



Sacraments, Our Way of Life

Begin

Ask: *What is your definition of courage? (being brave, standing up for what you believe in) Why do you think it takes courage to be yourself and believe in something when others don't? (It's hard to be different from others.)* Read aloud the unit title on page 91. **Say:** *Our new unit will help us learn ways that Jesus touches our lives through his presence in the sacraments. Saint Bernadette showed her courage by standing up for her beliefs when others doubted her.*

Introduce the Saint

Direct your child's attention to the picture of Saint Bernadette. Point out how young she looks. **Say:** *God speaks to us in various ways, and we are never too young or too old to have a relationship with him.*

Turn to page 92. Have your child read aloud the text. **Say:** *Bernadette never wavered about her visions of Mary.* **Ask:** *Has there ever been a time when you weren't believed or taken seriously? How do you think Bernadette felt when the people she loved doubted what she was saying about the existence of Mary?*

Say: *In her appearances to Bernadette, Mary asked that processions be made to the grotto at Lourdes where she appeared. Today Lourdes is a famous pilgrimage site and a place for healing.*

Say: *We remember Saint Bernadette as a humble person with down-to-earth qualities who exemplifies what it means to follow Jesus.*

With your child add Bernadette's feast day, April 16, to your calendar. Plan an event together to celebrate the beliefs of Saint Bernadette.

The New Passover

Engage: Page 93

- ▶ With your child, plan your evening meal. **Ask:** *How does a meal bring families closer?* (Thoughts, feelings, and experiences are shared at mealtime.)
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *When we share a meal, we join as a community to meet our physical needs for food and our human needs for companionship. In this session we will learn how Jesus nourishes us through the Eucharist.*
- ▶ Ask your child to think about what you share at meals in addition to food. Pray aloud the prayer together.

Explore: Pages 94–95

- ▶ **Ask:** *What do you remember about Moses?* (God gave Moses the Ten Commandments. God renewed his Covenant with Abraham's descendants through Moses. Moses led the Hebrews out of slavery in Egypt.)
- ▶ Have your child read aloud Passover, the Last Supper, and the Eucharist on page 94. **Ask:** *What meaning does Passover hold for Christians?* (Christians remember Jesus' sacrifice, Death, and Resurrection. We are saved by Jesus' sacrifice.)
- ▶ Provide a Bible for your child to complete More About Passover. Invite him or her to share the answers with you.
- ▶ Read aloud The Eucharist as Celebration and Sacrament on page 95. **Ask:** *How do we show that the Sacrament of the Eucharist is central in our lives?* (by attending Mass every Sunday, by actively participating at Mass and praying aloud, by singing at Mass) Explain that the assembly consists of the People of God when they are gathered together for worship.
- ▶ Read aloud the Link to Liturgy feature. **Say:** *We pray the Lamb of God to remember that Jesus has given us the Sacrament of Reconciliation so that we may confess our sins and receive absolution.*

Art Exploration: Page 240

- ▶ Find in a magazine, in a book, or online a picture of Jesus and his disciples feeding Jesus' followers.
- ▶ **Ask:** *What do you see in this picture?* Encourage children to describe the picture in detail, including the setting and the actions of Jesus and his disciples.
- ▶ **Say:** *Jesus gave us the Eucharist so that we can have everlasting life with him.*

- ▶ Have your child turn to page 240. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud Jesus Feeds the Crowd. **Say:** *When Jesus said he was “the bread of life,” he was telling the people that God would nourish their souls.*
- ▶ Read aloud Jesus, the Bread of Life. **Ask:** *What was manna?* (the bread sent from God to feed the Hebrews)
- ▶ Read aloud the directions for Nourished by Faith. Give your child time to complete the activity. Encourage him or her to share it with you.
- ▶ Invite your child to imagine that he or she is the child who shared his food with Jesus and the disciples. **Ask:** *How did it feel to share the extra food?* Spend a few moments thanking God for the abundance in your own lives: loving relationships, food, education, and clothing.

Reflect: Pages 96–97

- ▶ Together look at page 96. **Say:** *The boy fishing in the picture reminds us that Jesus fed the crowd with loaves and fish. Ask Jesus to help you understand the message of the story.*
- ▶ Read aloud the reflection. Pause between each paragraph to encourage prayerful reflection. Conclude by praying the Sign of the Cross with your child.
- ▶ Read aloud the heading and first paragraph on page 97. Ask your child to imagine being one of the disciples. Talk about what it might have been like to see the miracle of the loaves and fishes. Have your child answer the first three questions and share the answers with you. Invite your child to read aloud the fourth question and write a private prayer.

Respond: Page 98

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can be more alert to the needs of others.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.