

Growing in Holiness

Engage: Page 135

- ▶ Talk about the different ways your child has changed since kindergarten. **Say:** *You are also growing spiritually—in prayer, in taking responsibility, and in making choices.*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *In this session we'll focus on the fact that our bodies and spirits are gifts from God and that we have a responsibility to take care of them.*
- ▶ Together think of healthy ways to take care of your body today. Pray aloud the prayer together.

Explore: Pages 136–137

- ▶ **Ask:** *What do you think it means to act morally?* Share your own ideas with your child.
- ▶ Read aloud the first two sections on page 136. **Ask:** *Whom do we reflect when we act morally?* (Jesus)
- ▶ Read aloud the Reading God's Word feature. **Say:** *This passage is from the Old Testament. God asks us to be holy just as he is holy.*
- ▶ Have your child read page 137 silently. Point out the vocabulary word. **Ask:** *What ways can you use your body to glorify God?* (using our voices to sing and praise God, using our eyes to see where help is needed, hugging someone to show love, using our athletic skills to full potential)

Art Exploration: Page 247

- ▶ Find in a magazine, in a book, or online an image of Kateri Tekakwitha surrounded by different symbols of her faith and culture.
- ▶ **Say:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the symbols shown in the artwork.
- ▶ **Say:** *Kateri Tekakwitha accepted Jesus and the Christian faith but still loved her people and wanted their culture and history to remain part of her life.*
- ▶ Have your child turn to page 247. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud Kateri Tekakwitha. **Ask:** *How was Tekakwitha like some of the other saints about whom we've read?* (She chose Jesus above all else. She made hard choices. She helped people. She lived her life according to Jesus' example.)
- ▶ Read aloud Personal Decisions. Allow time for your child to complete the activity.

- ▶ Read aloud the Sacred Site feature. **Say:** *Tekakwitha had to sacrifice the acceptance of her people to follow Christ's teaching.*
- ▶ Invite your child to make a self-portrait in the iconographic style. Tell your child to include symbols of faith and other images that are meaningful to him or her. Discuss the elements of the self-portrait and display it in your home.

Reflect: Pages 138–139

- ▶ Together look at page 138. **Say:** *You can use your imagination to make prayer time more meaningful. Use all your senses and imagine yourself with Jesus.*
- ▶ Read aloud the first paragraph. Ask your child to read silently along with you as you read aloud the Scripture passage. Read aloud the second and third paragraphs, pausing after each. Allow a minute after the last paragraph for personal reflection. Conclude the reflective prayer by praying the Sign of the Cross.
- ▶ **Ask:** *How do we know how Jesus wants us to act? (from the Gospels, which tell us Jesus' teaching and show us how he lived) Read aloud the first paragraph of Seeing Jesus as Teacher and Model of the Moral Life on page 139. Complete the activity together.*

Respond: Page 140

- ▶ Ask your child to read aloud the Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways to be respectful to others and to be true to himself or herself.
- ▶ 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.