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus and discuss what it means to be alert to others’ needs.
- ▶ Read aloud the activity directions and give your child time to complete the activity. Discuss his or her answers.
- ▶ Pray aloud the prayer as your child prays along silently. Pray the Sign of the Cross together.
- ▶ As a family, read and discuss With My Family on page 138, then discuss how your family will complete the activity in the next few days. Pray aloud the prayer together.

## Celebrating the Eucharist

### Engage: Page 139

- ▶ Read aloud the session title. Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Read aloud Luke 24:13–35. Then say: **The Gospel of the Lord.** Invite your child to respond, *Praise to you, Lord Jesus Christ.*
- ▶ Invite your child to describe a time when he or she had an “Aha!” moment—a moment when someone helped him or her grasp a difficult concept. Invite your child to read aloud the paragraphs on page 139. Ask: **When did the two disciples have their “Aha!” moment?** (when Jesus broke bread with them) Say: **The breaking of the bread refers to the Eucharist.**
- ▶ Say: **We welcome Jesus into our lives through the Eucharist.** Pray aloud the prayer. Pause to allow your child to reflect, then pray *Amen.*

### Explore: Pages 140–141

- ▶ Invite your child to share his or her recollection of the Order of Mass. Say: **The Mass follows a certain set of steps, starting with the Introductory Rites and ending with the Concluding Rites. Music and participation from the assembly fill the celebration with life and spirit.**
- ▶ Invite your child to read aloud Christ’s Presence in the Eucharist on page 140. Ask: **What is transubstantiation?** (the phenomenon in which the bread and wine, upon consecration by a priest, become Christ’s Body and Blood) Review the definitions of *transubstantiation* and *real presence* in the Glossary.
- ▶ Read aloud The Order of Mass, then invite your child to read aloud both Introductory Rites and Liturgy of the Word. Pause to review what your child learned in those sections.
- ▶ Take turns reading aloud the sections on page 141. On a separate sheet of paper, write an outline of the Order of Mass after you read each section. Read aloud the Link to Liturgy feature. Emphasize the importance of the Eucharistic Prayer as the most solemn part of the Mass. Encourage your child to pay close attention to the Eucharistic Prayer at the next Mass he or she attends and to identify which parts of the prayer are drawn from Jesus’ words at the Last Supper.

### Art Print: Page 142

- ▶ Find in a magazine, in a book, or online a picture of Jesus and his disciples at the Last Supper.
- ▶ Encourage your child to describe the picture in detail, including the expressions on all the faces. Say: **Jesus was surrounded by his closest friends at the most difficult time of his life.** Point out that your family members, too, support and love one another during difficult times.

- ▶ Invite your child to turn to page 142. Read aloud the introduction and discuss the question.
- ▶ Invite your child to read aloud *The Eucharist Calls Us to Share*. Review the definition of *memorial*. Say: ***The Eucharist is a memorial because it recalls Jesus' sacrifice.*** Ask: ***What did Saint Paul suggest we do before celebrating the Eucharist?*** (Examine ourselves.)
- ▶ Read aloud the activity directions and give your child time to complete the activity. Discuss his or her answer.
- ▶ Read aloud the Reading God's Word feature. Say: To ***truly celebrate the Eucharist and be closer to Jesus, we need to live in harmony with others.***
- ▶ Invite your child to imagine that Jesus is present at your family's table at mealtime. Invite your child to draw a table with plates holding objects that represent how your family is ready to welcome Jesus. Encourage your child to fill the table completely and to label each plate with what it represents.

### Reflect: Pages 143–144

- ▶ Invite your child to find a comfortable position and contemplate the picture on page 143. Read aloud the paragraphs under *The Eucharist*. Pause to allow your child to reflect. Say: ***Let's pray a portion of this hymn of adoration of the Eucharist.*** Pray aloud the prayer. Point out that *jubilation* is another word for *joy*. Conclude by praying *Amen*.
- ▶ Encourage your child to pray in front of the real presence of Jesus in the Blessed Sacrament. Your child may attend eucharistic adoration services or simply sit before the tabernacle when he or she is in church. Explain that these can be times when your child can speak to Jesus heart to heart.
- ▶ Say: ***During the Mass, we experience Jesus as the Bread of Life.*** Read aloud *The Four Parts of Mass* and the activity directions on page 144. Invite your child to complete part 1 of the activity. If possible, provide a Mass booklet as a reference. Then invite your child to complete parts 2 and 3 of the activity and share his or her answers with you.

### Respond: Pages 145–146

- ▶ Invite your child to read aloud the Faith Summary on page 145. Review the Words I Learned in this session. Read aloud *Ways of Being Like Jesus* and give your child time to reflect.
- ▶ Read aloud the activity directions and give your child time to complete the activity. Invite your child to share his or her answers with you.
- ▶ Pray aloud the prayer as your child prays along silently. Pray the Sign of the Cross together.
- ▶ As a family, read and discuss *With My Family* on page 146, then complete the activity. Pray aloud the prayer together. During your next meal as a family, discuss together the importance of the Eucharist.

## Celebrating Reconciliation

### Engage: Page 147

- ▶ Read aloud the session title. 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*.
- ▶ Tell your child about a time you broke something and tried to repair it. Say: ***It feels good to repair something. In the Sacrament of Penance and Reconciliation, Jesus repairs our relationship with the Father and others.*** Invite your child to read aloud the text on page 147. Say: ***Jesus showed that forgiveness and healing go hand in hand.***
- ▶ Say: ***Jesus loves us even when we do wrong. If we are sorry, he will always forgive us.*** Pray aloud the prayer and allow time for your child to reflect silently. Conclude by praying *Amen*.

### Explore: Pages 148–149

- ▶ Remind your child about the story of Jesus and Jairus's daughter in Session 7. Explain that Jesus healed many other people during his life on earth, and point out that these physical healings were often accompanied by Jesus telling the healed person that his or her sins were forgiven.
- ▶ Ask: ***Why do you think Penance and Reconciliation and the Anointing of the Sick are called Sacraments of Healing?*** (They help restore or heal our relationships with God, others, and ourselves.) Invite your child to read aloud The Meaning of Sin in Our Lives on page 148. Review the difference between mortal sin and venial sin. Invite your child to summarize what he or she learned about the Sacraments of Healing and the meaning of sin in our lives.
- ▶ Ask your child to think about a time when he or she received forgiveness and how he or she felt afterward. Then invite your child to read aloud The Sacrament of Penance and Reconciliation on page 149. Emphasize that priests are bound by the sacramental seal of confession to keep secret what is confessed to them. Read aloud the first paragraph of The Rite of Reconciliation, then invite your child to read aloud each step of the rite. Say: ***In this sacrament, the priest forgives your sins in the name of Jesus. When we say Amen at the end, it means that we believe that we have truly received God's forgiveness.***

### Art Print: Page 150

- ▶ Find in a magazine, in a book, or online a picture of Jesus appearing to the Apostles after the Resurrection.
- ▶ Encourage your child to describe the picture in detail, particularly what Jesus is doing and how the Apostles seem to be feeling.

- ▶ Say: ***In the Sacrament of Reconciliation, we celebrate God's forgiveness, receive absolution for our sins, and are reconciled with ourselves, God, and the Church.***
- ▶ Invite your child to turn to page 150. Read aloud the introduction and discuss the question.
- ▶ Invite your child to read aloud the first two paragraphs of Jesus Brings Us Peace and Forgiveness. Ask: ***What did Jesus do when he appeared to the Apostles?*** (He offered them peace, gave them a mission, and gave them the Spirit. He told them they had the authority to forgive sins.) Read aloud the third paragraph and the activity directions. Give your child time to complete the activity, then discuss his or her response.
- ▶ Invite your child to imagine the scene in the locked room with the Apostles. Encourage your child to think carefully about what each individual might have been feeling or thinking when Jesus appeared. Have your child draw a three-panel comic that depicts the sequence of events in the scene. Encourage your child to share his or her work with other family members.

### Reflect: Pages 151–152

- ▶ Together look at page 151. Say: ***It is helpful to learn the Act of Contrition by heart. This helps you pray the prayer often and pray the full meaning of the words.***
- ▶ Read aloud the first paragraph of Saying Sorry to God. Together, pray aloud the Act of Contrition. Read aloud the second paragraph. Say: ***Perhaps you have your own words to tell God you are sorry for your sins. If you do, try praying them now.*** Allow a few moments for personal reflection. Conclude by praying *Amen*.
- ▶ Provide your child with a Bible and invite him or her to read silently the parable of the forgiving father in Luke 15:11–24. Then have your child complete the activity and share his or her answers with you.
- ▶ Read aloud the Reading God's Word feature. Ask: ***What are transgressions?*** (sins, breaking a rule or law, doing wrong) Say: ***Jesus is saying that we need to forgive others for hurting us or doing us wrong.***

### Respond: Pages 153–154

- ▶ Invite your child to read aloud the Faith Summary on page 153. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus and give your child time to reflect.
- ▶ Read aloud the activity directions and give your child time to complete the activity. Review your child's answers, consulting the process of confession given on page 149 as necessary.
- ▶ Pray aloud the prayer as your child prays along silently. Pray the Sign of the Cross together.
- ▶ As a family, read and discuss With My Family on page 154, then complete the activity. Pray aloud the prayer together. Say: ***We're blessed that the Lord's forgiveness is present in our lives. Let's take time to be grateful this week and share this forgiveness with others around us.***

## Jesus Heals Us

### Engage: Page 155

- ▶ Read aloud the session title. Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Read aloud James 5:13–15. Then say: **The Word of the Lord.** Invite your child to respond, *Thanks be to God.*
- ▶ Talk with your child about the last time he or she was sick. Invite your child to share how the experience made him or her feel. Say: **Being sick is not fun. It can make us feel alone, sad, and even scared.** Invite your child to read aloud the paragraphs on page 155. Say: **The Sacrament of the Anointing of the Sick can soothe us and reassure us of God's love.**
- ▶ Pray aloud the prayer. Then say: **Let's pray now for people we know who need physical or spiritual healing.** Allow time for your child to pray silently, then conclude by praying *Amen.*

### Explore: Pages 156–157

- ▶ Discuss the meaning of your child's name. Talk about how you chose this name for him or her.
- ▶ Invite your child to read aloud Jesus Heals and Saves on page 156. Review the meaning of Jesus' name. Ask: **What does this tell you about Jesus?** (His mission is to save and heal us.) **What are the effects of the Sacrament of the Anointing of the Sick?** (It comforts the sick, forgives sins, in some cases heals, and unites suffering people with Jesus.)
- ▶ Invite your child to read aloud the Sacred Site feature. Ask: **Why do you think we're learning about Lourdes in this session?** (because it is a place of healing; because Saint Bernadette was from the area)
- ▶ Invite your child to read aloud The Sacrament of the Anointing of the Sick on page 157. Say: **Anoint means "to mark or sign with oil."** Read aloud The Rite of the Anointing of the Sick. Ask: **What parts of the body does the priest anoint for this sacrament?** (forehead, hands)
- ▶ Read aloud the Did You Know? feature. Ask: **What other sacraments include anointing?** (Baptism, Confirmation, Holy Orders)

### Art Print: Page 158

- ▶ Find in a magazine, in a book, or online a picture of someone receiving the Sacrament of the Anointing of the Sick.
- ▶ Encourage your child to describe the picture in detail, including the expression on the face of the person receiving the sacrament.

- ▶ Invite your child to turn to page 158. Read aloud the introduction and discuss the question.
- ▶ Read aloud the Scripture passage in The Apostles Heal in Jesus' Name. Then invite your child to read aloud the paragraph after the passage. Ask: **What is the story's message?** (When we pray, God will answer. Through the Holy Spirit, the Apostles received Jesus' healing power.) Read aloud the activity directions and invite your child to write a prayer of thanks on a separate sheet of paper.
- ▶ Invite your child to read aloud the Link to Liturgy feature. Explain that the words echo those of the centurion in Luke 7:6–7. Say: **By performing a miracle for the centurion—a non-Jew—Jesus was showing that God's healing power is meant for all people.**
- ▶ Invite your child to design five greeting cards that are appropriate for people he or she knows who might be experiencing pain. Encourage your child to be heartfelt in the messages he or she writes for the cards. Encourage your child to send the cards to the people he or she had in mind.

### Reflect: Pages 159–160

- ▶ Together look at the picture on page 159. Invite your child to imagine that he or she is in the same situation as the child in the picture. Encourage your child to keep this in mind during your prayer time.
- ▶ Invite your child to read aloud the first paragraph on page 159. Then read aloud the second paragraph. Say: **During this prayer, picture in your mind the people we know who are sick, sorrowful, or alone.** Pray aloud the prayer, pausing briefly at the end of each line to allow your child to reflect. Conclude by praying *Amen*. Say: **When we pray, let's keep in mind the hurting people whom God may be calling us to serve.**
- ▶ Invite your child to read aloud The Two Sacraments of Healing on page 160. Read aloud the activity directions and invite your child to complete the activity. Point out that he or she may review the information in this session and the previous session if necessary. Discuss your child's answers when he or she is finished.

### Respond: Pages 161–162

- ▶ Invite your child to read aloud the Faith Summary on page 161. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus and give your child time to reflect on how he or she can show kindness to those who are sick.
- ▶ Read aloud the activity directions and give your child time to complete the activity. Review and discuss your child's answers.
- ▶ Pray aloud the prayer as your child prays along silently. Pray the Sign of the Cross together.
- ▶ As a family, read and discuss With My Family on page 162, then complete the activity. Pray aloud the prayer together. Say: **Let's remember to bring healing and compassion to those we meet, as Jesus did.**

## Celebrating Lent and Holy Week

### Engage: Page 163

- ▶ Read aloud the session title. Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Read aloud Mark 8:31–33. Then say: ***The Gospel of the Lord.*** Invite your child to respond, *Praise to you, Lord Jesus Christ.*
- ▶ Talk with your child about hobbies or extracurricular activities in which he or she is involved. Say: ***Being involved in these activities requires hard work and discipline. During Lent, we practice discipline in following Jesus.*** Invite your child to read aloud the paragraphs on page 163. Ask: ***Why was Jesus upset with Peter?*** (Peter wanted Jesus to avoid the hard work that Jesus knew he had to do.)
- ▶ Say: ***Let's ask Jesus to be with us during Lent and Holy Week.*** Pray aloud the prayer. Allow time for reflection, then conclude by praying *Amen.*

### Explore: Page 164

- ▶ Explain that *Passion* refers to the suffering and death of Jesus. Discuss with your child what he or she already knows about the Passion of Jesus.
- ▶ Invite your child to read aloud The Passion of Jesus on page 164. Say: ***We can make our own sacrifices as a sign of our commitment to Jesus. We can give alms, fast, and pray.*** Brainstorm with your child a list of sacrifices he or she can make over Lent to show his or her commitment to Jesus.
- ▶ Invite your child to read aloud Stations of the Cross. Find the Stations of the Cross on pages 256–257 and discuss how Jesus and his followers might have felt at each of those moments.
- ▶ Read aloud the Reading God's Word feature. Say: ***The Gospel writer is telling us what happened during Jesus' Passion. Here we learn that many people followed Jesus as he carried his Cross.***

### Reflect: Page 165

- ▶ Invite your child to read aloud Mass During Lent and Holy Week on page 165. Ask: ***What does the Church do on Good Friday instead of celebrating Mass?*** (the Liturgy of the Word, the Veneration of the Cross, and Holy Communion) Invite your child to read aloud What We Experience. Say: ***The purpose of the Veneration of the Cross is to acknowledge the death of Jesus on the Cross and show reverence for him.***
- ▶ Read aloud the activity directions. Invite your child to look up the word *redemption* in the Glossary and complete the activity. Discuss his or her answers.

**Art Print: Page 166**

- ▶ Find in a magazine, in a book, or online a picture that shows a moment from Jesus' trial or Passion.
- ▶ Encourage your child to describe the picture in detail, including how the image makes him or her feel.
- ▶ Say: ***Lent is a time to remember the Passion of Jesus and to forgive others as we would like to be forgiven.*** Invite your child to turn to page 166. Read aloud the introduction and discuss the question.
- ▶ Invite your child to read aloud Jesus Forgives. Ask: ***Why do you think Jesus didn't ask God to stop his suffering while he was crucified?*** (Jesus' mission was to save us from our sins by dying for us.) Then read aloud Forgive as Jesus Did. Say: ***When we ask God to "forgive us our trespasses," we are asking him to forgive us for the wrong we have done.***
- ▶ Read aloud the activity directions and invite your child to complete the activity. Discuss his or her answers and offer some ideas of your own.
- ▶ Together, make a simple calendar comprising the 40 days of Lent. Put a large line at the top for your child to write his or her Lenten promise. Provide 40 star stickers with which your child can mark off each day he or she is able to fulfill the promise. Hang the calendar in your home and review it daily.

**Respond: Pages 167–168**

- ▶ Invite your child to read aloud the Faith Summary on page 167. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus and discuss possible selfless actions your child can undertake in the near future.
- ▶ Read aloud the activity directions and give your child time to complete the activity. Review and discuss your child's answers.
- ▶ Pray aloud the prayer as your child prays along silently. Pray the Sign of the Cross together.
- ▶ As a family, read and discuss With My Family on page 162, then make plans to complete the activity the next time you attend Mass. Pray aloud the prayer together. Say: ***Let's prepare ourselves to accept God's amazing gift of grace during Lent and Holy Week this year.***