

Live in the Light

Preparation for the Session

Turn to Page 207, the Family + Faith page.

Read the **Consider This** feature. What thoughts or reactions do you have to the opening question?

In this chapter you will cover the following objectives:

- Discover that Christians are called by Jesus to be the light of the world
- Be aware that our vocation is God's plan for our lives
- Describe virtues as good spiritual habits that make us stronger and help us do what is right and good
- Explore the Theological Virtues of faith, hope, and charity and how they help us live in relationship with the Holy Trinity
- Illustrate the need to practice the virtues so they will grow over time

Parents, Consider This: Throughout life, people develop both good and bad habits. Indeed, many people have spent a good number of New Year's Eves dreaming up resolutions for the coming year. Good habits and bad habits do not just happen. Repeated practice reinforces them until, finally, they become automatic. Teaching your children the habit of brushing their teeth or hanging up their clothes helps them to become responsible adults. Teaching your children the habits of faith, hope, and love helps them to become more committed disciples. Acquiring these virtues will enable them to make God's Kingdom visible in this world.

Read these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the lesson.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



Let's Sing: These songs connect the session topics and can be downloaded from aliveinchrist.osv.com.

- Share the Light
- Christ is Light

INVITE: Encountering God in His Word

Turn to Page 199, Live in the Light

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



Let Us Pray Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

Explain that we all know how hard it is to see in the dark. Even the littlest bit of light can help us to see.

Say: Let's listen to the words of Jesus as he talks about light.



Guide your child through the Preparing for God's Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God's Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

Invite your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

Say: Jesus helps us to see what we must do so that we can be his light in the world. But just like when we are learning to ride a bike or dance, we must practice. We must practice how to be faith-filled, hope-filled, and loving people.

Invite your child to respond to the questions. Ask what else they might wonder about how to be Jesus' light in the world.

DISCOVER: Learning God's Truth

Turn to Page 200,
The Light of the World

Ask your child to read aloud the opening paragraph.



Proclaim the Scripture story. Emphasize that Jesus' words apply to modern times, too.

Read the questions that follow the Scripture and allow your child to respond.

★ **Complete** the gold-star activity.

Read the caption and then invite your child to interpret the photograph at the bottom of the page. (Easter Vigil is the greatest Mass of the Church year, celebrated on Holy Saturday evening. The new Easter candle, representing Jesus as the Light of the World, is welcomed and the light passed.)

Turn to Page 201,
Be a Light

Read the three paragraphs. Ask your child to explain what Jesus meant when he said, "You are the light of the world."

Give your child one index card. Tell her/him to write the Catholic Faith Word, **vocation**, on one side and its definition on the other. Collect the card and hold it for review.

Activity

Read aloud the directions for the Share Your Faith activity. Affirm your child's example and think of some other ways he/she has done loving things in your family or for others.

Turn to Page 202,
The Virtues

Read the first paragraph.

Ask: When do we first receive these virtues? (at Baptism)

Read the next two paragraphs. Afterward, review the definitions for the Catholic Faith Words **virtues**, **Theological Virtues**, and **faith**. Give your child three index cards. Have them write the words on one side and the definitions on the other. Collect the cards for review later.

Turn to Page 203,
The Theological Virtues

Ask your child to place her/his finger on the word **hope**. Read aloud the definition. Repeat this process for the word **charity**. Create two additional vocabulary cards. Collect the cards until time for review.

Ask your child how she/he can grow strong in virtues. (by practicing them)

Activity

Read aloud the directions for the Connect Your Faith activity. Have your child complete the activity.

Parents, Consider This: *You are about to begin a conversation with your child about prayer. Your child may not be aware of all the ways that you pray. Share your prayer life with him/her and tell him/her how often you pray for his/her needs. This may also be an opportunity to reflect on the prayer that you do or do not do together as a family. Developing intimacy with God requires communication, just like every other relationship. Help your child develop a sense of security and peace by making prayer an intentional part of your family life. Our common Catholic prayers can be found in the Our Catholic Tradition reference section of your child's book, beginning on page 320.*

LIVE: Living Our Faith

Turn to Page 204,
Our Catholic Life

Ask your child to read the text on the page to you. When finished, ask them to tell you what they read in their own words. The last paragraph invites a conversation about prayer in your family life. Be honest. Recognize the prayers you do say. Together, think about ways you can add prayer to your family life.



Complete the gold-star activity.

Turn to Page 205,
People of Faith

Read the paragraph about Saint Genevieve.

- Share your reactions to the information.
- How can your family help others in need?

Activity

Complete the Live Your Faith activity with your child. Share with him/her a new time of day you have decided to pray and what will remind you to pray at that time.

Turn to Page 207,
Family + Faith Page and
conclude with the Let's Pray
prayer on this page.

Parents, Consider This: *It's important to form our children in the common language of prayer. We encourage you to pray the Act of Faith, Hope, and Love (see Page 325), during your night prayer this week.*



To access and send an eAssessment to your child, go to the Student and Family section of aliveinchrist.osv.com.

Sacraments of Initiation

Preparation for the Session

Turn to Page 231,
the Family + Faith page.

In this chapter you will cover the following objectives:

- Understand that people of all ages can be baptized into the Church
- Identify that the Sacraments of Initiation include Baptism, Confirmation, and Eucharist
- Recall that Baptism removes Original Sin, forgives personal sin, and gives new life in Christ; Confirmation seals and completes Baptism
- Appreciate that Jesus shares himself with us in the Eucharist

Read the **Consider This** feature. What thoughts or reactions do you have to the opening question?

Parents, Consider This: *In Baptism we are welcomed into the life of the Church and invited to journey toward life with God forever. At our Confirmation, the Sacred Chrism sealed our Baptism and the Holy Spirit strengthened us. At the Table of the Lord, we received the Body and Blood of Christ. As the spiritual leader and primary teacher of faith for your family, encourage everyone to remember that the grace given in these Sacraments is real and can help us with the ups and downs of life.*

Read these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the chapter.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



Let's Sing: These songs connect the session topics and can be downloaded from aliveinchrist.osv.com.

- The Seven Sacraments
- If You Believe and I Believe

INVITE: Encountering God in His Word

Turn to Page 223,
Sacraments of Initiation

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



Let Us Pray Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

Explain that Baptism is the first Sacrament we receive.

Say: Remember that in Baptism, God shares his life with us through Jesus. We become part of the Body of Christ here on Earth. Listen to how Saint Peter spoke to his family in faith.



Guide your child through the Preparing for God’s Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God’s Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

Invite your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

Say: The Sacraments are God’s gift to us to help us to grow as Jesus’ disciples. The Sacraments of Baptism, Confirmation, and Eucharist celebrate membership in the Catholic Church.

Invite your child to respond to the questions. Prompt what else they might wonder about the Seven Sacraments.

DISCOVER: Learning God’s Truth

Turn to Page 224,
New Life in God

Read aloud the opening question and first paragraph.

Have your child silently read the two paragraphs. Point out the highlighted word, **Sacred Chrism**, and review its definition in the Catholic Faith Words box.

Ask your child to share impressions of the photograph on the bottom of the page.



Do the gold-star activity.

Turn to Page 225,
Life in the Church

Direct your child’s attention to the photograph at the top of the page. Read aloud the caption.

Have your child silently read the three paragraphs and then summarize the story for you.

Ask your child to either list on a piece of paper, or share with you verbally, the similarities and the differences found between the celebrations.

Activity

Have your child complete the Share Your Faith activity.

Parents, Consider This: Immersing a person in flowing water was the usual way of baptizing in the early Church. Baptism by immersion has been brought back in many parishes today. A Baptismal pool is used for this purpose. Some parishes use temporary pools for the Easter Vigil; others have permanent pools. If at all possible, attend the Easter Vigil together as a family. The Rites of the Easter Vigil are so meaningful and more fully appreciated when experienced firsthand.

Turn to Page 226,
Church Membership

Read aloud the opening question and paragraph.

Review the highlighted words, **Sacraments of Initiation** and **Eucharist**, and their definitions in the Catholic Faith Words box.



Proclaim the Scripture story in the Parchment Paper box.

Ask: Who did Peter say Jesus' promise of the Holy Spirit was for?
(everyone)

Ask your child to share their impression of the picture at the bottom of the page.

Turn to Page 227,
Receiving and Sharing
God's Love

Read aloud the first paragraph. Review the highlighted word, **Real Presence**, and its definition in the Catholic Faith Words box on page 226.

Activity

Have your child complete the Connect Your Faith activity.

Parents, Consider This: The teaching of the Real Presence is important, but not possible to fully explain. As a family, prioritize participation in Mass. Help your child form a trust in the power of the Eucharist in our lives. The Eucharist is the source and summit of the Christian life. Ask yourself how the Eucharist nourishes your spiritual life. Discuss this with your child.

Review the "Sacraments of Initiation" chart with your child. Have your child silently read the "Words and Actions" and tell you what the words and actions are for each Sacrament. Either read aloud the "Effects" column or summarize it for your child.



Do the gold-star activity.

LIVE: Living Our Faith

Turn to Page 228,
Our Catholic Life

Read aloud the opening question and first two paragraphs.

Summarize the bullet points for your child.

Turn to Page 229,
People of Faith

Read the paragraph about Saint John the Baptist.

- Share your reactions to the information.
- Talk about a Baptism you have seen. Who was baptized? What happened during the Sacrament?

Activity

Have your child complete the Live Your Faith activity.

Parents, Consider This: *Initiation is a process. The Rites celebrate the process, but we cooperate with grace when we prayerfully continue to nourish our spiritual lives in the regular participation of the Eucharist. Encourage your family as they continue on this journey.*

Turn to Page 231,
Family + Faith Page and
conclude with the Let's Pray
prayer on this page.

Parents, Consider This: *It's important to form our children in the common language of prayer. We encourage you to pray Holy, Holy, Holy Lord during your night prayer this week.*

Holy, Holy, Holy Lord

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.



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Help With Choices

Preparation for the Session

Turn to Page 217,
the Family + Faith page.

Read the Consider This feature. What thoughts or reactions do you have to the opening question?

In this chapter you will cover the following objectives:

- Recognize conscience as an ability given to us by God that helps us make choices about right and wrong
- Define the Precepts of the Church as some of the minimum requirements given by Church leaders for deepening our relationship with God and the Church
- Recall that the Holy Spirit and the teachings of the Church help us to make good choices
- Appreciate receiving God's forgiveness and the grace to help us change in the Sacrament of Penance and Reconciliation

Parents, Consider This: *One of the great insults to level at someone, whether you say it or think it, is, "Know it all!" It is so frustrating to interact with someone who believes that he/she is the expert in all things. Humility helps us to understand that we are limited in our own knowledge and perspectives. It is the human condition. To help us overcome our limitedness, God has given us the gift of the Church. United with Christ, and guided by the Holy Spirit, the Church helps us to know God's truth through her teaching. As Catholics, we form our conscience with the help of the Church as we seek to know, understand, and do God's will.*

Read these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the lesson.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



Let's Sing: These songs connect the session topics and can be downloaded from aliveinchrist.osv.com.

- God of Mercy
- Kyrie

INVITE: Encountering God in His Word

Turn to Page 209,
Help with Choices

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



Let Us Pray Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

Explain that Jesus taught his disciples how to live by loving God and loving others. He asks us to listen for the voice of the Holy Spirit so that we can know what is right.

Say: Let's listen for what the Holy Spirit is saying to you in God's Word today.



Guide your child through the Preparing for God's Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God's Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

Invite your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

Say: It is sometimes difficult to know what is right. It is also difficult to do what is right. God helps us to know his will through the Church's teaching. Even when we fail, God is waiting to forgive us, to lead us back to him and help us to change.

Invite your child to respond to the questions. Ask what else she/he might wonder about knowing what is right.

DISCOVER: Learning God's Truth

Turn to Page 210,
Many Choices

Read aloud the paragraphs.

Read aloud the questions and listen to your child tell you how he/she makes choices. This is a wonderful opportunity to hear how he/she discerns what is right and what is wrong.

Go back in the text and ask your child to find highlighted words. Ask her/him to read the definitions of the Catholic Faith Words, **grace**, **conscience**, and **Precepts of the Church**. Give your child three index cards. Have them write the words on one side and the definitions on the other. Collect the cards for review.

Turn to Page 211,
The Church Guides Choices

Read aloud the paragraph.

Look at the "Precepts of the Church" chart. Alternate with your child reading the Precept and how each Precept guides you.

Ask your child to tell you what you have just gone over in his/her own words.

Create a vocabulary card for the Catholic Faith Word, **Precepts of the Church**.

Turn to Page 212,
Changing Directions

Summarize the opening paragraph.



Proclaim the Scripture story.

Ask your child how Saul changed. (from hurting Jesus' followers to becoming one of them)



Complete the gold-star activity.

Remind your child that people who make selfish choices can change and make better choices. Ask him/her to think about how he/she might be less selfish at home. Discuss some ideas that might help your child handle those situations differently.

Turn to Page 213,
The Sacrament of Penance
and Reconciliation

Read aloud the first paragraph. Distinguish between a sin and an accident or a mistake. Remind your child that the choice to sin is intentional, but that an accident or a mistake is not intentional.

Read aloud the second paragraph. Point out that Jesus and the Church have provided the Sacrament of Penance and Reconciliation as a way of repairing the harm that sin does.

Talk with your child about their experience of the Sacrament. If it has been a long time since he/she has celebrated the Sacrament, make a plan to go as soon as possible. Remember, your child will understand the value of this Sacrament when he/she sees you receive it as well.

Make a vocabulary card for the Catholic Faith Word, **sin**. Add it to the others for review.

Activity

Complete the Connect Your Faith activity. Spend time discussing the long-term consequences for cheating, particularly allowing the teacher to think that you know the material.

LIVE: Living Our Faith

Turn to Page 214,
Our Catholic Life

Read aloud the first paragraph. Slowly review the steps for forming your conscience in the "Form Your Conscience" chart.



Complete the gold-star activity. Work with your child to think of a memory trick to help them remember the five words. (Please let Lucy answer respectfully.—Pray, Learn, Listen, Ask, Receive)

Ask: Why is forming your conscience important? Make sure your child knows how important it is to you for him/her to make good choices and why.

Activity

Give your child a blank sheet of paper. Ask him/her to fold it in half. On one side of the fold, have them draw a picture of a child making a good choice and on the other side of the fold, a child making a bad choice.

Parents, Consider This: *While God plants in us the desire to know his will, Saint Thomas Aquinas tells us that conscience is our ability to reason so that we can know God's will. No one has more influence in shaping your child's conscience than you. What he/she will believe about good and evil as an adult is deeply rooted in what he/she hears and sees in your home. How your child connects their choices to their relationship with God is deeply influenced by your teaching. You are not just raising a good person; you are raising a disciple of Jesus Christ.*

Turn to Page 215,
People of Faith

Read the paragraph about Saint Pio.

- Share your reactions to the information.
- Ask your child to tell you when he/she has experienced mercy.

Turn to Page 217,
Family + Faith Page and
conclude with the Let's Pray
prayer on this page.

Parents, Consider This: *It's important to form our children in the common language of prayer. We encourage you to pray the Act of Faith, Hope, and Love (see Page 325), during your night prayer this week.*



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