Follow the simple instructions below:

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2. Review the "relates to..." section to the left. This is helpful to understand what to convey to your child is important about this lesson. It will help make the lesson both an intellectual and a lived lesson.
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6. Have your child do the activities and/or do the activities with them.
7. If working with a parish return the appropriate material in the way they have requested.

RELATES TO JESUS:

Jesus is the second person of the Trinity, we know there is a trinity because of Jesus’ revelation. This shows us that God must be love (that is what binds the trinity) and reveals all of Jesus’s actions within a familial relationship of God.

RELATES TO MY FAITH:

There is only one God, we do not worship multiple gods, or seek God as a genie, but go to the one who created all things and shows us what love is.
Sample Script:

God is the title that we call the being that created us. He cares about us, loves us and wants the best for us. Some things about God are going to be hard to understand. For example, God is three persons but still really only one. Sometimes we use different images to understand this better. These are not exactly how God is but you can think of a three-leaf clover, or a triangle, or even a family (Father and a Mother and a child). In different ways each of these are three but also one. God is kind of like these. He is the Father and the Son and the Holy Spirit, see how there are three persons? But it is not like there is really separation between them. They are so close that they act and think, and work all as one God. So while sometimes a mom and dad, or a parent and child may disagree with each other, or may do things separate from each other, God does not work that way. The three persons are so close that they are always just one, this is because of how great their love is for each other.

I know this can be hard to understand, and I don’t fully understand it either. What I want you to know and understand though is who the three persons of the trinity are, and that they are one. So, we know the Father and the Son, and the Holy Spirit. Have you ever heard at Mass or at home when we are praying anyone say The Father, and the Son, and the Holy Spirit? That is right when we do the sign of the cross. We start prayers this way don’t we, we say, “In the name of the Father and of the Son and of the Holy Spirit.” We remember this important truth about God every time we pray to Him.

One of the Scriptures we can use to remember this is Matthew 28:19, Jesus told His disciples to go and baptize people. He asked for them to be baptized not just in His name but in the Trinity: “Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.”

Let us practice doing the sign of the Cross naming the three persons of God. (Practice with your child the sign of the Cross)

Two things I want you to always know about this is: Jesus revealed to us the Trinity. When He was here, He wanted us to understand God better and let us know about the Trinity so we would know how much love God has for us. Also, that we only pray to and worship one God, not multiple Gods, and that this one God created and loves all of us.

Questions:

- How many God’s do we believe in?
- Can you explain to me what Trinity means?
- Who did Jesus reveal were the three persons of the Trinity?
- What are some ways we can kind of understand the Trinity?
- The Trinity is three persons that love each other so much they act as one, what does that mean about God’s love for us?

Activities:

Have your child draw a cross on a piece of paper, then have them label the cross, as if they were doing the sign of the cross, with the names of the three persons of God.

Draw a picture of what the three persons of God are like and draw them in a way that shows that they are one.
As Catholic Christians, we believe in God. God has always existed and will always exist forever and ever. God is eternal and since He will always be with us, we know that we will never be alone. Further, Jesus has revealed to us that God is a loving Father who desires to be with us, His children.

We know that God loves us for He created us freely, not because He was bored or because He needed to give Him purpose. No, God created us because He wanted to. God is love and one of the things that love does is that when it is shared, love gives life. God wants you and I to experience life in the best way possible, meaning He wants us to experience a life full of love. To help us live a life of love, God created us in His image and likeness so we can see a little bit of God.
in ourselves and in others, especially when we show love, kindness, joy, peace, gentleness, and all the good things we have come to know in this life.

Being in the image and likeness of God, we come to understand that God created us lovingly as having an eternal soul that is meant to live forever with God and that we have physical bodies that help us to experience God’s love for us in this life. Our bodies and souls are to be taken care of and respected as they are gifts from God. And since our bodies and souls are gifts from God, and these are the things that make you, each and every one of us, a gift from God. That is how special that you are! God created you as a gift to experience love and to share that love with all that you meet.

So this love that we have each received from God is not meant for us to just keep to ourselves. No, just as God freely shared His love with us by creating us and giving us life, so too are we called to share the love that we have received. We need to first share this love with God, thanking Him for creating us by living a good life by helping others and spending time with God in our prayer and when we go to Mass. We need to also share this love we have received from God with others, being kind to others and helping our family and friends and classmates when they are in need. When we respond lovingly to the love that we have received from God, we allow God’s love to be spread through our good works so others might experience this love themselves, truly making the world a better place.

A final note on God’s love: God created not only humans, but He created all the animals, plants, water, the sun and the moon. God’s love and care that He used in creating these things reminds us of God’s presence all around us. He wants us to remember that He is always with us and we can be reminded of His presence when we pet a dog, when we see a beautiful flower, or when we watch the sun set. God wants us to love these things as well, showing respect for and offering care to all creation so that God’s love can be communicated throughout the world in many different ways.

Questions:

- Who revealed God as Father to us?
- Why is God revealed to us as “father”?
- Why did God create us?
- What does it mean for God the Father to love us?
- How can we see God, the Father’s love for us?

Activities:

Talk about what the good attributes of a father are, and how God the Father can do these things perfectly.

Draw some of the things of creation that you like the most that reminds you that God loves you.
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RELATES TO JESUS:
Jesus is the second person of the Trinity, we know there is a trinity because of Jesus’ revelation. This shows us that God must be love (that is what binds the trinity) and reveals all of Jesus’s actions within a familial relationship of God.

RELATES TO MY FAITH:
God truly cares for us, that is why He became man. We can know that we have a God who is not only infinite and created everything, but is intimate and condescended to us.
Sample Script:

Jesus is the second member of the Trinity. He is the Son of God the Father who exists forever and in all eternity. God the Father loves Jesus the Son and Jesus the Son loves God the Father. The eternal back-and-forth of love that is shown between the Father and the Son is the same love that God desires you and me to experience and share in our lives.

Jesus the Son of God was sent by God the Father so that all people could see and touch and come to know more fully how much God loves each and every one of us just as the Father loves the Son. God reaches out to all people at all times (referring to the Old Testament heroes before Jesus’ Incarnation and to the Church today); Jesus came at a time chosen by God the Father to live, to teach, and to heal. While Jesus came at a particular time in history, we still encounter Him in a number ways. Perhaps most simply we see Jesus in the face of each other when we show concern and act kindly towards them.

Jesus’ ultimate mission is found in His death on the Cross. Since the Original Sin of Adam and Eve, all humans have a broken relationship with God. Any man or woman on their own could not repair the damage done by Adam and Eve, and by being human as they are, our own sins prevent us from fully healing the rejection of God when we don’t choose Him. Jesus saves us as He is fully God and fully man (hypostatic union) and so is Himself free from sin as God and thus able to make a perfect offering of Himself while also taking on the sins of all humankind as a man and appropriately win the reunion of relationship between God and man.

To close, Jesus is the Son of God. He is the second member of the Trinity and thus being God, wants us to know how much God loves us. He showed this love in how He lived, what He taught, and how He healed, but most importantly, in the way that He saved us by suffering and dying on the Cross. Jesus is fully God and fully man and thus perfectly restores the relationship between God and people that was broken by sin.

Questions:

- Jesus is the Father/Son/Holy Spirit (please choose one). Jesus is the first/second/third member of the Trinity (please choose one)
- Jesus was sent by God the Father to show us God’s what?
- Name a couple ways that Jesus shows us God’s love?
- How did Jesus save us?
- What are some things that you can tell me about Jesus?

Activities:

- Draw and color a time where you experienced the love of Jesus.
- List together some people that you could show love and concern for just as Jesus does for you. What are some things you could do for them?
The Holy Spirit is the third person of the Trinity. Just as the Father loves the Son, so the Son loves the Father. This reciprocated, back-and-forth total self-giving love eternally breathes forth the third person in the Holy Spirit. The Holy Spirit reciprocates the same love to the Father and the Son in an eternal self-gift that shows the complete and total love of God in the Trinity.

GOD THE HOLY SPIRIT
First Grade

Sample Script:

RELATES TO JESUS:
Jesus’ reciprocated love of the Father eternally yields the Holy Spirit, who is sent to the Church and all her faithful after Jesus’ Ascension.

RELATES TO MY FAITH:
The Holy Spirit plays an active role in prompting us to make good choices that will keep us connected to God. We need to learn to follow these promptings and trust in the guiding presence of our loving God.

The Holy Spirit is the third person of the Trinity. Just as the Father loves the Son, so the Son loves the Father. This reciprocated, back-and-forth total self-giving love eternally breathes forth the third person in the Holy Spirit. The Holy Spirit reciprocates the same love to the Father and the Son in an eternal self-gift that shows the complete and total love of God in the Trinity.

The Holy Spirit, for His part, gives this total gift of love freely to the Church. We first encounter this gift of love in the Sacrament of Baptism, and further through the reception of each of the Sacraments. In baptism, by being marked as a child of God within the Church, we each encounter the foundational grace of the Holy Spirit in our lives. This initial offering of grace that allows the Holy Spirit into our lives gives us a greater clarity to hear the voice of the Lord in our hearts.
Here, with the foundation of baptism, the Holy Spirit can prompt us to a life of prayer, growing our relationship with Jesus Christ and the Church. The Holy Spirit helps us to make right choices, or to choose the good, so that we listen to our parents and play well with others, which also helps us in learning to hear and listen to the voice of God. The Holy Spirit is there with us when we go to Mass, helping with our attention to the readings and to the bishop/priest/deacon that is giving the homily, showing the adults around us how we are to worship God.

The Holy Spirit also seeks to comfort us and provide us with strength when we are sad, lonely, hurt, uncomfortable, and afraid. Reaching out for and praying to the Holy Spirit opens our hearts to receive the love of God and experience Him in our times of need. While we may not “get a feeling” or hear God’s voice right in the moment, we know that the Holy Spirit is present and hears our cry to God. We place our hope in God, knowing that He is always with us, loving us as the child we are to Him. With this confidence, we should make it a practice to reach out to the Holy Spirit throughout the moments of our life.

Questions:

- What number person is the Holy Spirit in the Trinity?
- You received the Holy Spirit when you received which Sacrament as a baby?
- How do we stay close to the Holy Spirit?
- What are some of the things we can do to share the Holy Spirit with others?
- Who should we pray to when we are sad or hurt to ask for comfort and healing?

Activities:

On a piece of paper, draw a cross with Father, Son, and Holy Spirit marked appropriately. Talk about how this sign of our faith, made when we go to Mass or when we begin/end prayer, reminds of our one God who is distinct in His three persons.

As a family, discuss and share times when you have seen or experienced the Holy Spirit. Tell a brief story, covering the important points of course, and share your feelings or intuitions that you experienced with this encounter. This helps to show the presence of God in one’s life.
As Christians, we believe that the Bible is a gift given to us by God. The Bible contains the words and teachings of God, which help us come to know who God is and how He works with people. The Bible tells us many stories of how God desires to be with us and how even when His people would sin or make bad choices that would make God sad, God would continue to reach out to forgive the people and bring them back into right relationship. So, when we think about the Bible and what it says about God, we can say that the Bible tells us of God’s love for you and me and for all people.

We have a special part of the Bible called the Gospels which tell us about the life of Jesus Christ, who is the Son of God. The Gospels are made up of four books, with one each written by Matthew, Mark, Luke, and John. Matthew and John are two of Jesus’ Apostles or close friends while Mark and Luke were followers of Jesus. While the Gospels tell of the life of Jesus, they are also special in that they show us very clearly the love that God has for us. Jesus teaches us how we are to respond to God’s love and how we are to love one another in return.

So, the Gospels are super important! That is why when we go to Mass on Sunday, we see the Gospels get a
special treatment. We might see the Deacon process or walk in with the Gospels raised over his head at the beginning of Mass. This shows the special place that the words and teachings of Jesus have for what we believe. We notice how there are two readings, one from the Old Testament or first part of the Bible and one from the New Testament or the second part of the Bible, that are read before the Gospel reading. These first two readings are important and tell us about God from two different perspectives. We sit for these readings. When it comes time to read the Gospel though, we announce it’s arrival with a song, usually the Alleluia, and stand to sing praise to God. Jesus Christ in His words as spoken through the Gospel is here, so we stand in reverence and respect to let Jesus know we are listening and ready to receive His love and truth through what is read.

The Bible and especially the Gospels then are to be taken good care of. We need to listen to these words read to us when we go to Mass. We need to make sure that we are allowing these words to sink into our minds and hearts so that we can keep God close to us at all times. The more we listen to and hear the word of God, the more we come to know about God and His love for us. We also come to know how God wants us to treat our family and friends and classmates, making the words of Jesus come alive with our lives: “Do to others whatever you would have them do to you” (Matthew 7:12).

In order to best know and understand the word of God as presented in the Bible, we need to do more than just the important work of listening when at Sunday Mass. We need to do our best to read the Bible, especially the Gospels, each day of our life. Just like the best way to come to know our friends is by spending time with them, the best way we come to know about God is by spending time with His Word. So, even if we just read two or three sentences a day together with our family, we will come to grow in our knowledge of the love of God for us pretty fast.

It is also important to spend time in prayer with the Bible. Again, the Bible is God speaking to His people. But sometimes the words He says might not make sense to us. So, when we hear something from Jesus in one of His stories or we hear a word read from the Bible, we should ask God in our prayer, “What does this mean? What are you trying to say to me with these words or stories?” We should ask our family members too, as they might be able to help us as well.

So let’s take care of our Bibles by listening to and reading the words so we can hear the loving voice of God speaking to us!

Questions:

- Who does the Bible teach us about?
- Why is it important for us to hear from the Bible?
- Why are the Gospels important?
- Why do we stand at Mass for the Gospels?
- How often should we listen to or read the Bible?

Activities:

Make a picture book of some stories from your family. Then make a picture book of a story you know from the Bible.

Read a story out of the Gospels with someone, tell them who you would like to be in the story and why.
Did you know that you are a gift from God? You and me and every human that has ever and will ever exist is a gift from God. In the very beginning of creation, we read in the book of Genesis that after God created man, “God looked at everything He had made, and found it very good” (Genesis 1:31). This all happened on the sixth day of creation. When God made the sun and the stars and the earth and the plants and such during the first five days, He found these things to be good, but not very good like humans. Why do you think that is?

Earlier in the book of Genesis, we see why we are very good: “Then God said: Let us make human beings in our image, after our likeness... God created mankind in his image; in the image of God He created them; male and female He created them” (Genesis 1:26-27). We are very good because we each are a reflection of the living God. We each are created special by God to bring His reflection into the world so that everyone we meet understands that they are created very good. God is a loving Father who freely gives us each the ability to receive love and to give love. He wants us to be like Him so that all can live a life full of love.

**Sample Script:**

**RELATES TO JESUS:**
We were created in the image of God, and Jesus is the visible image of God.

**RELATES TO MY FAITH:**
Because we were created by God, we should love and honor Him.
Being created in the image and likeness of God means that we are made up of with physical bodies and eternal souls. Our physical bodies are one part of our reflection of God that we share with the world. Our bodies allow us to experience the world around us, taking in God’s creation so that we can experience God’s love. Our bodies also allow us to give God’s love to those that we meet, showing others God’s presence by being kind and caring even when it be really difficult.

Our eternal souls make up the other part of us that reflects God. Our souls allow us to experience the things of God and appreciate them with greater fullness, things like love, goodness, beauty. Our souls lift our mind and heart to God in prayer and help us to communicate with Him. Here, our souls unite with God and lift both our body and soul to our Creator, helping us to love God as we realize just how much we are loved.

As we know, God loves all of creation and this love includes the angels, created spiritual beings that serve God as His messengers and assist Him with certain tasks. Angels are different than humans in that they are entirely spiritual and do not have bodies. While angels are seen with bodies in paintings and pictures, they were never bodily. Much the same, humans, having a body and a spiritual soul, we never become angels.

What does this mean for us? We are gifts, created in the image and likeness of God, and meant to both receive the love God has for us and to share that love with all that we meet so that others can experience the love of God in their life. We are made up of a body and a soul that reflect God’s presence to the world and allows us to realize the dignity that we have as His human creations.

Questions:
- What did God call creation after he created humans?
- In whose image are we made?
- What two things make up a human?
- What are the spiritual beings, that have no body, called?
- Do we become angels after we die?

Activities:
Draw a picture of God after he created everything, looking at creation and calling it very good.

Draw, or use clay, or some other method to depict what you would create if you were God.
The book of Genesis, the very first book in the Bible, describes how God created the world and everything in it, including humans (Genesis 1). God created the world out of nothing by the power of His word. God first created the sun and the moon. Then He created the earth and separated the land from the sea. Next He created plants and living creatures to live on the land and in the sea. At every step He declared that all He had created was good.

God’s last act of creation was to create human beings, man and woman. God set man and woman apart from the rest of creation by creating them in His image and likeness. No other part of creation was given that special honor. Being made in God’s image and likeness means that we have a body and a soul. God created us to be in relationship with Him here on this earth and in heaven.

Because we love God, and because we are grateful for the gift of being made in His image and likeness, we should treat every person we meet with honor and respect. God loves them just as much as He loves us, and He created them with the special dignity He gave
to us! Every person has worth, and every human life is precious because of this, from the baby growing in its’ mother’s womb to someone who has lived a long life. Treating others with honor and respect means that we don’t act in a way that will hurt them, or make them feel bad.

When God created man and woman, He showed His love for them by giving them the plants and animals that live on the earth for food and shelter. Think of all the ways the natural world supports us. The farmers grow crops and raise animals. We use oil and gas to drive our cars and provide electricity for our homes. We build buildings and roads. We play at the beach or in the snow, at the soccer or baseball field.

The natural world provides what we need to live and grow. When we see something beautiful, like a rainbow, a flower, or the colorful leaves in the fall, the natural world also reminds us God. The beauty of a flower is a very small reflection of the beauty of God that we will experience in its fullness in heaven.

How we treat the things of the natural world is a reflection of our love for God and for other people. If we don’t take care of it, for example, if we throw trash on the ground, we are showing God that we don’t care about the gift he gave us, and we don’t care if we damage that gift so others can’t enjoy it. Jesus told us that the greatest commandments are to love God with all your mind and heart (with all that we are), and to love your neighbor as yourself (Mark 12.28-31). When we don’t take care of the natural world we fail to do all those things.

Questions:
- How did God create the world
- What is special about the way God created human beings?
- What does it mean that humans are created in God’s image and likeness?
- How are we supposed to treat the other people?
- How is taking care of the natural world a way we can show love to God and others?

Activities:
Discuss how you as a family can show honor to God by how you treat others and treat the natural world.

Create a list of ways you can respect other people and show honor to the fact they were created in God’s image and likeness.
SIN
First Grade

RELATES TO JESUS:
Jesus died for our sins. He knows that these choices harm our relationship with Him, but He loves us anyway and chooses to die to overcome these sins. It is because of sin that He came and died for us.

RELATES TO MY FAITH:
We must know that we are forgiven for our bad choices (sins). We must then give that same forgiveness to others. We are called to be virtuous.

Sample Script:
As human beings, we are blessed by God to be created with a free will, or to have the ability to make decisions in our everyday life. Our free will to make decisions each day allows us to either choose good choices or to choose bad choices. Good choices are those decisions that bring us closer to God and help us to be the sons and daughters we are supposed to be. Bad choices are those decisions that bring us farther away from God and others around us. These bad choices are called sins.

Sins harm our friendship with God and with other people. They make God sad for us. When we choose a bad thing (i.e., something that is sinful) that choice tells God that we love the bad thing more than we love God and other people. And while you and I and everyone we
One of the most beautiful things about God is that God is love. Think of your parents, grandparents, aunts and uncles, and all those that love you for a moment. When you make a bad choice and do something purposefully wrong, they might very well be mad and disappointed in you and you might get punished. After a time, and after you say you are sorry, they are quick to forgive you and let you know that they love you. God is the same way! He is sad and disappointed when we choose sin over Him, but He is quick to forgive us (read the Prodigal Son story for a tremendous example of the Father’s love for us: Luke 15:11-32). Like our parents, God never stops loving us, and in fact, because He is so perfect, He loves us completely as no other being can. Although our sins make God very disappointed and sad for us, there is nothing that you and I can ever do to stop Him from loving us and offering us the chance to be forgiven. Jesus especially loves when we are sorry for our sins and ask Him for forgiveness, and when we commit a sin, we should ask God for forgiveness immediately, and for the grace to be sorry (contrite of heart). When we do this, he gives us special graces which make us very happy and make our hearts feel filled with joy. We are so blessed to have such a loving God!

Being in right relationship with God is what is needed for you and me to be the son or daughter that God has called us to be. Part of being the best daughter or son we are called to be is to be a model of forgiveness for others around us. When someone makes a bad choice against us, we hope that they will say sorry to us, but regardless of whether they say they are sorry or not, Jesus says that if we forgive them it will make our hearts feel God’s joy and love and help us heal from the hurt that is caused against us. Also, being a model of forgiveness in our life will help others to see that forgiveness can bring them that same happiness and joy so that they also can be the sons or daughters that God is calling them to be.

By living a life centered in the love of God by doing our best to make good choices and not bad choices, and by modeling forgiveness in our life for our relationship with God and with others, we work on living what is called the virtuous life. A virtuous life is lived when we constantly seek to make good choices in our life and avoid bad choices. And when we make bad choices, we choose to do good by saying sorry and seek to repair the relationships with God and with others. What is the best way to live a virtuous life? We need to practice, every day, to make good choices and live how God wants us to live. We need to listen to our mom and dad, we need to treat one another with respect and care, we need to seek to come to know God through our prayers, and we need to be willing to say sorry and seek forgiveness when bad choices are made. When we practice these things as best as we can, we become the virtuous daughters and sons that God wants us to be.

Questions:

- The bad choices that take us further from God are called _____
- Does God stop loving us when we sin?
- When we practice every day to make good choices, what type of life are we living?
- How does saying I’m sorry make a difference?
- Who do we need to put first in our lives?

Activities:

Think about a bad choice you have made that you have not asked forgiveness from God or from someone else. Ask for that forgiveness.

Talk with your parents about why sometimes it can be difficult to make good choices. Pray with them to ask for God’s help.
Sample Script:
In the very first words of the Bible, in the Book of Genesis, we hear what is called the Creation Story. In the Creation Story, God is creating the sun and moon, the water and land on Earth, the plants and the animals to name a few things. Finally, on the last day of creation, God makes humans when He makes Adam and Eve. And as the first humans, Adam and Eve are considered the parents of the human race in that they hand things down to all people that come after them.

Unfortunately, one of the things handed on down from Adam and Eve is sin, or the giving in to desires and temptations that are against God’s love and plan for us. Like any time we disobey our mom and dad, we feel and know that what we did was not right; that this thing we did is not the way that things are supposed to be. This disorder that is experienced is a result of the Original Sin Adam and Eve committed when they disobeyed God.
By no means is everything lost! One great lesson that we learn from Adam and Eve is the reality that when God created our original parents, He created us very good, the pinnacle or height of His creation. What makes us so special is that God created us in His image and likeness, that we might be able to receive God’s love by being in relationship with Him, offering our own love back to God. Being able to know and love God leads us to want to serve God and to be like Him, to be His children, just as we are children to our parents.

This desire to be like God is truly an encouragement by the Holy Spirit that urges us to seek to live lives that our holy. God, who Himself is all holy, wants us as His children to experience everything that He is. God wants us to know what love is, what is good, and true, and beautiful. He wants us to experience these things in this life, which gives us a taste of what they will be like forever in Heaven. It is important to say that all the good that we experience in life is a small sample of the perfect and eternal and full offering of love that awaits us in Heaven.

It is then important for you and I to be practicers of the good and to an example of love to our family, friends, neighbors, and classmates. When we practice being holy, we live the life God wants us to live. We also show others that they are special and are worthy of God’s love and you then let your family and friends see the good and loving things that are present in their life. Finally, one really cool thing about living holiness is that we get to do things that the Saints did – worship God by our life, pray and work with others, perform superhero-like works of helping someone in need. The Saints are holy people that get to live with God forever in Heaven. When we are holy, we are on the same path as them!

Questions:

- Looking at all of creation, how special are humans?
- What is a thing or two humans can do that animals cannot do?
- Who encourages us to be holy?
- What does living a holy life look like?
- How do the Saints help us to be holy?

Activities:

As a family, discuss characteristics common in a holy life. Talk about what you are already doing and pick out one thing that you could all work on together.

Draw a picture of what Heaven looks like. What are some of the traits people who live there share?
What is everybody’s favorite thing about their birthday? Sure, the cake and the games are fun, right, but I think most of us would think that the best part is receiving the gifts! Presents bring so much excitement and joy and help us to understand the purpose of our birthday; namely to celebrate the gift of our life. The gifts that we receive help us to remember that we are gifts to the world when we love one another and treat each other with kindness and respect.

When Jesus was on earth, from a newborn baby until He was a 33-year-old adult, he brought us many gifts, the first being himself. He grew and learned and played and prayed just like you and me. He grew up with His mom, Mary, and His dad, Joseph, and did all the normal kid things that a kid during His life would do, getting exposed to the faith of His parents (cf. Luke 2:22-38) and even causing worry among His parents (cf. Luke 2:41-52). Then, as an adult, Jesus taught and preached about the Kingdom of God while also showing people the love and mercy of God present before the people, by healing the sick, forgiving their sins, and even raising the dead, but the crowning gift

**RELATES TO JESUS:**
Salvation is the central act of God’s love for us, in that His Son, Our Lord Jesus who had become man died for us, and in doing restored the possibility of friendship and eternal union with God, so that we may have eternal happiness with Him. This is the ultimate act of love.

**RELATES TO MY FAITH:**
If God cares so much for us that He would die for us, what are we to do in return? Can we love as He loves? We must live our lives as if His death matters in our lives. Justice demands the positive response of giving our lives to God and living for Him.
That he gave us was our salvation. Jesus’ love for others came from His love of God and His example as given to us from the Bible invites you and me to love God and love others in the same way.

In simple terms, Salvation is being saved from danger or disaster, like when a lifeguard saves us from drowning in water that is too deep for us if we are not good swimmers. What danger or disaster were we in that Jesus needed to save us? Jesus saved us from eternal death—permanent separation from God—caused by the sin of Adam and Eve in the Garden of Eden when he died on the cross and rose from the dead. Their sin was disobedience to God who commanded that they not eat the fruit from the Tree of Knowledge of Good and Evil. They chose to listen to the word of the Devil over the word of God. For this, all people until the time of Jesus, were not allowed to enter Heaven.

However, God did not create us to be separated from Him. He wanted to restore us to himself. To do this, He asked his only begotten Son, Jesus, if he would willingly come to earth to give his life so that people could be in union with Him again. Jesus said yes, and came to earth as a little baby through his mother, Mary. Jesus came to teach people the Truth about God’s love. Many people listened, but many would not. Those that didn’t wanted to kill Jesus because they didn’t want to know the truth about God because they wanted to live in their sins. So, they put Jesus to death on a cross thinking that would silence him forever. They didn’t realize it, but instead of getting rid of Jesus, God raised him from the dead, and his death reversed the disobedience of Adam and Eve exactly according to God’s plan. By doing so, Jesus restored us to the Father making it possible for all to be saved. This is called redemption. (It might help to think of redemption as a moment, and salvation as an ongoing process.)

The work of Jesus’ salvation for us continues today in the work of sacramental life of the Church, of which, we, as Catholic Christians, must be a part if we want to enter Heaven. Jesus’s gift of the seven sacraments helps us to be saved beginning with baptism, which enters us into the work of salvation and enters us into the life of sanctifying grace. Sanctifying grace is the grace of eternal life in God. This is grace which we lose completely if we commit mortal sin, though it can be restored if we are truly sorry for our sins, go to confession, and do penance for them in repentance for them. Venial sin is not as serious, and although it does not cut us off from God’s grace, it does hurt our relationship with Him. However, any time we commit sin, we put Jesus to death on the cross, too, because it wasn’t only for the sins of the past that Jesus died, but for all our sins, too. He took on the full punishment for our sins. If we want to go to Heaven, we must join in Christ’s work of salvation by being truly sorry for our sins, join in the works of mercy, and live the sacramental life of the Church. Jesus said we must be perfect as our Father in Heaven is perfect (Mt 5:48).

The greatest work of salvation in the Church is done in the Sacrament of the Holy Eucharist. The Eucharist is Jesus’ Body and Blood, the very real presence of Jesus, who is with us to be experienced when we go to Mass, to give us strength to love God when we can receive Him at Holy Communion, and to remain with us in adoration and prayer so He can be a part of our life at each moment. The Mass, which is the celebration of the Eucharist, is "offered" because at the Mass, it is Jesus who offers himself to the Father making present again his death and resurrection for our salvation. The Mass recalls and really joins us to the moment when Jesus suffered and died for us and rose from the dead. Then, he gives himself to us in Holy Communion that we may have eternal life. Therefore, it is the sacrament of our salvation.

What does this all mean for us? We need to do our best to pray to Jesus and invite Him to be a part of our life. We need to try to be like Jesus in our love for God and in how we treat each other. We need to be holy like God is holy, and live the sacramental life of the Church. We need to remember that knows what is best for us and because he loves us and wants us to experience the love He has for us, we should follow his Way to get there.
Being Catholic Christians, we know that the greatest gift that we have received is Jesus Christ. Jesus is the Son of God who both eternally loves God the Father and is eternally loved by God the Father. Being God, Jesus desires that everyone share in the love that He is. This gift of love is one that Jesus gives freely throughout human history, but is best seen in His time on earth and how He is with us today in the Church.

Questions:

- What is the greatest gift we have received as Catholics?
- What does salvation mean?
- Why did Jesus die on the cross?
- Why are the sacraments important?
- What is one way we can invite Jesus to be a part of our everyday life?

Activities:

As a family, share how Jesus has been a gift in your life, with each member in your family taking turns to talk about Jesus' blessing in your life. Talk about ways that you can share the presence of Jesus with others and proclaim His love to others.

Salvation comes from Jesus through the giving of His Body and Blood, His total self. Giving ourselves to others shows them that we love and respect them. Plan a way that you as a family can give yourself more intentionally to one another (i.e. eating dinner with no television or phones so you can share your day with one another with maximum focus).
I think it is safe to say that if I asked you to name your three favorite people, one of those three favorite people would be your mother. Whether you are in first grade or if you are an adult, there is a very good chance that your mom is someone who is special to you. Even Jesus Christ, the Son of God, had a loving relationship with His mother that made her very special to Him in His life.

Mary was certainly a very special girl. From the very first moment of her life, the Church has taught that she was especially blessed as God had chosen her to have a special role in bringing humanity back to the love of God. And while Mary was especially blessed by God, she was an ordinary girl just like any other girl that we have met. She was born into a loving home to her mother Anne and her father Joachim. Anne and Joachim raised Mary in the Jewish faith and it is said that from a very young age, Mary had a special relationship with God in she decided to consecrate or commit her life to Him all the days of her life.
This she certainly did, for when Mary was around the age of 13, she was visited by the angel Gabriel who announced to her that she will be the Mother of God (cf. Luke 1:26-38)! The overshadowing of the Holy Spirit that graced Mary with the gift of her son Jesus, the Son of God, gave Mary the title of being Theotokos, a word from the Greek language that means “God-bearer”. This title of Theotokos or Mother of God is one of four Marian dogmas, undeniable truths that tell us something special about Mary and her relationship to her Son, Jesus Christ.

Another really cool thing about Mary is that, as the Mother of God, she helps you and I come to know and follow Jesus by praying for us. It is said that Mary’s prayers for us carry a special attention that is noticed by Jesus. We all know that it is not easy to say no to our mother, and with Jesus there is no exemption here (please see John 2 and the Wedding Feast of Cana). Mary through her prayers seeks to unite us to her Son and desires to show us the love that God has for us in our life.

Here, in a very real way, we come to understand ourselves as the adopted sons and daughters of God that we are. Through our connection with Jesus as brothers and sisters in living a Christian life, Mary becomes our mother who nurtures us, care for us, and looks after us as we seek to be the holy Christians that we are called to be. What does this mean? Well, just like we are called to follow the role model of Jesus Christ by loving God and loving neighbor, so too can we follow the example of Mary who models perfectly the virtues that her Son Jesus calls us to model in our own lives seeking holiness.

Following Jesus by seeking the example and guiding support of Mary should look a couple of ways. First, Mary was a very humble girl. She wasn’t weak; rather she was strong in her belief that God is Lord of her life. This practice of humbleness allowed her to say yes to the angel Gabriel with fullness. Secondly, Mary said her prayers every day. By doing this, she was able to hear the voice of God through the angel that allowed her to recognize the great gift God was entrusting to her. This allowed Mary, as a young teenage girl, to offer her entire life to God as His mother, which was probably an incredibly grace-filled and deeply reflective moment for such a young soul. By practicing our humility and speaking to God through prayer, we are following our call to be holy and are modeling ourselves after Mary and our Lord Jesus Christ.

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**Questions:**

- What made Mary special?
- Tell the story of the Angel and Mary.
- What did the Angel ask of Mary?
- How did Mary answer the Angel?
- How can you model yourself after Mary everyday?

**Activities:**

Memorize and be able to recite aloud the prayer of the Hail Mary.

Draw a picture of Mary talking to the Archangel Gabriel and draw yourself in the picture.
Being Catholic, we are blessed to have a home. This home is like no other house that we have here on earth. The Catholic Church, no matter what name a particular church has or what the building looks like, is a place where men and women and children gather to give God worship by participating in the Mass. The Mass is the prescribed way that God has asked to be worshipped, for it is at Mass that we encounter His Son Jesus Christ in the Holy Eucharist. No matter what Catholic Church we go to, we are united with all the Catholics at Mass in our church, in the Catholic churches throughout our town, state, country, and world as we worship God within the Mass that unites us each to Jesus Christ.

The Mass is just one example of how we are united within the Church, but it is perhaps one of the most important examples. Our worship of God returns to God the love that He freely shows to us and opens us up to receive from God His love and His words so that we can be the good girls and boys that we are called to be. Going to Mass each Sunday makes God very happy and allows us to be close friends to God who wants to help us live life in the best ways possible. The Mass is the only true worship of the Father.
This is because it is Jesus who does the worshipping on our behalf. The Mass is the remembrance and reality of Jesus' passion, death and resurrection—the offering of himself to the Father. In every Mass, Jesus unites all the redeemed—that's all the baptized who are in the state of grace—to himself, and presents the whole package to God the Father, through the Holy Spirit like a Christmas present. God sees the present made perfect through Jesus's love and accepts it lovingly and returns grace to us and the gift of his Son back to us in Holy Communion.

There are many different ways that we are united to God through His Church. One really cool way to know is that the Catholic Church is a living entity, which is to say that the Church is alive and exists just like a human body! How does this make sense? Jesus Christ, the Son of God, during His life on earth, set-up the Church so that God might remain present to and journey with all people. Jesus, beginning the Church, is the leader and is the head of the Catholic Church. We, the members of the Church, make up the followers and thus the body of the Church. Just like you and I have a head and a body, the Catholic Church is made up of the head being Jesus Christ and the body being the members of the Church.

The body of the Church, being made up of the members of the Church throughout the world, has an important role to play in order for the Church to be the living body that it is. Each of us as members are called to use our own gifts and talents to be an active member of the Body. When we use the gifts and talents that God gave us for good and to help others, we give God glory by using His creation well and share His love for the entire world to see. The members that make up the body in the Church consist of many people; you and me, boys and girls, moms and dads, police and teachers, and many more who make up what is called the laity or the lay faithful. The body of the Church also consists of deacons, priests, and bishops, including the Pope, who make up what is called the clergy or the ordained men who give their lives in service of God and His Church.

For you and me, this means that we need to be active members in our role as being part of the body of the Church. We need to worship God at Sunday Mass and continue to use our gifts and talents to the best of our ability so that we can show God that we love Him by using these gifts and talents well. We should pray for all the members of the body so that we can follow and can to love all the more our head, our leader, Jesus Christ.
Questions:

- How does Jesus unite us as a Church in the Mass?
- Who makes up the "body of Christ" when we are talking about the Church?
- How does the Church help make us holy?
- What is the present that God sees given to Him?
- What does he give us in return?

Activities:

Discuss with your family how the Church is a family. Just as within a family each person has a certain role to play, talk about how at the church each person has a role to play. Draw a picture of the roles you see on displayed each Sunday at Mass.

Talk to your parents/guardians about one role that you could do the next time you are at Mass. Ideas here include holding the door open for the person coming in behind your family or greeting the ushers as you walk to your pew.
The Catholic Church is truly a very special place. Put together by Jesus Christ and maintained through the presence of the Holy Spirit, the Catholic Church is where we go to meet God, where we come to learn about His love and care for us, and where we give Him thanks and worship for the life and many gifts that He has given to us. One of the most special qualities of the Catholic Church is the gifts of the Sacraments. There are seven Sacraments in the Catholic Church. Jesus Christ instituted or gave these gifts to the Church so that we might experience God in a very real way and grow in our relationship with Him. These Sacraments give the gift of God’s grace and blessing and allow those who receive a sacrament to participate in the life of God; which is to say to participate in a life of love and truth. When we receive a Sacrament with love, we are very close to God and our relationship with Him grows and strengthens.

RELATES TO JESUS:
Jesus desires us to be close to Him. Therefore He establishes ways in which we can receive His life, through the sacraments.

RELATES TO MY FAITH:
We are both spiritual and have bodies, so Jesus has given us a way to know both with our body and our spirit that He wants to be close to us and love us.
The seven Sacraments of the Church are categorized and explained in the following way:

1. Three Sacraments of Initiation – These three Sacraments are foundational to our life of grace by forming and supporting our relationship with God and strengthen us to carry out the work of being holy and telling others about the love of God. The first Sacrament is Baptism, which seals us as children of God by freeing us from Original Sin. Baptism is called the door to the other Sacraments, as it leads us to other encounters of grace throughout our spiritual journey. The Sacrament of Confirmation gives a special outpouring of the Holy Spirit that allows us access to the Gifts of the Holy Spirit, which strengthens us in our faith by confirming our connection to Jesus and His Church. The Sacrament of the Eucharist, the Body and Blood of Jesus Christ, gives us the very presence of Jesus and allows Him to be intimately part of our life. Put another way, this grace of the Eucharist allows us to walk each day with Jesus right by our side.

2. Two Sacraments of Healing – These two Sacraments restore our relationship with Jesus lost because of sin and gives us strength to walk the spiritual journey of faith in our life. The Sacrament of Reconciliation allows us to say sorry to God for our bad choices and receive His forgiveness so that we can be close to God again. The Sacrament of the Anointing of the Sick offers a person who might be close to death to be given strength to continue to choose God in difficult and painful moments, providing them comfort and offers the spiritual healing of being free from one’s sins.

3. Two Sacraments of Service – These two Sacraments give grace to the recipient to live one’s vocation well and to do so faithfully. The Sacrament of Holy Orders is the grace given to a man to lay down his life for Jesus and the Church in service as a priest. The Sacrament of Matrimony is the grace given to a woman and a man to give their lives to each other and to form a family centered in God and in love.

These seven Sacraments are given by Jesus Christ in the Church through the grace of the Holy Spirit so that our life might be surrounded by God and that we might have the necessary grace and blessing from God to live our lives well as His children.
Questions:

- Give three reasons why it is important and necessary to receive the Sacraments?
- What are the three sacraments of initiation?
- What are the two sacraments of healing?
- What are the two sacraments of service?

Activities:

- Draw a picture that shows John the Baptist baptizing Jesus.
- Draw a picture of a priest saying Mass.
An important day that we like to celebrate is our birthday. Can you think of how you celebrate your birthday with your family? The day of our Baptism is like a second birthday for us, and it’s the most important day of our lives! It is like our birthday because we are born to new life in Christ, and given special gifts!

Baptism is the first sacrament that we receive. Sometimes we are baptized when we are babies and can’t remember that day, but our parents and grandparents can! It takes place at Church, and the priest uses water to baptize in the name of the Father, the Son and the Holy Spirit. He made the sign of the cross over you like you make on yourself when you pray.

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Baptism is the gateway sacrament, which means that when we receive it it opens the gate to receive the other sacraments! Think of the gate to the playground, or at an amusement park--once you enter the gate you are able to go on all the rides and all over the playground! In a similar way, once you receive Baptism you are able to receive other sacraments and many
special gifts as well! When we are baptized we receive gifts like sanctifying grace—this gift is like a super power that stays with us our whole lives, and it allows us to make acts of love with God’s love—supercharged acts of love like Jesus made! Another gift in Baptism is that God forgives us of all our sins, which helps us to make those supercharged acts of love. Baptism also gives us an indelible mark, which is a mark on our soul—we can’t see it, but it is a seal that will always be there and means that we belong to Christ!

Another way that Baptism is like our birthday is that through Baptism we are born into a family, the Church! The Church is one big family that takes care of each other like your Mom, Dad and siblings take care of each other at home. Once Baptized, we become members of the big Church family, and the whole Church celebrates our Baptism like your family celebrates your birthday!

Questions:
- The day of our baptism is like what other day that we celebrate?
- Where did your baptism take place?
- What gift do we receive in baptism that is like a superpower?
- When we are baptized, what do we become a member of?
- Why is Baptism the “gateway sacrament?”

Activities:
With Mom and Dad find the date of your baptism and mark it on the family calendar. Think of a special way to celebrate that second birthday.

Draw gift packages, and label each of them with a gift that we receive in baptism.

Ask Mom or Dad, Grandma or Grandpa what they remember about the day you were baptized.
Our life as a Christian begins with the sacrament of Baptism, when we become a member of our big Church family and are born into new life with Christ. But there will be some challenges that come our way when we try to live like Jesus did—sometimes it will be hard to choose to do the right thing, or maybe a friend of ours might not understand and we will want to explain to them why we want to live like Jesus. For these difficult tasks, we receive the sacrament of Confirmation. Just like exercise makes our muscles strong, Confirmation builds our spiritual muscles so that we can tackle challenges!

Our biggest challenge that we must work hard to tackle is sin. Sin can be very difficult to tackle because it can be very easy to do! We never want to hurt our relationship with God, but sometimes we may want to do something that God or our parents don’t want us to do. Both God and our parents love us very much, and to show them we love them too we must try our best not to sin. When we are tempted, we can wrestle against our temptations to sin and win! And Confirmation gives us a special strength that is much
bigger than ourselves. When we receive the sacrament of Confirmation we receive in a special way the Holy Spirit! The Holy Spirit comes to our aid to make us very strong, and he lives inside of us! He is there to help us, and we can always pray to ask for help when we need extra strength.

Since we receive the Holy Spirit in Confirmation, the symbols of the sacrament and the Holy Spirit are very similar! A symbol is not the same as a drum cymbal, rather a symbol is like a sign that points to something real. A red stop sign is a symbol that points to a real law, and shows a car driver that they must STOP! The most popular symbols of Confirmation are fire, like when the apostles had tongues of fire over them when they received the Holy Spirit (Acts 2) wind, and a dove, like when the Holy Spirit came upon Jesus in the form of a dove. It’s important to know that the Holy Spirit is not a bird, but that a bird reminds us of the Holy Spirit. All of these symbols point to the fact that we receive the Holy Spirit in Confirmation!

Questions:
- If Baptism is the beginning of our life as Christians, which sacrament strengthens us after Baptism?
- What is our biggest challenge that we need the sacrament of Confirmation to help us with?
- Who do we receive who lives in us when we receive Confirmation?
- What are symbols of the Holy Spirit and Confirmation?
- Why are the symbols of the Holy Spirit and Confirmation similar?

Activities:
Draw the most popular symbols of Confirmation.

Talk with Mom and Dad about something you will want to tackle with the strength of the Holy Spirit! Don’t forget that you can begin asking for his help now!
Can you remember a time when you made a choice? Did you choose the clothes you wore today, or what game you got to play during playtime? Everyone makes choices, and choices are good because they give us the opportunity to do the right thing! Sometimes we make choices that can be good or bad. When we choose to do what God asks of us, like listening to Mom and Dad when they tell us something or doing what our teacher has asked us to do we make a good choice! God asks us to do these things because he loves us and wants what is best for us. But sometimes we can also make bad choices, like when we disobey our parents or yell at a friend or our siblings when we are angry. Bad choices are called sins, and sins hurt our relationship with God because we turn away from his love.

God created each person in his own image and likeness, and so he created each person good! That never changes, even when a person sins, and it is called dignity. Every person has dignity because God created them, and whether they make good or bad choices it can never be taken away. For example, if

**Sample Script:**

Can you remember a time when you made a choice? Did you choose the clothes you wore today, or what game you got to play during playtime? Everyone makes choices, and choices are good because they give us the opportunity to do the right thing! Sometimes we make choices that can be good or bad. When we choose to do what God asks of us, like listening to Mom and Dad when they tell us something or doing what our teacher has asked us to do we make a good choice! God asks us to do these things because he loves us and wants what is best for us. But sometimes we can also make bad choices, like when we disobey our parents or yell at a friend or our siblings when we are angry. Bad choices are called sins, and sins hurt our relationship with God because we turn away from his love.

**RELATES TO JESUS:**

Jesus is fully God and fully man, and so He knows that perfection is difficult to achieve. Our journey to live a holy life will be marked by virtue and failings. Jesus walks with us to bring us to fullness if we allow His help.

**RELATES TO MY FAITH:**

The Catholic Church calls us to practice virtue and good works towards others, which aids in keeping us from falling into selfishness and sin.
your soccer ball broke a window, you wouldn’t say you had a bad soccer ball. The soccer ball was made for playing a fun game, not for the mess it caused. Similarly, when a person sins it does not mean that they are totally bad because they were made good by God.

Each person can still make good and bad choices, and each person is responsible for the choices they make. When a person eats all the cookies before his friends can have some, he has chosen to eat them, and he is the only one who can apologize to his friends. Similarly, when we sin we hurt our relationship with God and we are responsible for asking his forgiveness. When we are sorry and really want to love God better, God always forgives our sins. When God forgives us, he also asks us to forgive others. When we continue to forgive, to ask God for forgiveness and try to make good choices we grow in virtue! Can you think of someone virtuous, someone very good? We become more like them, more courageous, patient and loving when we do our best to make many good choices, and we also show God that we love him back!

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**Questions:**
- What is a good choice, and what is a bad choice? Can you think of an example?
- What are bad choices called?
- Is a person who sins totally bad? Why or why not?
- When we make good choices, what do we grow in?
- God forgives us but also expects us to do what?

**Activities:**
Make a chart, one side with good choices and one side with bad choices. Can you think of 3 examples of each? Draw or write them down, and pick one good choice that you can make today!

Make 3 vocabulary flash cards for dignity, sin and virtue.
RELATES TO JESUS:
Jesus desires to remain with us and to remain with us always. The gift of Himself in the Eucharist maintains Jesus’ active presence with His people.

RELATES TO MY FAITH:
The Church holds the Eucharist as the central teaching of our faith. The Eucharist is the source of our faith and provides the faithful with sustaining grace.

Sample Script:
Make the sign of the Cross over yourself. The Son is the second person of the Trinity, and the son is Jesus! The Son of God became man, and he died on the cross, rose from the dead and ascended into heaven. He lived a long time ago, but he is still present to us today! Jesus no longer walks around on earth like we do, but he is present especially at Mass when we hear the Gospels and readings read, in the priest at Mass, in the community where two or more are gathered, and at the Altar. And he is present in a very, very special way in the Eucharist.
The Eucharist is Jesus. The Eucharist is his Body, Blood, Soul, and Divinity--all of Jesus! This is special because it is how Jesus is most fully present to us. How? The bread we see at Mass is transformed through transubstantiation--that's the moment the bread is no longer bread and becomes Jesus' Body, Blood, Soul and Divinity, and it happens when the priest says, "This is my Body which will be given up for you," and "This is my Blood." After the priest or Bishop says these words, there is a real difference between altar bread and the Eucharist. This is a miracle that happens at every Mass! Jesus makes himself look, taste and feel like bread because he loves us--though he no longer walks on earth he still wants to be close to us, and he wants us to know that he is here.

**Questions:**
- Refresher! Who is the second person of the Trinity?
- How is Jesus still present to us today, even though he doesn't walk around on earth anymore?
- Where is all of Jesus (his Body, Blood, Soul and Divinity) present?
- What does Jesus look, taste and feel like?
- Why does Jesus do this?

**Activities:**
Draw a picture of Jesus, and then draw a circle over his chest--this can help us remember that the circle piece of bread at Mass is Jesus!

Practice saying the word "tran-sub stan-ti-a-tion". Explain to a family member what this word means.
Attending Mass each Sunday is a privilege given to us as baptized Catholics. When we worship at Mass we enter into the same prayer that the apostles experienced. Who is your favorite apostle? He knew how important it is to worship God each week too. It is our responsibility to attend Mass each week, gathering with the family of God to give praise and adoration to God. Think of how important being a member of our family is. It is the same with God’s family. We are each an important part of this family, so much so that the Church commands us to gather at Mass every Sunday and on Holy Days. We call Sunday the Lord’s Day to highlight that it is the most important day of our week, and the day we gather to commemorate Jesus’ resurrection. In this way we fulfill the commandment to “Keep holy the Sabbath” (Exodus 20. 8-11).

The priest leads us in praying the Mass. Because of the Sacrament of Holy Orders he acts “in the person of Christ.” It is Jesus, through the person of the priest, who offers Himself as a sacrifice to God and makes the bread and wine become His body and blood. The Deacon has the special role of proclaiming the Gospel reading as well as assisting the priest at the altar.

RELATES TO JESUS:
Jesus is to be worshipped and praised on Sunday for this is the day that He rose from the dead and definitively conquered death.

RELATES TO MY FAITH:
Sundays are holy days of solemnity that remind us of Easter and call for us to rest from our labors in order to best praise God who loves and saves us.
We all have a role in the Mass too. We give God praise through our movements, like genuflecting when we enter the pew, making the sign of cross, standing for the Gospel, kneeling for the Eucharistic prayer, and through saying the prayers. It is important that we learn the prayers of the Mass so we can join in the prayer. (Work with your child to first learn the simple responses and then move on to the longer prayers as the year progresses. Practice the responses: “The Lord be with you” to which we respond “And with your Spirit.” “The Word of the Lord” to which we respond “Thanks be to God.” “The Gospel of the Lord” to which we respond “Praise be to you, Lord Jesus Christ.” Etcetera. You might find it helpful to borrow a missalette from your parish)

These outward gestures and prayers should reflect the attitude of your heart too. At Mass we also pray inwardly, thanking God for the special gift of Jesus and all the things God has done for us. Mass is a time to tune in to God, and really give ourselves to him in prayer. We give ourselves to God to thank him for all he has given to us.

The Mass has two main parts, which we call the Liturgy of the Word and the Liturgy of the Eucharist. During the Liturgy of the Word we listen to readings from the Bible to learn about how God has acted throughout history in the lives of His people. In the Gospel we hear about Jesus’ life and teaching. During the Liturgy of the Eucharist the simple gifts of bread and wine become the Body and Blood of Jesus.

Did you ever notice that sometimes Father wears different color vestments? Do you remember what any of those colors are? What color vestments was Father wearing last Sunday? Those colors tell us something about our faith. The Church has special seasons: Advent, Christmas, Lent, Easter and what we call “ordinary time.” Often the church is decorated in special ways for each of these seasons. They act like the months of the calendar, giving order to our lives as Christians and helping us to focus on special events in our faith. In this way they help us grow in our faith and continue to learn more about Jesus’ life and all that he teaches us. Advent isn’t just a time to put up the Christmas tree and buy presents. It is a time for us to remember when people were waiting for Jesus to come, and to prepare our hearts for the celebration of his birth. Christmas isn’t just a day to give each other material things that don’t last, but to celebrate the great gift God gave us in sending his Son to become human. We celebrate that special gift not just for one day but for 3 weeks. Lent is time to remember how Jesus gave his life for us so that we could have life forever in heaven. We focus on getting closer to God, and often “give up” something we like as a small sacrifice to honor the huge sacrifice Jesus gave for us when he died on the cross. Easter is a time to celebrate that Jesus rose from the dead and restored our relationship with God. We celebrate Easter for six weeks. Ordinary time is a period of weeks where we concentrate on Jesus’ teaching and miracles. We call it ordinary because it is numbered first, second, third week, etc., not because we think it is not important. These special seasons keep us focused on all the things God has done for us!
Questions:

- Why do we call Sunday “the Lord’s Day”?
- Why is it important that we go to Mass on Sundays and Holy Days?
- What are the two main parts of the Mass?
- What does it mean that the priest acts “in persona Christi” at Mass?
- Why are the different seasons of the Church year important?

Activities:

Discuss with your child the different ways he/she prays at Mass. What are some outward examples? What are some internal examples?

Practice the simple Mass responses with your child.
The Lord be with you. And with your spirit.

The Word of the Lord. Thanks be to God

The Gospel of the Lord. Praise to you, Lord Jesus Christ.

Lift your hearts. We lift them up to the Lord.

Let us give thanks to the Lord our God. It is right and just.
RELATES TO JESUS:
The sacrifice of Jesus is the central part of worship in heaven. At Mass we are brought to that event. Jesus is deserving of our worship and we go to Mass to praise and worship Him not necessarily to get something.

RELATES TO MY FAITH:
God has asked that we keep a day holy for the Lord each week. Worshipping God not the day of the resurrection is part of our weekly faith routine that assists us in putting God into proper priority. The seasons of the year help us to enter into better relationship with God.

Sample Script:
Do you have a favorite time of the year? Maybe it’s your birthday, your favorite holiday, or your favorite season like winter, spring, summer, or fall. What about a favorite day of the week? Friday’s are always great days because it’s the end of the week when we get a break from work and school! There are many great reasons to celebrate different times of the year or days of the week! We can celebrate because we’re remembering something special, like your birthday, or there is a big change happening like a new season, or because we get a break to do fun things. The Catholic Church also has different times during the year and the week that we celebrate.

Every day the Church comes together to celebrate the holy Mass. We don’t get to go every single day, but we always make sure to go every Sunday, because Sunday is a special day that we always celebrate! Sunday is called “the Lord’s day.” In the story of how God created the world in the bible, we are taught that God created the world and worked for 6 days and then on the 7th day, God rested and enjoyed the beautiful world He had made. That’s why on Sunday, Catholics take the
day to rest and follow God’s example. The best way we can rest with God and thank Him for everything He has done for us in our lives is by going to Mass.

Another reason Catholics go to Mass on Sunday is because that is the day that Jesus rose from the dead! This makes Sunday a very important day because that’s the day Jesus made it possible for us to go to Heaven to be with Him! Just like birthdays and holidays celebrate really important days, Jesus rising from the dead is the most important thing to happen ever. Because this day is so important, Catholics honor the Lord’s day by going to Mass and celebrating the awesome gift Jesus gave us when He rose from the dead!

When we get to go to Mass on Sunday, you will probably notice that there are two parts. The first part is when we take time to listen to readings from the Bible. This part is called “the Liturgy of the Word”, because we are listening to the Word of God! The Word of God is a special way we get to meet Jesus. When we listen to these special words, we take Jesus into our heart. They teach us how to be more like Him!

The second part is when the bread and wine are brought up to the altar and we prepare to receive Holy Communion! This part is called “the Liturgy of the Eucharist.” This is when Jesus comes to be with us and becomes bread and wine! When this happens, we are able to receive Jesus not just with our minds or hearts, but with our body! In Holy Communion you get to be closer to Jesus than at any other time! It’s a very special time that makes the Mass so important, because just like eating good food helps you to become big and strong, receiving Jesus in Holy Communion makes your soul big and strong! Jesus is able to help you to be more like Him and receive special gifts.

Each time we go to Mass, there are different readings. Each Sunday we get to listen to the next big part of the awesome true story that takes us through the whole Bible! Whenever a big change is going to happen in the story, the Church tells us by introducing a new “season.” You know how when there are big changes in the weather, we have new seasons. When it gets really cold, that’s when we say it’s winter! When the flowers start to come out, we say, it’s spring! When it gets really hot, we say, it’s summer! When it starts getting chilly and the leaves change color we say, it’s fall! In the life of the Church we have five different seasons. They are called, Advent, Christmas, Ordinary time, Lent, and then Easter. Advent is when we are getting ready for Christmas. During this season, the priests wear the color purple. Christmas time is when the Church celebrates the birth of Jesus! During this season, the priests wear white or gold colors. Ordinary time helps us to learn about the life of Jesus so we can be more like Him! During ordinary time the priests wear green. Lent is a special time of preparing to celebrate Easter. Just like Advent, the priests wear purple for Lent too! Easter is the most important season. The Church calls it “the feast of feasts.” This is when we celebrate Jesus winning the battle against death and rising out of His tomb. During this important season, the priests wear white or gold like they do during Christmas!

The Church gets to celebrate awesome things every day. Especially on Sundays on during the special seasons of the year. Just like the different seasons of the weather help to teach us things like what do wear when we go outside, the different seasons of the Church help to guide us in our lives as Christians! They help to teach us how to better follow Jesus.
Questions:

- What are the two reasons we go to Mass on Sundays?
- What are the two parts of the Mass?
- What are the five seasons of the Church?
- What are the colors for each season?
- What is the most important season of the Church?

Activities:

The next time you and your child go to Mass, point out the two different parts of the Liturgy of the Word and the Liturgy of the Eucharist. Remind him or her why they’re both important!

Work on making a “Liturgical Calendar” with your child. This can be done with color coated markings or with pictures on a homemade calendar or any blank calendar. Have your child keep this in their room and try to keep track of what season we’re in and which one is coming up next!
When God created human beings, He gave them the power to make choices! Choices mean we get to pick the things we do and how we do them. When we make different choices, sometimes they are good choices that do the right thing, but sometimes they are bad choices that end up doing the wrong thing. A good choice is when we do something that makes the world a better place. It can be something like sharing our favorite toy with our friend, helping our parents around the house, or doing the best we can with our homework! A bad choice is something that hurts the people around us. A bad choice might be hitting somebody when we don’t need to, not listening to our parents, or not doing something that we know we’re supposed to do. Since we have the power to choose, we have to also take responsibility for our actions. When we do something wrong, we need to say that we’re sorry and try to make things right.

**RELATES TO JESUS:**
Jesus has free will just like we do. Even though He could have he did not interfere with anyone’s free will when it came to those who betrayed Him. He respects our freedom, as our free choice to love Him makes us the height of creation.

**RELATES TO MY FAITH:**
Jesus died for us while we were still sinners. To know that God loves us even as we are sinners is good. He desires to be with us and help us to overcome these sins, but we are not worth less because of these sins.

**Sample Script:**

When God created human beings, He gave them the power to make choices! Choices mean we get to pick the things we do and how we do them. When we make different choices, sometimes they are good choices that do the right thing, but sometimes they are bad choices that end up doing the wrong thing. A good choice is when we do something that makes the world a better place. It can be something like sharing our favorite toy with our friend, helping our parents around the house, or doing the best we can with our homework! A bad choice is something that hurts the people around us. A bad choice might be hitting somebody when we don’t need to, not listening to our parents, or not doing something that we know we’re supposed to do. Since we have the power to choose, we have to also take responsibility for our actions. When we do something wrong, we need to say that we’re sorry and try to make things right.
Even though we make bad choices sometimes, that doesn’t mean we become bad people! Sometimes our pets do the wrong things, but that doesn’t mean we don’t love them anymore. We know that they can be better if we give them a chance, and that the wrong thing they did doesn’t take away from them being a good pet! A soccer ball can sometimes hurt somebody or break something important, but that doesn’t mean the soccer ball turns bad! The ball is still made to do good things like play a fun game. It’s kind of similar to you and me. When we make bad choices, it’s a serious thing we should be sorry for, but that doesn’t mean we become bad people. God made you very good and He loves you very much. He made you with a plan in mind and He made you to do good things. Even when we make the wrong choice, those parts of us are still true. We are always able to change and do the right thing no matter what. When we decide to do the right thing even when it’s hard, we make our parents and God very, very happy. When we decide to say we’re sorry and make things right after we did something wrong, that makes them very, very happy too.

**Questions:**
- What does making choices mean?
- What is a good choice? What is a bad choice?
- What does it mean to take responsibility for our choices?
- When we make bad choices, does that mean we become bad people? Why not?

**Activities:**
Have your child draw a picture of a good action and a bad action. Ask them to draw how they can make the bad action right!

Work together to come up with a list of good actions your child can do at home and at school. Try to do one together to start.
In our Christian life, we are assured of the presence of God walking alongside of us and confident in His loving attention given to us. He doesn’t leave us alone and doesn’t want us to experience life without Him. He wants to give us loving direction that allows us to live a life that is filled with happiness, peace, joy, love, and kindness.

In the book of Exodus 20:1-17 in the Old Testament, God reveals to Moses one of the ways that God wants us to lovingly walk with Him through this life. The Ten Commandments offer us an important teaching that tells us how to go about life, namely to love God and love thy neighbor. These commandments allow the people of God to take steps in living rightly and to practice being holy people just like the saints. Let’s take a look at the Ten Commandments and see how these help us to guide our choices.

The first three commandments focus on God and our relationship with Him. The first commandment says that God is God, He is one - You shall have no other gods. This commandment tells us that there is only one God of the universe. To have anything else in our life “as a god”, meaning anything else that we hold to be the most important thing in our life, we are offending God.
who asks to be first and center. The second commandment says that we are not to take the Lord’s name in vain. We are to use God’s name with respect and reverence and certainly not as a common word or expression or a “bad word”. The third commandment says that we are to keep the Sabbath day holy. Here, we are to make our Sabbath, Sunday, a holy day in which we go to Mass to worship God and make it a day focused on God, resting from the tasks and duties of our life so we can refocus God as the center of our life.

The final seven commandments focus on our neighbors and how we are to relate to them. The fourth commandment is honoring your father and mother, which asks us to respectfully treat and care for our father and mother who helped to give us life, raising us and teaching us the ways to live this life. The fifth commandment tells us to not kill meaning just that; we must respect life and care for others in our words and actions. Jesus will later say we shouldn’t even be angry with our neighbors. The sixth commandment tells us not to commit adultery, meaning that we need to honor the covenants or commitments we make with our husband/wife and treat one another with love. The seventh commandment is to not steal, meaning that we are not to take anything that isn’t ours. The eighth commandment tells us not to bear witness, which is to say that we need to tell the truth at all times as the truth is from God and the truth will make us free. The ninth and tenth commandments tell not to covet our neighbor’s possessions or wife, saying that we need to recognize how God is blessing us through what we have and to find Him in and around us.

The Ten Commandments help us to keep our hearts focused on God so that we might love God and love neighbor. When we make good choices in following the commandments we don’t just do right, but we allow this same love of God and neighbor to come forth and inspire other people to follow the commandments just the same.

Questions:

• How does God walk with us through our life?
• Practice learning the Ten Commandments. How many can you name?
• How can the Ten Commandments be summed up?
• Who do the first three commandments talk about?
• Who do the last seven commandments talk about?

Activities:

Together, as a family, read the Exodus 20:1-17 passage. Commit to learning and memorizing the Ten Commandments.

Together, as a family, discuss ways that you love God and love neighbor. What could you take on as a family to love God and love neighbor in additional ways?
God made you and I out of pure love. He doesn’t want just to create us and leave us alone. He made us to be in a relationship with Him. This can be hard since we don’t see God or touch God. Our relationship with Him is different from the kind of relationships we can have with our friends and family. Even though having a real relationship with God seems hard, God is so good and so powerful that He has given us an amazing way to speak to Him all the time, wherever we are! This way of speaking with God is called prayer. In prayer, we respond to God’s great love for us. He is always reaching out to us and loving us, even when we don’t know it. It’s like God is always reaching out His hand to us and when we pray, we reach out to take it! Once we take God’s hand He is able to help pull us closer to Him and walk with us through our lives.

We can talk to God just like you talk to your best friend. He wants to know everything that’s going on in your life. He wants to know what’s exciting for you, what might be worrying you, or what makes you sad, and what makes you happy! Just like you would tell everything to your friend and it wouldn’t even be hard to talk about, God wants us to be able to share everything with Him easily.

There are different kinds of prayer just like there are different kinds of talking. In prayer we can “adore” God, which means we think about how good He is and all the amazing things He does for us and for the world! We should also make sure we pray to ask for forgiveness whenever we do something wrong, just like when you do something wrong at home, you should ask you mom and dad for forgiveness. We can also thank God for how good He is and what He does for us! Of course, God also wants us to take time to
ask God to help us with all of our needs. When you need something but aren’t able to do it yourself, you know that you should ask for help! God knows there are lots of things we can do, but also a lot of things we can’t do. God wants to be there to help us with both, so we can do the very best that we can.

When we pray, God is also able to speak to us! We don’t always hear words like when you talk to other people, but He is able to move our hearts and minds to understand what He wants to say to us. It’s very important to make sure that we take time to be quiet so that we can listen to God. When things are loud and crazy, it makes it hard to listen right? It’s the same way when we pray. If we’re doing a lot of talking or thinking and maybe there are even loud noises around us, it makes it hard to know what God might be trying to tell us!

There are also some prayers that we should memorize. Sometimes it’s good just to talk with God and to say whatever is on our minds. Sometimes though it’s hard to pray. We might not know what to say, we might be distracted, or maybe we’re still learning how to pray! Even the people who know how to pray really well use memorized prayers because they are so powerful and helpful. A great example of a memorized prayer is the Our Father that was given to us by Jesus to teach us how to pray. Saying prayers like the Our Father makes God very happy. We can say them over and over and learn something new every time! Memorized prayers help to teach us to learn more about God. Memorized prayers are also great when we pray as a group because then everybody knows the words. Even though we memorize them, we should make sure we’re not just saying the words without even thinking about them! We should make sure we mean them when we say them too! When we think about these prayers and we really mean them, they help our hearts to grow and make us better people.

God loves it when we pray to Him. He wants us to pray all the time, so that He can show us how much He loves us and we can be happy. We should try just talking to God and saying memorized prayers because if we do that a little bit every day, we can become very close friends with God.

Questions:
- What are some different forms of prayer and how do they help us?
- Is it possible to pray at all times? How?
- What is an intercessory prayer?
- What are the prayers of the rosary?
- Other than God, who else can we pray to intercede for us?

Activities:
Have your child draw a picture of him or her talking to God just like best friends talk! Work on praying one memorized prayer like the Our Father or Hail Mary together once a day throughout the week, whether it’s in the morning or at night before bed. You can help your child by having the prayer written out for them to read. Take turns doing the first and second parts of the prayer. At the end of the week, see if the child can do it all by himself!

Practice praying each kind of prayer with your child (adoration, asking forgiveness, thanksgiving, and petitioning for our needs) to show them what it might sound like. See if there are different times of the day throughout the week when you can pray together in one of these ways. For example: If something good happens, pray a prayer of thanksgiving with your child; if he or she does something wrong, once everything is sorted out, take a moment just to ask God for forgiveness too; if you find that one of you needs help with something big or small, take a second to ask God for help!
Have you ever watched the priest closely during Mass? He plays a special role at Mass, and many things show this - his special clothes, how he sits in front, and the way he leads everyone in prayer. The priest has received a special sacrament that gives him a role at Mass different from everyone else, called the Sacrament of Holy Orders. Bishops, priests, and deacons all receive the Sacrament of Holy Orders, but in different degrees.

Because he has received this Sacrament, the priest acts “in persona Christi” which is the Latin language for “in the person of Christ.” This means that he truly represents Jesus, and acts in the place and power of Jesus! This is how the priest says “This is my body” at Mass. The priest is in the person of Christ offering Himself as a Sacrifice.

RELATES TO JESUS:
Jesus gives us the priests as a gift to continue His mission of saving people here on earth. He allows them during Mass to be Him, so that they can bring us to His saving act on the Cross. Priests can then give us Jesus in our prayer and worship.

RELATES TO MY FAITH:
If we want to get close to Jesus, and desire to receive Him in the Eucharist and receive His divine life in the sacraments we need to have priests that can be in the person of Christ here on earth. It is the hands and person of Jesus who actually effects the sacrament through the hands of the priest, even if the priest is sinful. We can be assured that Jesus desires to come to us.
This is something only priests and bishops can do. Deacons play a special role as assistants at Mass, helping the priest during Mass.

Our role during Mass is to worship God. It is important that we not only worship God by kneeling, standing and sitting like everyone else, but also that we listen to what the priest says and pay attention when we hear or say prayers.

**Questions:**

- What sacrament do bishops, priests, and deacons receive?
- What is the other sacrament of service?
- How does the priest “act” during Mass?
- Can anyone do this?
- What is your role during Mass, and how can you carry out your role well?

**Activities:**

Draw the priest, deacon, and your family at Mass. What is each person doing?

Bring a notebook when you go to Mass and write down 1 thing you hear that you can think about.
When something really good happens in our lives, we want to share it! When you get a new toy or discover something really cool, don’t you want to tell your friends all about it and share it with them? Following Jesus is the most important and most amazing part of our lives. Jesus is our best friend who we can share our whole life with, more than anyone else.

Some people don’t know who Jesus is, how much He loves us, or how much He sacrificed for us so that we can be with Him in Heaven. It’s our job to share our relationship with Jesus with the people around us. If people don’t even know who Jesus is, how are they supposed to have a relationship with Him? You have had people to tell you about Jesus and show you how much He loves you, because of how well they love you. That is what we as Christians are called to do for the people around us. You and I have to make sure that people know who Jesus is and we have to show them how much Jesus loves them by loving them the best that we can.

Sample Script:

When something really good happens in our live, we want to share it! When you get a new toy or discover something really cool, don’t you want to tell you friends all about it and share it with them? Following Jesus is the most important and most amazing part of our lives. Jesus is our best friend who we can share our whole life with, more than anyone else.

Some people don’t know who Jesus is, how much He loves us, or how much He sacrificed for us so that we can be with Him in Heaven. It’s our job to share our relationship with Jesus with the people around us. If people don’t even know who Jesus is, how are they supposed to have a relationship with Him? You have had people to tell you about Jesus and show you how much He loves you, because of how well they love you. That is what we as Christians are called to do for the people around us. You and I have to make sure that people know who Jesus is and we have to show them how much Jesus loves them by loving them the best that we can.
When we get to do this, not only do we get to help the people around us grow, our faith in God grows as well! If you cover up a flashlight does it get brighter or darker? It gets darker, and when we cover up our relationship with Jesus and keep it to ourselves, it becomes dull and dark like the light from the flashlight. When we let the light shine without covering it up, it’s able to shine bright and light up the room! We want our faith to shine bright and touch the people around us.

We always have to make sure that we are sharing our relationship with Jesus out of love. Sometimes it’s easy to want to do it because we want to brag or be mean to others. When we have something great that other people don’t have yet, we might look down on them and treat them different, but Jesus loved everyone that He met, even when they didn’t have the amazing gifts He had. He shared His gifts with them, because He cared about them and wanted to help them to grow. That is the kind of love that we should try to show everyone around us. We want to help them to grow and fall in love with Jesus just like we have.

Questions:

- Why is it important to share our relationship with Jesus with others?
- Who is able to grow when we share our relationship with Jesus?
- How should we share our relationship with Jesus to others?
- How does it help us to share about Jesus?
- Did Jesus look down on others that didn’t have a lot?

Activities:

Turn off all the lights in your house, and let there be only one light source such as a flashlight or a candle. Talk to your child about how this is like our relationship with Christ, how it is meant to guide us, help us to see, and be a shining example to others in darkness. Cover up the light with a rag or a box so that the light is still there but dimmed. Talk to your child about how this is like our relationship with Christ when we only keep it to ourselves, it makes it hard to be guided, to see, and to help others.

Talk to your child about his or her relationship with Jesus. Ask them what kinds of things they could share about their relationship to the people around them.
A Saint is a special person who loves God with their whole heart and does what God asks them to do. The Church declares someone a Saint once they’re in Heaven when they have lived an exceptional life that helps to teach us. A Saint lives a holy life and serves as a great role model to you and me. You know how a role model is someone that you can look up to, and someone who we want to act like because we admire them. In life we have all different kinds of role models like fire-fighters, doctors, nurses, superheroes, our friends, our teachers, and especially our parents. These people do amazing things, they know a lot, and they inspire us to be better people!

As Catholics, we need role models too, because they help us to learn how to live a holy life and make the right choices even when it’s hard. The Saints are role models because they live lives of virtue following Jesus Christ. Virtue means they have good qualities like being patient, caring about others more than ourselves, and being strong in doing the right things through hard times. But sometimes even the smartest, the strongest, and the nicest people don’t know what to do or aren’t able to do certain things without some help from others. That’s why we have the Saints to show us the right way to live, to remind us that we are not alone, and to give us the help that we need by praying for us.

Sample Script:

RELATES TO JESUS:
Jesus is our role model in how we are to live the faith. The Saints became saints by following Jesus’ example and we are called to do the same.

RELATES TO MY FAITH:
Sainthood is achieved by living lives of virtue. We look to the saints to pray for us to help us imitate them in their virtuous living.
What do you do when you know you need help with something? You ask for help! You can always pray to God to ask for help with the biggest problems, the smallest problems, and everything in between. God loves you so much and He always wants to help you.

God also knows that we love to help one another. When someone you love is in trouble you want to help them don’t you? God lets us help the people we love by spending time praying for them and asking God to help them with their problems. We can also ask other people to pray for us and our loved ones! God knows people are always better when they work together instead of by themselves, so He gave us friends and families. That way we can live together and do good work together. That’s why God lets us also ask the Saints to pray for us in Heaven! In Heaven they are very close to God, closer than you can even imagine! They want to help us by praying for us and asking God to help us and the people we care about, so the Saints love when we ask them for their prayers.

By learning about the lives of the Saints and asking them to help us by praying for us, you can become a Saint too! God wants all of His children to become Saints, so they can be as close to Him as possible and help teach others to do the same. Anyone can become a Saint! Some Saints were simple workers like St. Joseph who was Jesus’ foster father. Others were great kings like St. Louis of France. Anyone can be a Saint. You can too! By following the Saints as role models, practicing lives of virtue just like they did, and asking them to pray for us, we can be amazing Saints just like they are. The most important thing a Saint can do is keep God at the center of their lives and do what He asks them to do.

**Questions:**

- What is a virtue? What kinds of virtues do you have or want to have?
- What is one way God lets us help people we care about?
- How do the Saints help us in Heaven?
- Who can become a Saint?
- What is the most important thing a Saint can do?

**Activities:**

Talk to your child about your favorite Saint and how they lived a life of virtue following God.

Have your child draw a picture of their favorite Saint or a Saint you’ve talked about.

Ask your child if they know someone who needs help. It could be a really big problem or a really small problem. Spend some time as a family this week praying for that person and ask for a Saint’s intercession in the prayer.